



max pack MAX PACK

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

AdvoCare Max Pack Components



METABOLIC NUTRITION SYSTEM (MNS) Our top selling nutritional that does it all. Each strip pack includes probiotics, appetite control, energy, core nutrition, omega 3's, and more.

Choose Your MNS:



MNS RATINGS SCALE	MNS MAX E	MNS MAX C	MNS MAX 3
Energy	10	8	6
Appetite Control	8	10	6
Wellness	6	6	10

Example Eating Plan

Breakfast	Snack (if needed)	Lunch	Snack	Dinner	Snack (if needed)
30 Min Before Breakfast: • SPARK • 1st Color MNS Packet 3 CATALYST		30 Min before lunch: • 2nd Color MNS Packet • SPARK if needed	(30 min prior to snack) SPARK & 3 CATALYST		Choose one or two: 3 eggs 1 fruit veggies nuts or nut butter hummus 2 rice cakes can of tuna 2 scoops Muscle Gain AdvoCare Bar
MEAL REPLACEMENT SHAKE with both White MNS Packets -or- Choose one or two: 3 or 4 whole eggs 1/2 cup oats with nuts/fruit	Choose one or two: 3 eggs 1 fruit veggies nuts or nut butter hummus 2 rice cakes can of tuna 2 scoops MUSCLE GAIN AdvoCare Bar	MNS White Packets if not taken with breakfast Protein with vegetables (such as chicken salad, low-carb sub/wrap, salmon and broccoli, etc.)	Choose one or two: 3 eggs 1 fruit veggies nuts or nut butter hummus 2 rice cakes can of tuna 2 scoops MUSCLE GAIN AdvoCare Bar	Protein with vegetables* (steak, chicken or fish with veggies of choice) *Add rice or potato if needed	*** before bed 3 CATALYST



Suggested Keys For Success

- Be at least 90% "ON" for a minimum of 14 Days.
- Keep carbs under 30 grams per meal/snack which minimizes fat storage.
- Increase healthy fats as you decrease carbs (avocado, olives and olive oil, nuts and seeds).
- Drink 3-4 Liters (90-120 oz) of water daily.
- Exercise 30 minutes 5-6 days per week (consistency and intensity are your friends).
- UTILIZE YOUR ADVOCARE COACH for support, especially the first 3 days.
- Minimize or avoid alcohol, bread, and dairy.
- Take your products correctly. Consume your entire MNS MAX Pack before lunch.

Optional Add-ons



CATALYST

Accelerated tightening & toning
Feed your muscle. Starve your fat



LEPTILEAN

Helps sense of "fullness"
Fights the munchies at night



THERMOPLUS

Energy booster
"Turn up the burn"