



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 at 100% 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

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.

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.

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.

Catalyst: Tone the muscle.

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

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.

Rehydrate: refreshing rehydration drink; grocery type expense.

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

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.

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