The 24-Day Challenge
Instruction Manual

“Remember, there are EXCUSES, or there are RESULTS, but never BOTH!”
The AdvoCare 24 Day Challenge is a revolutionary program designed by leading fitness and nutrition experts, built around good, solid nutrition and convenience, in order to help you enhance your immune system and increase your energy levels while leaning you out and melting away fat. It’s not a gimmick!! It’s not a fad!! It’s a program that will enhance your overall health and well-being, while educating you on simple, realistic lifestyle changes that fit into any schedule!

The program fills the nutritional gaps, cleans out the system and kick-starts your metabolism through some of the same amazing AdvoCare solutions used by elite amateur and professional athletes for over 19 years!

Just so you know, we choose AdvoCare solutions because...

- There is industry leading science in every formulation
- They are backed and formulated by a world-class Science/Medical Board
- They are driven to creation by an elite advisory council
- They are endorsed by hundreds of UNPAID World Class athletes and entertainers
- They create truly unmatched and amazing testimonies from around the country
- They are tested and certified by Informed Choice
- They carry a 100% satisfaction guarantee

Want to know what the Challenge will do for you...

- Provide FREE coaching throughout
- Include the optimal breakfast for 14 to 24 days
- Ensure 2-4 convenient meals/snacks per day
- Melt away unwanted body fat
- Boost natural energy levels
- Build beautiful lean muscle
- Cut cravings and fill nutritional gaps
- Kick-start your body’s metabolism
- Better your general health and wellness
- Improve nutrient absorption and digestion
- Minimize aches, pains and inflammation
- Increase immune system function
- Teach a real-world, simple lifestyle set of habits

Quite honestly, the beauty of the 24 Day Challenge is its ability to provide the three things that cause most people to fail to reach their weight loss or weight management goals....convenience, a plan and support!

While weight loss or management is certainly achieved through the Challenge, the way you feel and the increase you will see in your natural energy levels, will truly amaze you! Good luck and have fun...

DO NOT FORGET TO CHECK WITH YOUR ADVOCARE ADVISOR OR COACH ON 20-40% DISCOUNTS!!!
This program is created by Independent Distributors and is not offered through AdvoCare Corporate. Please consult your health care provider before making any dietary or fitness modifications.

## 24-Day Challenge (tracking form)

**LEAN OUT, TONE UP TIME**

### MEASUREMENTS
- Weight
- Jean/Dress Size
- Waist
- Hips
- Neck
- Right Thigh / Left Thigh
- Right Arm / Left Arm
- Right Calf / Left Calf
- Chest
- Shoulders
- Right Arm / Left Arm

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<th>DAY #1</th>
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## PROGRESS TRACKING

### BEFORE/AFTER PICTURES
- Ladies - sportsbra and spandex shorts or swimsuit
- Guys - shorts, no shirt

### MEASUREMENT LOCATIONS
- Neck - 1/2 way between chin and collarbone
- Shoulders - widest point
- Chest - arms relaxed at sides, across nipple line
- Waist - belly button level
- Hips - widest point, feet together
- Thighs - widest point, standing straight
- Calves - widest point, standing straight
- Arms - 1/2 way between shoulder and elbow

Be sure to weigh and take measurements first thing in the morning on Days 1, 11 and 24, prior to eating or drinking anything to ensure the most accurate results!
# 10-Day Cleanse Phase (checklist & schedule)

<table>
<thead>
<tr>
<th>DAY</th>
<th>FIBER DRINK (AM)</th>
<th>HERBAL CLEANSE (PM)</th>
<th>PROBIOTIC RESTORE ULTRA (AM)</th>
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**PRE-BREAKFAST**
- **PROBIOTIC RESTORE ULTRA** (Days 4-10) At least 30 minutes before breakfast.
- **SPARK** (Daily) Mix in 8-12 ounces of water to sweetness taste and drink within 15-20 minutes!

**BREAKFAST**
- **FIBER DRINK** (Days 1-3 & 8-10) Mix in 8-12 ounces of cold water, drink down, do not let sit! If needed, sip, add more water, sip, etc. to thin out, but drink quickly.
- **MEAL REPLACEMENT SHAKE** (Daily) Blend or shake in 8-12 ounces of water, add ice to thicken to preference (DO NOT add fruits or fruit juices) OR 1:2 (ladies) or 1:4 (men) whole egg to white ratio scramble with 1 piece of fruit or ½ cup (ladies) or 1 cup (men) oatmeal. (Veggies can be added to scramble.)
- **OMEGAPLEX** (Daily) Take 2 capsules with your breakfast! Those with blood pressure, cholesterol or heart issues might want 3-4!

