



EXPERIENCE
THE
90 Day
CHALLENGE



AdvoCare Products fill in the nutritional gaps that we miss from our food. Metabolic Nutrition helps you crave the foods you should eat.

In 90 days you will be making good food choices, and developing good nutritional choices that will last a lifetime.

Suggested Sample Order

1 Herbal Cleanse
1 MNS Kit
4 MNS Max Appetite/Energy
3 Meal Replacement Shakes
3 Catalyst
2 Spark

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AdvoCare Independent
Member Since 2000
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www.AdvoCARE.com/00051585

Fast Track to Success

1. Purchase 90 Days worth of product - so there will be no lapses of time without product. This is approximately \$375 out of pocket with your AdvoCare membership (\$50 a year).
 2. Set up a time to follow up with your coach on Day 1, 3, 7, & 10 on product.
 3. Call your coach if any other questions arise.
 4. Attend an AdvoCare Information meeting or listen into an encouragement call within the first week on product. Then attend at least one meeting every month. This is so you can hear 1st hand the success others have had. Often you'll relate to someone else's story and know with certainty the product they had success with will also benefit you.
 5. Discuss your eating habits with your coach – establish a game plan.
 6. Take the products correctly.
 7. Drink 8-10 glasses of water per day.
 8. Eat three meals per day with snacks in-between. Forget the old ideas about dieting. You must eat protein with the metabolic nutrition system for optimum results with weight management.
 9. Weigh and measure yourself prior to starting. Remember that muscle weighs more than fat.
 10. Expect to succeed. Believe that you can achieve the great results that so many others have had. Confess success. Allow your words to reflect that you believe that you can achieve success.
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Experience the 90 Day Challenge!

Take this quiz to determine if the 90 Day Challenge is for you.

1. Do you have more day left than energy?
Y N
2. Are you making good food choices or do you crave sweets or fried foods?
Y N
3. Are you concerned about your general health?
Y N
4. Do you want a way to maximize your workout?
Y N
5. Have you tried enough ineffective weight loss plans that you can appreciate a safe, effective scientific approach to weight loss that results in a lifestyle change?
Y N

If you answered “yes” to any question, then you will benefit from the 90 Day Challenge!

So often we want to feel better have more energy and lose weight, but we don't really know where To start. So we continually try new things such As diets, pills and over-the-counter products. The results are usually disappointing.

Wouldn't it be great if there was a product that boosts energy, enhances your health, and produces measurable, definable results?

The AdvoCare Scientific & Medical Advisory Board represents a wide variety of health disciplines including nutrition, biochemistry, physiology, pharmacology, toxicology, skin care and surgery. Nationally and internationally recognized in their specialty areas, Board members use their expertise to ensure that all AdvoCare products are based on solid science and created with the highest quality ingredients.

AdvoCare specializes in:

- Health Enhancement
- Energy Enhancement
- Sports Performance
- SAFE, EFFECTIVE WEIGHT LOSS MANAGEMENT

AdvoCare Products

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Your commitment to the 90 Day Challenge

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Your best opportunity to secure a lifestyle change that will help make your goals a reality.
