



# max pack MAX PACK

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

**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



**SPARK** A mental focus and energy drink that features a high-nutrition, low-sugar profile. Contains neuroactives, amino acids and vitamins to allow for peak mental and physical performance; great replacement for coffee and soda.  
**Flavors** - mandarin orange, fruit punch, grape, cherry and citrus



**MEAL REPLACEMENT SHAKES** High protein, nutrient and fiber rich shake that makes it an ideal breakfast; allows you to begin your day by fueling your muscles and brain, while supporting ideal metabolism.  
**Flavors** - vanilla, chocolate and berry

Example  
Eating  
Plan  
  
eat

Breakfast	Snack (if needed)	Lunch	Snack	Dinner	Snack (if needed)
<b>MEAL REPLACEMENT SHAKE with both White MNS Packets</b> -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 <i>Muscle Gain AdvoCare Bar</i>	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 <i>Muscle Gain AdvoCare Bar</i>	Protein with vegetables* (steak, chicken or fish with veggies of choice)  *Add rice or potato if needed	Choose one or two: 3 eggs 1 fruit veggies nuts or nut butter hummus 2 rice cakes can of tuna 2 scoops <i>Muscle Gain AdvoCare Bar</i>
<b>Before Breakfast:</b> • SPARK • 1st Color MNS Packet	<b>Before Lunch:</b> • 2nd Color MNS Packet • SPARK if needed	<b>MNS White Packets</b> if not taken with breakfast	<b>SPARK</b>		



## 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 sponsor for support, especially the first 3 days.
- Minimize or avoid alcohol, bread, and dairy.
- Take your products correctly. Consume your entire MNS MAX 3 Pack before lunch.

## Optional Add-ons



**CATALYST** Has a rapid toning effect and preserves lean muscle during times of weight loss and exercise.



**THERMOPLUS** Helps with appetite control and additional calorie burning.



**OMEGAPLEX** Essential fatty acids for increased overall wellness.