**MID-MORNING SNACK**
- A lean protein OR serving of Muscle Gain OR Catalyst OR ¼ cup unsalted almonds or cashews, with a piece of fruit OR veggies.

**LUNCH**
- Salad and/or veggies with lean protein and a piece of fruit OR a Meal Replacement Shake.

**POST-LUNCH (60-90 mins after lunch)**
- **SPARK** (if applicable) Mix in 8-12 ounces of water to sweetness taste and drink within 15-20 minutes!

**MID-AFTERNOON SNACK**
- A lean protein OR serving of Muscle Gain OR Catalyst OR ¼ cup unsalted almonds or cashews, with a piece of fruit OR veggies.

**DINNER**
- Salad and/or veggies with lean protein OR a Meal Replacement Shake
- **OMEGAPLEX** (Daily) Take 2 capsules with your dinner! Those with blood pressure, cholesterol or heart issues might want 3-4!

**NIGHTTIME SNACK**
- Lean protein OR Muscle Gain OR Catalyst OR ¼ cup unsalted almonds or cashews.

**BEFORE BED**
- **HERBAL CLEANSE** (Days 1-7) with 8-12 ounces of water.

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10-Day Cleanse Phase (notes, solutions & tips)

**“BASIC” CLEANSE SOLUTIONS**

- Take your before photos and weigh and measure on the morning of Day #1! This is for YOU, not for anyone else, but the ONLY surefire way to gauge progress is to know the starting point.
- Preparation is KEY! Just a little prep can do wonders for keeping things simple! Shop in advance and prepare snacks and meals if at all possible! Life becomes easier this way!
- Use the checklist on the “Cleanse” schedule! If you don’t you will be counting packets by Day #4!
- AVOID…alcohol, fried foods, refined sugars, syrups, honey, corn, breads, potatoes, crackers, candy, chips, white rice, cheeses, mushrooms, creamy sauces or dressings, dried or canned fruits, lunch meats, yogurt, milk, coffee, energy drinks or sodas.
- MINIMIZE…oatmeal, brown rice, hummus, quinoa, beans, lentils, or whole wheat pasta (try and limit these choices to no more than three meals during your entire cleanse).
- EAT…fresh fruits, green vegetables, salads, chicken, fish, turkey, eggs, lean red meats, lean ground beef or turkey, tofu, almond milk, avocados, natural peanut butter, almond butter, unsalted cashews or almonds.
- Drink ¾ to 1 gallon of water per day, without fail! This will have a direct impact on how well your body rids itself of toxins!
- Eat 5-6 small meals/snacks each day, spaced 2-3 hours apart to keep the metabolism elevated and blood sugar levels regulated. Never skip a meal or snack (see next note).
- Use your Catalyst as needed! While whole food snacks are always recommended first, Catalyst is an exceptional alternative, especially for your nighttime snack.
- MORNING EXERCISE…If you are exercising in the morning, have a serving of Catalyst (if applicable) with your Spark and Probiotic (Days 4-10), prior to working out. Have your Fiber Drink and Meal Replacement Shake or breakfast immediately after!
- AFTERNOON EXERCISE…Simply add a serving of Catalyst (if applicable) to your afternoon Spark and skip the Mid-Afternoon snack. (Obviously, exact times will vary and may need further adjusting by your Coach).
- COMMUNICATE….with your AdvoCare Coach! This could never be emphasized enough! The coaching and support will prove to be invaluable!

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# 14-Day Burn Phase
(checklist & schedule)

### Day 1
- **Burn**
- **Refuel**

### Day 2
- **Burn**
- **Burn**

### Day 3
- **Burn**
- **Burn**

### Day 4
- **Burn**
- **Burn**

### Day 5
- **Burn**
- **Burn**

### Day 6
- **Burn**
- **Burn**

### Day 7
- **Burn**
- **Burn**

### Day 8
- **Burn**
- **Burn**

### Day 9
- **Burn**
- **Burn**

### Day 10
- **Burn**
- **Burn**

### Day 11
- **Burn**
- **Burn**

### Day 12
- **Burn**
- **Burn**

### Day 13
- **Burn**
- **Burn**

### Day 14
- **FREE**

### MNS MAX (Daily)
- Take first MNS Max COLOR packet with 8-10 ounces of water.

### SPARK (Daily)
- Mix in 8-12 ounces of water to sweetness taste and drink within 15-20 minutes!

### CATALYST (if applicable)
- For those who do not eat breakfast within 1 hour of waking or those who exercise in the morning.

