

ADVOCARE® INTERNATIONAL, L.P.

PRODUCT AGE INDICATIONS

4 & Older†	12 & Older†	18 & Older
AdvoBar® a.m. Nutrition Bar Apple Cinnamon	AdvoCare® Fiber Dietary Fiber Supplement	BioTools® Two Supplement System for Healthy Aging
AdvoBar® DB9® Nutrition Bar Caramel Almond	AdvoGreens™ Greens Powder Phytonutrient Supplement	AdvoCare® Core™ Multinutrient Dietary Supplement
AdvoBar® Meal Nutrition Bar Chocolate Peanut Butter	AdvoGreens™ Snack Shake Phytonutrient Protein Shake	AdvoCare® Muscle Fuel Pre-Workout Multinutrient Dietary Supplement
AdvoBar® Snack Nutrition Bar Double Chocolate	Amplify A.T.® Astaxanthin and Mixed Tocotrienols Dietary Supplement	AdvoCare® Oasis™ Vitamin and Herbal Supplement
CitriZinc® Vitamin and Mineral Dietary Supplement Chew	C-Grams® High-Potency Vitamin C Dietary Supplement	AdvoCare Slam® Liquid Vitamin and Amino Acid Supplement
AdvoCare Rehydrate® Electrolyte Replacement Drink Mix	Calcium Plus Multinutrient Supplement	AdvoCare Slim® Vitamin, Mineral and Herbal Supplement
ProBiotic FastMelt® Probiotic Dietary Supplement	Catalyst™ Amino Acid Dietary Supplement	Arginine Extreme™ Multinutrient Supplement
Purple Champs® DHA Dietary Supplement Chew	CorePlex® Multiple Vitamin and Mineral Supplement	BioCharge® Vitamin and Herbal Supplement
Rehydrate Gel Electrolyte Replacement Energy Gel	CorePlex® with Iron Multiple Vitamin and Mineral Supplement	BioTune® Herbal and Mineral Dietary Supplement
V100 Tropical Chews® Multiple Vitamin and Mineral Supplement Chew	Digest-Ease™ Herbal Supplement with Digestive Enzymes	Carb-Ease® Plus Herbal Dietary Supplement
	ImmunoGuard™ Herbal Dietary Supplement for General Immune Health	Clear Mood™ Multinutrient Herbal Dietary Supplement
	Joint ProMotion® Dietary Supplement for General Joint Health	Coffeccino® Vitamin and Nutrient Supplement
	Meal Replacement Shakes	Crave Check S.R.® Herbal and Vitamin Dietary Supplement
	Muscle Gain™ Protein Shake	Fibo-Trim™ Multinutrient and Fiber Supplement
	OmegaPlex® Omega-3 Fatty Acid Dietary Supplement	Formula W® Herbal Supplement for Women
	ProBiotic Restore™ ULTRA Probiotic Supplement	Herbal Cleanse Metabolic Cleansing System

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	VO₂ Prime™ Performance Nutrition Bar	LeptiLean® Herbal and Mineral Dietary Supplement
	V16® Vitamin and Herbal Supplement	Mass Impact® Multinutrient Amino Acid Supplement
	AdvoCare® Nice Ice™ Breath Spray	MNS® 3 Multinutrient Dietary Supplement
		MNS® C Multinutrient Dietary Supplement
		MNS® E Multinutrient Dietary Supplement
		Muscle Strength™ Dietary Supplement with HMB and Suma
		Nighttime Recovery Amino Acid and Herbal Supplement
		O₂ Gold® Herbal Dietary Supplement
		Post-Workout Recovery Sports Performance Drink Mix
		Pro 20® Liquid Protein and Amino Acid Supplement
		Prostate Support Multinutrient Herbal Supplement for Men
		SleepWorks® Liquid Vitamin and Mineral Supplement
		Spark® Vitamin and Amino Acid Supplement
		ThermoPlus® Vitamin and Herbal Dietary Supplement

* These are general guidelines for age appropriateness. They are not intended as a substitute for the recommendation of your healthcare professional. Consult your healthcare provider with any questions.

† We strongly recommend that decisions concerning products given to minors include parental and healthcare provider involvement. Product appropriateness may depend upon the individual's weight, maturity, sports involvement and other factors.

