

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<br>(3-6) Catalyst       |
| <input type="checkbox"/> | 30 minutes later                | Fiber Drink<br>Meal Replacement Shake |
| <input type="checkbox"/> | Mid-afternoon (ES)              | Spark or Slam<br>(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<br>(3-6) Catalyst<br>“Probiotic Restore” pill pack (2 pills) |
| <input type="checkbox"/> | 30 minutes later            | Meal Replacement Shake   |
| <input type="checkbox"/> | Mid-afternoon (ES)          | Spark or Slam<br>(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<br>“Probiotic Restore” pill pack (2 pills) |
| <input type="checkbox"/>            | 30 minutes later            | Fiber Drink<br>Meal Replacement Shake                     |
| <input type="checkbox"/>            | Mid-afternoon (ES)          | Spark or Slam<br>(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.