### PRE-BREAKFAST (30 mins before)
- MNS MAX (Daily)
- Take first MNS Max COLOR packet with 8-10 ounces of water.

### BREAKFAST
- MNS MAX (Daily)
- Take both MNS Max WHITE packets with meal and 8-10 ounces of water.

### BURN DAYS!! MEAL REPLACEMENT SHAKE (Daily)
- Blend or shake in 8-12 ounces of water, add ice to thicken to preference (DO NOT add fruits or fruit juices) OR 1:2 or 1:4 whole egg to white ratio scramble. (Veggies can be added to scramble.)

### REFUEL DAYS!! MEAL REPLACEMENT SHAKE (Daily)
- Blend or shake in 8-12 ounces of water, add ice to thicken to preference (DO NOT add fruits or fruit juices) and a piece of fruit OR 1:2 or 1:4 whole egg to white ratio scramble with fruit or oatmeal. (Veggies can be added to scramble.)

### MID-MORNING SNACK
- A lean protein OR serving of Muscle Gain OR Catalyst OR a ¼ cup of unsalted almonds or cashews OR 1-2 tbsp peanut butter. Add veggies as desired.

### MNS MAX (Daily)
- Take second MNS Max COLOR packet with 8-10 ounces of water.

### PRE-LUNCH (30 mins before)
- MNS MAX (Daily)
- Take second MNS Max COLOR packet with 8-10 ounces of water.

### LUNCH
- **BURN DAYS!!** Salad and/or veggies with lean protein OR a Meal Replacement Shake.

### REFUEL DAYS!!
- Salad and/or veggies with lean protein and a piece of fruit or a starchy carbohydrate OR a Meal Replacement Shake with a piece of fruit.

### POST-LUNCH (60-90 mins after lunch)
- SPARK (if applicable)
- Mix in 8-12 ounces of water to sweetness taste and drink within 15-20 minutes!

### MID-AFTERNOON SNACK
- A lean protein OR serving of Muscle Gain OR Catalyst OR a ¼ cup of unsalted almonds or cashews OR 1-2 tbsp peanut butter. Add veggies as desired.

### DINNER
- Salad and/or veggies with lean protein OR a Meal Replacement Shake.

### OMEGAPLEX (Daily)
- Take 2 capsules with your dinner! Those with blood pressure, cholesterol, or heart issues might want 3-4!

### NIGHTTIME SNACK
- Lean protein OR Muscle Gain OR Catalyst.

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14-Day Burn Phase
(notes, solutions & tips)

“BASIC” BURN SOLUTIONS

“FULL” BURN SOLUTIONS

POSSIBLE BURN ADD-ONS

BURN NOTES & TIPS

- Weigh and measure the morning of Day #1 (Day #11 of the Challenge)! This will determine the “Cleanse” Phase effect and give you a gauge for the “Burn” Phase success. Your last weigh and measure will be on the morning of Day #14 (Day #24), as always, before eating or drinking anything.
- Your goal is to be 80-90% ON TARGET through the “Burn” Phase! You can do ANYTHING for 14 days!
- Preparation is still very important, as is ensuring you still drink ¾ to 1 gallon of water per day!
- “Burn” Days will not allow for any starchy carbohydrate or fruit consumption. Only lean proteins, vegetables and healthy fats.
- “Refuel” Days will allow for starchy carbohydrates and fruits to be added in at breakfast and lunch again. However, DO NOT add starchy carbs or fruits into snacks or dinner.
- You can slightly increase healthy fat and protein intake, if necessary, on your “Burn” days and you can eat/snack on vegetables at any time, on any day! Little chance you can eat too many.
- Eat 5-6 small meals/snacks each day, spaced 2-3 hours apart to keep the metabolism elevated and blood sugar levels regulated. Never skip a meal or snack (see next note).
- Use your Catalyst as needed! While whole food snacks are always recommended first, it is an exceptional alternative, especially for your nighttime snack.
- EXERCISE...Although optional, exercise, even 15 minutes per day is highly recommended for overall health and well-being. If you do include exercise, simply try not to eat whole foods within an hour of starting. Ideally, you would consume your Spark and Catalyst prior to exercise.
- Take your products correctly and on time! Consume your entire MNS strip before lunch!
- COMMUNICATE....with your AdvoCare Coach! This could never be emphasized enough! The coaching and support, when used, will prove to be invaluable!

