

MAX PACK



- Add Energy
- Control Appetite
- Lose Weight
- Fuel Up with Core Nutrition



MNS MAX 3 Our top selling nutritional that does it all. Each strip pack includes probiotics, appetite control, energy, core nutrition, omega 3's, and more. MNS Max 3 maximizes the results of a healthy nutrition and fitness regimen.

Supply - box of 14 strip packs is \$44.95 (ask about our 40% discount)

Directions - First Copper Packet: Early a.m., approx. 30 min. before BREAKFAST (prep to take the white packets with BREAKFAST)
 *** Prepare Meal Replacement Shake for breakfast

- Two White Packets: WITH BREAKFAST (Meal Replacement Shake)
- Second Copper Packet: Late morning, approx. 30 min before lunch



CATALYST Has a rapid "toning" effect, earning it nicknames such as "lipo in a bottle" and "shrink-wrap for the body." Designed to pull water and nutrients out of fat and into muscle, preserving lean muscle during times of weight loss and exercise.

Supply - bottle of 90 capsules is \$31.50 retail (ask about our 40% discount)

Directions - take 3 first thing in the morning with your SPARK and again in the mid-afternoon or before exercise, if desired



SPARK A "mental focus" energy drink that features a high-nutrition, low-sugar profile that contains neuroactives, amino acids, vitamins and herbs to allow for peak mental and physical performance; great replacement for coffee and soda.

Flavors - mandarin orange, fruit punch, grape, cherry and citrus

Supply - box of 14 packets is \$22.95 retail; 1 canister of 42 servings is \$51.95 (ask about our 40% discount)



MEAL REPLACEMENT SHAKES The high protein, nutrient and fiber content of this shake makes it a perfect breakfast that allows you to begin your day by fueling your muscles and brain, while starving your fat.

Flavors - vanilla, chocolate and berry

Supply - box of 14 packets is \$39.95 retail (ask about our 40% discount)

Max Pack Includes: 1 Spark Box, 1 Catalyst bottle, 1 MNS Max 3 Box, 1 Meal Replacement

Cost: Retail: \$139.95 Wholesale: \$111.48 Advisor: \$83.61



MNS MAX 3 KIT Simplify and save. Beach body in a box!

Cost: Retail: \$102.95 Wholesale: \$82.36 Advisor: \$61.77



With The Max Pack PLUS...

SLIM Portable 2 ounce drink that reduces appetite and supports fat burning



THERMOPLUS The "gas peddle" for fat loss

MUSCLE GAIN High protein snack that feeds muscle



Breakfast	Snack (if needed)	Lunch	Snack	Dinner	Snack (if needed)
MEAL REPLACEMENT SHAKE with both WHITE MNS Packets	3 hard boiled eggs with yolks or a handful of almonds -or- AdvoCare Snack Bar	Protein with vegetables (such as chicken salad, low-carb sub/wrap, salmon and broccoli, etc.)	1 piece of fruit or a handful of nuts or 2 scoops MUSCLE GAIN	Protein with vegetables (such as chicken salad, low-carb sub/wrap, salmon and broccoli, etc.)	1 scoop MUSCLE GAIN or high-protein snack
Before Breakfast: Spark or Slim + 3 Catalyst & 1st MNS Packet	Spark or Slim + 3 Catalyst & 2nd MNS Packet 30 minutes before lunch		SPARK or SLIM		Use 3 CATALYST before each workout daily

Keys For Success

- Be at least 90% "ON" for a minimum of 14 Days.
- Keep carbs under 30 grams per meal/snack, and watch the weight and fat melt off you!
- Drink 3-4 Liters (90-120 oz) of water daily (use "focused chugging sessions" to help you).
- Exercise AT LEAST 30 minutes 5-6 days per week (consistency and intensity are your friends).
- Utilize your Advocare sponsor for support, especially the first 3 days.
- Minimize or avoid alcohol, bread, and dairy.