

weight management TIMELINE

30 minutes before breakfast	Breakfast	30 minutes before lunch	Lunch	Snack	Mid-Afternoon (before 4 p.m.)	30 minutes before dinner	Dinner	Bedtime
								
<ul style="list-style-type: none"> • MNS® Color Packet AND/OR Advoca Slim® OR Advoca Slim® Caffeine Free • Catalyst™ • Also consider ThermoPlus™ AND A-Supreme™ 	<ul style="list-style-type: none"> • MNS® White Packet • Meal Replacement Shake OR Meal Replacement Bar OR Breakfast Bar • Also consider Fiber Bar 	<ul style="list-style-type: none"> • MNS® Color packet • Fibo-Trim™ • Also Consider ThermoPlus™ OR LeptiLean™ 	<ul style="list-style-type: none"> • Healthy meal OR Meal Replacement Shake OR Meal Replacement Bar • Also consider Digest-Ease™ 	<ul style="list-style-type: none"> • Snack Bar OR Fruit & Fiber Bar 	<ul style="list-style-type: none"> • Catalyst™ • Advoca Slim® OR Advoca Slim® Caffeine Free 	<ul style="list-style-type: none"> • Fibo-Trim™ • Carb-Ease™ • LeptiLean™ 	<ul style="list-style-type: none"> • Healthy meal • Also consider Digest-Ease™ 	<ul style="list-style-type: none"> • Consider Catalyst™ OR Nighttime Recovery

AdvoCare Slim® is an entire weight-management system in a two-ounce bottle, providing metabolic enhancers, thermogenics, energy and appetite suppression.* Take two servings daily and watch as the results will appear in no time!

Breakfast Bars are a convenient on-the-go solution and they're only 200 calories or less per serving.

Carb-Ease™ helps reduce the absorption of starches, sugars and other carbohydrates while helping to reduce the negative effects of excessive carbohydrate consumption.*

Catalyst™ preserves and supports muscle tone and helps maintain muscle mass.*

Digest-Ease™ not only improves intestinal function and digestion, but it also increases your ability to absorb nutrients from diet and other AdvoCare products.*

Fiber Drink is a great solution that not only supports digestion but also enhances a weight management program.*

Fibo-Trim™ helps your body absorb less of the fat you consume and aids in the elimination of fatty waste materials.*

Fruit & Fiber Bar contains five grams of fiber to help you put more fruit and fiber in your diet without packing on the pounds.

LeptiLean™ is formulated with botanicals associated with reduced appetite and feelings of fullness along with anti-inflammatory properties to help facilitate weight management

Meal Replacement Bar helps support metabolism and maintain lean muscle mass during calorie restriction. With 16 grams of protein, only 215 calories and three grams of fat, it is a superior choice.

Meal Replacement Shakes are a great tasting solution with only 220 calories.

MNS® helps you achieve your specific weight-loss goals with important core nutrition, appetite suppressants, metabolic enhancers and thermogenic ingredients to help boost energy, curb cravings and fight sluggishness.*

Nighttime Recovery allows your body to more effectively respond to the demands of physical activity.*

Snack Bar is nutritionally balanced and great tasting. It is the perfect solution whenever you need a snack. Don't settle for candy bars or cookies when you can have a healthy, delicious snack.

ThermoPlus™ helps stimulate metabolism and contains tea and sage extracts for improved weight management.