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### 24-Day Challenge
(grocery shopping guide)

#### RECOMMENDATIONS

**PROTEINS**
- Eggs
- Tofu
- Veggie Burgers
- Plain Greek Yogurt
- Ostrich Sticks
- Low-Sodium Jerky
- Chicken
- Turkey
- 93%+ Ground Beef
- 93%+ Ground Turkey
- Bison
- Buffalo
- Elk
- Swordfish
- Haddock
- Halibut
- Sea Bass
- Flounder
- Red Snapper Grouper
- Salmon
- Tilapia

**VEGGIES**
- Green Salad
- Leafy Greens
- Romaine
- Spring Greens
- Kale
- Asparagus
- Cauliflower
- Broccoli
- Green Beans
- Peppers
- Spinach
- Tomatoes
- Edemame
- Sugar/Snow Peas
- Brussels Sprouts
- Collard Greens
- Zucchini
- Eggplant
- Cucumbers
- Celery
- Onions

**STARCHES**
- Sweet Potato
- Yams
- Brown Rice
- Oatmeal
- All-Bran Cereal
- Kashi Cereal
- Black Beans
- Lentils
- Quinoa
- Multi-Grain Bread
- Whole Wheat Bread
- Whole Wheat Pasta

**FRUITS**
- Apples
- Bananas
- Melons
- Papaya
- Kiwi
- Grapefruit
- Berries
- Oranges
- Peaches
- Pears
- Mango
- Pineapple

**FATS**
- Avocados
- Olive Oil
- Canola Oil
- Peanuts
- Cashews
- Almonds
- Peanut Butter

**LIMITEDS**
- Milk
- Cheese
- Cottage Cheese
- Sour Cream
- Yogurt
- Frozen Yogurt
- Caffeine

### PORTION CONTROL

- Alcoholic drink (3 oz (75 g) cooked chicken or meat or 1 oz (28 g) deck of cards)
- 1 cup (250 ml) cooked rice, pasta or ice cream tennis ball
- 1 oz (30 g) cheese; 1 rice or 1 domino
- Medium piece of fruit; baseball
- 1 tsp (5 ml) butter or margarine; one dice
- 1 small baked potato; a computer mouse
- Average woman's fist; 1 cup (250 ml)
- 2 tbsp (30 ml) peanut butter; pen, salad dressing; golf ball
- 1 oz (36 g) of chocolate; a packet of dental floss

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Some Common Questions...Answered

It is probably a good idea and strongly suggested that you read through this FAQ section prior to beginning your Challenge!

Frequently Asked Questions – 24 Day Challenge

- **How much water should I be drinking on a daily basis?**
  We recommend ¾ to 1 gallon of water per day! While this may sound like a lot initially, it is very easy to do with just a little dedicated effort and planning! Get a couple of gallon jugs, take one with you each day and make a concerted effort to get at least half a gallon in before lunch! After a few days, you will not be thinking about it at all. It becomes a necessary habit!

- **Why do you recommend the Meal Replacement Shake for breakfast every morning?**
  The Meal Replacement shake is the only way we can guarantee you get the right amount and ratio of protein to carbs in each morning with ample fiber included. This convenient, proven solution removes all excuses as it takes less than 1 minute to prepare!

- **How often should I get on the scale?**
  You will ONLY get on the scale on the mornings of Days 1, 11 and 24! You will weigh, measure and take your pics prior to eating or drinking anything on these days. **PLEASE STAY OFF THE SCALE OTHER THAN THIS!**

- **How many meals/snacks should I be getting in each day?**
  Your goal is to get anywhere from 5-7 meals/snacks per day. Without fail! During the Challenge, with the solutions provided, such as Catalyst, as well as the optional add-ons such as Muscle Gain protein powder, 5-7 meals/snacks per day is extremely easy to accomplish with just a little preparation!

- **Can I mix the Meal Replacement Shake with milk, juice or add fruit to it?**
  No! Additions such as these change the protein to carb ratio as well as the caloric count! Only someone who is after weight gain would want to consider such an option and even then, we suggest you discuss this with your Challenge coach before implementing!

