

Your AdvoCare regimen is a “Two Step” process.
 Instructions for “Step One” (10 day detoxification phase ~ every 90 days)

- **Herbal Cleanse** (detoxification, includes 3 products)
 (Follow “**eating guidelines**” in the box instructions for accurate results.)
- **Spark or Slam** (energy, mental focus, and appetite control)
- **Meal Replacement Shakes** (vitamins, protein, fat burning)
- **Catalyst** (fat burning, muscle retention, and appetite control)

Days 1 - 3

- | | | |
|--------------------------|---------------------------------|---------------------------------------|
| <input type="checkbox"/> | Upon rising (Empty Stomach: ES) | Spark or Slam
(3-6) Catalyst |
| <input type="checkbox"/> | 30 minutes later | Fiber Drink
Meal Replacement Shake |
| <input type="checkbox"/> | Mid-afternoon (ES) | Spark or Slam
(3-6) Catalyst |
| <input type="checkbox"/> | Immediately before bed (ES) | “Herbal Cleanse” pill pack (3 pills) |

Days 4 – 7

- | | | |
|--------------------------|-----------------------------|--|
| <input type="checkbox"/> | Upon rising (ES) | Spark or Slam
(3-6) Catalyst
“Probiotic Restore” pill pack (2 pills) |
| <input type="checkbox"/> | 30 minutes later | Meal Replacement Shake |
| <input type="checkbox"/> | Mid-afternoon (ES) | Spark or Slam
(3-6) Catalyst |
| <input type="checkbox"/> | Immediately before bed (ES) | “Herbal Cleanse” pill pack (3 pills) |

Days 8 – 10

- | | | |
|-------------------------------------|-----------------------------|---|
| <input type="checkbox"/> | Upon Rising (ES) | (3-6) Catalyst
“Probiotic Restore” pill pack (2 pills) |
| <input type="checkbox"/> | 30 minutes later | Fiber Drink
Meal Replacement Shake |
| <input type="checkbox"/> | Mid-afternoon (ES) | Spark or Slam
(3-6) Catalyst |
| <input checked="" type="checkbox"/> | Immediately before bed (ES) | ** nothing ** |

Day 11: Begin “Step Two” (The “results” phase: increased fat burning, mental focus, muscle toning, vit/minerals, wellness): Metabolic Nutrition System, Spark or Slam, Meal Replacement Shakes, Catalyst, & ThermoPlus. Work with your distributor for best results.
IMPORTANT: Commit to 90-days of Step Two if you are looking for dramatic fat burning.