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Product Pregnancy and Nursing Indications*

May be Suitable (Consult With Your Physician)	Not Recommended
AdvoBar® a.m. Nutrition Bar	BioTools® Two Supplement System
AdvoBar® DB9® Nutrition Bar	AdvoCare® Core™ Multinutrient Dietary Supplement
AdvoBar® Meal Nutrition Bar	AdvoCare® Fiber Citrus Dietary Fiber Supplement
AdvoBar® Snack Nutrition Bar	AdvoCare® Muscle Fuel Pre-Workout Multinutrient Dietary Supplement
CitriZinc® Vitamin and Mineral Dietary Supplement Chew	AdvoCare® Oasis™ Vitamin and Herbal Supplement
AdvoCare® Fiber Dietary Fiber Supplement Peaches and Cream and Unflavored only	AdvoCare Slim® Vitamin, Mineral and Herbal Supplement
AdvoCare® Nice Ice™ Breath Spray	AdvoGreens™ Greens Powder Phytonutrient Supplement
AdvoCare Rehydrate® Electrolyte Replacement Drink Mix	AdvoGreens™ Snack Shake Phytonutrient Protein Shake
AdvoCare Slam® ** Liquid Vitamin and Amino Acid Supplement	Amplify A.T.® Astaxanthin and Mixed Tocotrienols Dietary Supplement
C-Grams® High-Potency Vitamin C Dietary Supplement	Arginine Extreme™ Multinutrient Supplement
Calcium Plus Multinutrient Supplement	BioCharge® Vitamin and Herbal Supplement
Catalyst™ Amino Acid Dietary Supplement	BioTune® Herbal and Mineral Dietary Supplement
Coffeccino® ** Vitamin and Nutrient Supplement	Carb-Ease® Plus Herbal Dietary Supplement
CorePlex® Multiple Vitamin and Mineral Supplement	Clear Mood™ Multinutrient Herbal Dietary Supplement
CorePlex® with Iron# Multiple Vitamin and Mineral Plus Iron Supplement	Crave Check S.R.® Herbal and Vitamin Dietary Supplement
Digest-Ease + Herbal Supplement with Digestive Enzymes	Fibo-Trim™ Multinutrient and Fiber Supplement
Joint ProMotion® Dietary Supplement for General Joint Health	Formula W® Herbal Supplement for Women
Meal Replacement Shakes	Herbal Cleanse Metabolic Cleansing System
Muscle Gain™ Protein Shake	ImmunoGuard™ Herbal Dietary Supplement for General Immune Health
OmegaPlex® Omega-3 Fatty Acid Dietary Supplement	LeptiLean® Herbal and Mineral Dietary Supplement
Pro 20® Liquid Protein and Amino Acid Supplement	Mass Impact® Multinutrient Amino Acid Supplement

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May be Suitable (Consult With Your Physician)	Not Recommended
ProBiotic FastMelt® Probiotic Dietary Supplement	MNS® 3 Multinutrient Dietary Supplement
ProBiotic Restore™ ULTRA Dietary Probiotic Supplement	MNS® C Multinutrient Dietary Supplement
Purple Champs® DHA Chew Dietary Supplement	MNS® E Multinutrient Dietary Supplement
Rehydrate Gel Electrolyte Replacement Energy Gel	Muscle Strength™ Dietary Supplement with HMB and Suma
Spark® ** Vitamin and Amino Acid Supplement	Nighttime Recovery Amino Acid and Herbal Supplement
V100 Tropical Chews®# Multiple Vitamin and Mineral Supplement	O₂ Gold® Herbal Dietary Supplement
VO₂ Prime™ Performance Nutrition Bar	Post-Workout Recovery Sports Performance Drink Mix
	Prostate Support Multinutrient Herbal Supplement for Men
	SleepWorks® Liquid Vitamin and Mineral Supplement
	ThermoPlus® Vitamin and Herbal Dietary Supplement
	V16® Energy Vitamin and Herbal Supplement

* These are general guidelines for pregnancy and nursing product appropriateness. They are not intended as a substitute for the recommendation of your healthcare professional. Consult your healthcare provider with any questions.

CorePlex® Multiple Vitamin and Mineral Supplement and V100 Tropical Chews® do not constitute complete prenatal vitamins since they do not contain iron.

** Caffeine during pregnancy and nursing: It is generally accepted to consume less than 200mg per day, however you must follow the specific recommendation of your healthcare provider.

+ Turmeric may act as a uterine stimulant when consumed in larger quantities.