- **When should I take Catalyst and how many can I take in a day?**
  Catalyst can be used upon waking, if your first meal of the day will not be eaten within 1 hour, as a mid-morning or mid-afternoon snack, immediately before or after a workout or right before bed, as your late-night snack. There is no real limit on Catalyst but most people will not need more than 4 servings per day as whole food is still the primary goal.

- **If I am using ThermoPlus during Phase II as an add-on, how should I take it for best results?**
  You can take 1-3 capsules of ThermoPlus with each serving of Spark or within 30 minutes of exercise. Start out with 1 capsule per serving and gradually increase for higher response.

- **Why do you not recommend mushrooms?**
  Mushrooms are not recommended during the Cleanse Phase of the Challenge as they are a fungi and fungi can lead to increased inflammation, exactly opposite of the goal during the Cleanse. In addition, a mushrooms exterior can sometimes be coated in mold, obviously not something you want to ingest during this cleaning out phase.

- **How many OmegaPlex can or should I be taking each day?**
  A minimum of two OmegaPlex capsules should be taken each day, but if you are battling obesity, high blood pressure, high cholesterol or diabetes, you may want to take as many as eight capsules per day!

- **How many ounces of water in a gallon?**
  There are 128 ounces in a gallon of water!

- **How much caffeine should I be taking in each day?**
  It is typically recommended to keep caffeine intake below 400mg per day, however, during your Challenge, in an effort to ensure proper hydration levels, we recommend staying below 250mg per day, which would be roughly your two daily servings of Spark.
Frequently Asked Questions – 24 Day Challenge (cont)

- Can I use the Meal Replacement Shakes for lunch or dinner if I need to?
  Yes, in a pinch, they can be used to replace any meal or snack, however, always keep in mind, whole food should be your first choice outside of your Meal Replacement Shake at breakfast. If it came down to no meal versus having a shake, then yes, have a shake!

- Can I drink decaf coffee or tea?
  Yes! Decaf is fine! Again, our goal is merely to limit the total caffeine consumption during the Cleanse in order to ensure we have ample hydration. Too much caffeine can have a dehydrating effect!

- In Phase II do I still take OmegaPlex even though they are included in the MNS?
  Depending on which MNS product you are using, you will have either one or two OmegaPlex capsules included. As noted above, you want to make sure you are getting a minimum of two capsules per day and if you are battling any of the noted illnesses or issues, maybe even more.

- The scale is not moving as fast as I thought it would, but my clothes are definitely looser. Am I doing something wrong?
  The scale is the LAST place that will typically show results when it comes to “healthy” fat loss. Most commonly you will notice your clothes fitting looser, due to the density of fat versus muscle, first! This will be followed by family and friends noticing a change, before the scale shows anything drastic in the way of number fluctuations. All too often the scale can actually be misleading as the body goes through changes on a daily basis. This is why you are not allowed on the scale until the days noted!

- I got a slight headache during the Cleanse Phase. What could cause this?
  This could actually be caused by a variety of things, none of which will be a major cause for concern and they should be gone altogether by Days 4 or 5! Some individuals do get minor headaches during the Cleanse caused by a decrease in daily caffeine consumption (which would mean there was a need for a decrease), some will simply not be drinking their daily required water intake and some may simply be going through a release of toxins (a good thing, and most likely much needed as well).

- I take medications for different ailments; will they be affected by the Challenge?
  We cannot and do not make any sort of medical claims, nor will your coach make any recommendations as it relates to your medication use or medical issues. Although what we do is based on good, solid nutrition, it is a common “industry” recommendation to simply not take your supplementation solutions at the same time you take any medications, but as you are most likely aware, it is strongly recommended that you consult your physician directly.

- Can I use some other supplements or vitamins that I already have during the Challenge?
  Can you? Yes! Do we recommend it? No! This is not to imply that they are unfit for use, simply to say that we can only speak for results and the credibility of AdvoCare products and our recommendation is always to simply suspend the use of all non-AdvoCare supplementation solutions during the Challenge. This is not meant to imply that post-Challenge you may not be able to put them back in use, but simply to ensure that ONLY those products which we know are built to work synergistically together are used during the Challenge itself.

- Can I use the Performance Elite Line solutions during the Challenge?
  Absolutely! Your Challenge may actually see some improved results if you are implementing some of the Performance Elite Line!

- How soon can I do another Cleanse?
  You should not Cleanse more than once every 90 days so you can simply look at your Cleanse as a quarterly proactive maintenance plan!

