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MAX PACK



- Add Energy
- Control Appetite
- Lose Weight
- Fuel Up with Core Nutrition



MNS MAX 3 Our top selling nutritional that does it all. Each strip pack includes probiotics, appetite control, energy, core nutrition, omega 3's, and more. MNS Max 3 maximizes the results of a healthy nutrition and fitness regimen.

Supply - box of 14 strip packs is \$42.95 (ask about our 40% discount)

Directions - First Copper Packet: Early a.m., approx. 30 min. before BREAKFAST (prep to take the white packets with BREAKFAST)

*** Prepare Meal Replacement Shake for breakfast

- Two White Packets: WITH BREAKFAST (Meal Replacement Shake)

- Second Copper Packet: Late morning, approx. 30 min before lunch



SPARK A "mental focus" energy drink that features a high-nutrition, low-sugar profile that contains neuroactives, amino acids, vitamins and herbs to allow for peak mental and physical performance; great replacement for coffee and soda.

Flavors - mandarin orange, fruit punch, grape, cherry and citrus

Supply - box of 14 packets is \$21.50 retail; 1 canister of 42 servings is \$51.95 (ask about our 40% discount)



MEAL REPLACEMENT SHAKES The high protein, nutrient and fiber content of this shake makes it a perfect breakfast that allows you to begin your day by fueling your muscles and brain, while starving your fat.

Flavors - vanilla, chocolate and berry

Supply - box of 14 packets is \$36.95 retail (ask about our 40% discount)

Max Pack Includes: 1 Box of Spark, 1 Box of MNS Max 3, 1 Box of Meal Replacement Shakes

Cost: Retail: \$101.40 Wholesale: \$81.12 Advisor: \$60.84



MNS MAX 3 KIT Simplify and save. Beach body in a box!

Cost: Retail: \$99.50 Wholesale: \$79.60 Advisor: \$59.70



With The Max Pack PLUS...

SLIM Portable 2 ounce drink that reduces appetite and supports fat burning



CATALYST "Lipo-in-a-Bottle" for added toning

MUSCLE GAIN High protein snack that feeds muscle



Breakfast	Snack (if needed)	Lunch	Snack	Dinner	Snack (if needed)
MEAL REPLACEMENT SHAKE with both WHITE MNS Packets	3 hard boiled eggs with yolks or a handful of almonds -OR- AdvoCare Snack Bar	Protein with vegetables (such as chicken salad, low-carb sub/wrap, salmon and broccoli, etc.)	1 piece of fruit or a handful of nuts or 2 scoops Muscle Gain	Protein with vegetables (such as chicken salad, low-carb sub/wrap, salmon and broccoli, etc.)	1 scoop Muscle Gain or high-protein snack
Before Breakfast: SPARK or SLIM with 1st COPPER MNS Packet	SPARK or SLIM with 2nd MNS COPPER Packet 30 minutes before lunch		SPARK or SLIM		

Keys For Success

- Be at least 90% "ON" for a minimum of 14 Days.
- Keep carbs under 30 grams per meal/snack, and watch the weight and fat melt off you!
- Drink 3-4 Liters (90-120 oz) of water daily (use "focused chugging sessions" to help you).
- Exercise AT LEAST 30 minutes 5-6 days per week (consistency and intensity are your friends).
- Utilize your Advocare sponsor for support, especially the first 3 days.
- Minimize or avoid alcohol, bread, and dairy.