



BASIC TRAINING: ADVOCARE PRODUCTS

YOUR "SHIELD OF CONFIDENCE"

1. Backed by over 250 years of combined experience in an esteemed Scientific and Medical Advisory Board.
2. Endorsed by over 100 unpaid world-class, Olympic and professional athletes.
3. The products are both safe (share the above information) and effective (share live stories and those from the literature).
4. The products are satisfaction guaranteed.

Spark: "Brain Food" and "Happy Powder"; replaces Diet Coke, Starbucks, Red Bull, etc. – people feel better with Spark!

- Promotes improved brain function – contains "neuro-nutrients" such as choline that help the brain connect thoughts.
- Take first thing in the morning (replaces coffee) and/or mid afternoon (replace soda or other energy beverages).
- Hot Mandarin Spark (can add tea) is good for replacing coffee in the morning.
- Ideally provide a canister AND packets – canister is convenient for the morning, packets are good for daytime and sampling.
- Sugar free... non-carbonated... no jitters... no crash... just 5 hours of mental focus.
- People will SAVE \$ compared to purchasing many energy drinks, and we give them the opportunity to EARN income as well.

Metabolic Nutrition System (MNS): "Good nutrition in a box"; complete wellness and weight loss system, 5 products in 1!

MNS Max 3: Start people on this MNS - our top selling nutritional that does it all. Each strip pack includes probiotics, appetite control, energy, core nutrition, omega 3's, and more. MNS maximizes a healthy nutrition and fitness regimen.

MNS Max Energy: similar to Max 3 with with noticeably more energy, and 1 less omega... graduate someone here after Max 3

MNS Max Appetite Control: similar to Max 3 with with noticeably more energy and appetite control, and 1 less omega... graduate someone here after Max 3

*MNS packets are easy and manageable when "attacked" early in the day. 1st Color packet taken upon awakening. 2 White packets taken with shake for breakfast. 2nd Color packet is taken late morning before lunch.

*We must coach people well EARLY in their MNS usage. Days 1, 3, and 7 are a good standard for checking in and coaching.

***Spark and MNS are the top 2 selling products in all of Advocare because they address energy and weight loss!**

Power-Packed Sample: 1 packet of Spark and an MNS Strip Pack – IF they commit to taking it correctly within 24 hours

Herbal Cleanse: "Lube, oil, and filter for the body."

- Cleanses cells and digestive track to better prep the body for fat-loss, restores regularity: "If it's not comin' out, it's not comin' off".
- Ideal to start w/ 10 day cleanse program, BUT if they're not attracted to the idea of cleansing, start them with the Max Pack.
- The nutrition program we've developed for the cleanse (no wheat, dairy, coffee, soda, alcohol) will dramatically improve results.

Omegaplex: reduces inflammation and pain, natural diuretic, reduces blood pressure, great for hair/skin/nails.

Catalyst: Tone the muscle.

- Preserves muscle during times of calorie restriction and fat burning.
- Pulls loose water out of fat cells and into lean muscle tissue to give an instant "toning" effect.
- Keeps muscle toned and fed.
- Take three first thing in the morning and, if desired, mid-afternoon or before exercise with Spark.

Meal Replacement Shakes: Feed the muscle and starve the fat; another grocery-type expense.

- The "perfect" breakfast - incredible taste and texture.
- A nutritious, balanced, low calorie/high protein meal replacement.
- High nutrient profile: 220 calories, 24g "predigested" protein, 6g dietary fiber, 50% RDA calcium, digestive enzymes and more.
- Use as breakfast 20-30 minutes after consuming *Spark and MNS Packet*... mix with water and/or ice.

Rehydrate: refreshing rehydration drink; grocery type expense.

- Provides ideal 1:1 electrolyte composition of sodium and potassium to replenish vital elements lost through the day.
- Gets water to cells six times faster than water alone to replenish electrolytes lost during exercise, stress, and/or illness.
- Contains essential minerals, antioxidants, energy cycle cofactors and amino acids (vital for muscle recovery and repair).

ThermoPlus: Burn the fat... "3-in-1 Product": 3 Benefits = increased energy, fat burning, reduced appetite.

- Takes your metabolism from a "walk to a jog".
- Aids in the release of stored body fat by getting fat cells to the blood stream and out of the body.
- Reduces appetite and cravings (sage extract and oolong tea).
- Take one or two first thing in the morning and, if desired, before lunch or mid-afternoon.

Slam Energy Drink: 2 oz, pre-bottled energy drink, like an "energy shot".

- Similar to Spark, but PORTABLE.
- Sugar free, and provides steady energy and mental focus with no crash.
- Wildly popular, fetches it's \$3 retail value all day long at gyms and tournaments.

Arginine Extreme: increases blood levels of nitric oxide which increases blood flow and nutrient delivery, natural HGH booster.

Muscle Fuel: proven to increase power, endurance, and recovery, best pre-workout product on the market, take before hard workouts.

Muscle Gain: great low-carb snack to feed the muscle and keep the fat burning, can add to MR Shake to boost protein.