- What do I do after my Challenge is over?
  Very good question...unfortunately, not one that can be answered in a FAQ response due to the individuality of each person and their goals. Our general recommendation for anyone completing their Challenge and either looking to lose a bit more or simply maintain is to repeat Phase II as their post-Challenge plan, but to be perfectly honest, you should be discussing your next step with your Challenge coach ASAP. They can help you make sure you get exactly, and more importantly, only what you need from an AdvoCare solutions standpoint, in order to reach your next health, fitness or wellness goal. Talk to them!
Frequently Asked Questions – AdvoCare Solutions

- **What exactly is Spark?**  
  AdvoCare Spark is a nutritional supplement energy drink. It contains a synergistic combination of nutritional components that: 1) provide nutrition for the body and brain; 2) help prolong energy to the brain for enhanced focus and sustained mental energy; 3) help prolong energy to muscles for longer and more intense workouts; and 4) include antioxidants shown to protect brain and body function, especially during high stress periods. Brain biochemistry and function, once thought to be influenced by diet only when nutrient deficiency was evident, is now known to be sensitive and responsive to diet composition. Spark provides nutrients, including caffeine, choline, gamma aminobutyric acid, L-tyrosine, taurine, L-carnitine and glycine in sufficient amounts to result in a beneficial effect on cognitive performance.

- **How many times can I use Spark in a given day?**  
  Common Spark use is twice per day, but if you were going to have an exceptionally long or tiring day, you could certainly get away with three with no concern at all.

- **What is the difference between the MNS Max 3, C, and E?**  
  The variations of Metabolic Nutrition Systems are distinguished by their additional components. MNS Max E (Energy) and MNS Max C (Appetite Control) contain Metabolic Enhancer caplets for support of the body's natural metabolism.* When metabolism is optimized, an individual may experience increased energy, better weight management and improved body functions.*

  MNS Max E is formulated to maximize energy along with metabolism in support of weight management with Thermo-P caplets.* Max E is intended for persons 18 years and older.

  MNS Max C is designed to maximize appetite control along with increased energy and metabolism in support of weight management with a Thermo-T caplet and CitriSate (appetite suppressant caplet).* Max C is intended for individuals 18 years and older.

  Our newest MNS system, MNS Max 3, is formulated to support metabolism, appetite management and energy production with an ActoTherm® SR caplet which uses sustained-release technology, and BioTherm capsules.* In addition, Max 3 provides comprehensive nutrition with the inclusion of Calcium Plus caplets, an Amplify A.T. softgel capsule and an additional OmegaPlex softgel capsule.* Max 3 contains approximately one-half the amount of caffeine contained in MNS Max E and MNS Max C. Max 3 is intended for persons 12 years and older.

- **What are some of the “add-on” solutions that I should consider for greater results?**  
  There are a number of additional AdvoCare solutions that you could use in conjunction with your Challenge or certainly following your Challenge, depending on what your personal goals may be. Just to give you a few examples, we have included some of the most popular below.

  - Carb-Ease Plus
  - ThermoPlus
  - LeptiLean:
  - FiboTrim
  - Slim
  - Rehydrate
  - Meal Replacement/ Snack Bars
  - Probiotic Restore Ultra
  - Calcium Plus
  - C-Grams
  - Muscle Gain (protein powder)
  - Post-Workout Recovery

  Discuss the possible inclusion and use of any of the above with your Challenge coach to ensure the solutions in question are right for the goals you have set!
Frequently Asked Questions – Discounts/Memberships/Referrals

• How do I get the Discount Membership and the 20-40% off my AdvoCare product?
AdvoCare’s Discount Membership is just like a Costco or Sam’s Club Membership and provides you with anywhere from 20% to a 40% Discount off ALL of your AdvoCare solutions use. Taking advantage of this Membership Program is truly a no-brainer as the Membership itself costs only $79, but AdvoCare actually sends you $50 in FREE Spark and Slam upon registration. Couple this with what could be major discounts or even potentially FREE personal product use each month as a Member, and you can see why the program is a win-win and chosen by most!

• I know a few people that would love to do the Challenge too. How does the referral program work?
This is really quite simple and ingenious! Since society, especially as it relates to “weight loss” and “health” programs has truly been inundated with advertising and bogus claims, AdvoCare simply believes in letting success create success and their referral program does just that! It is a simple, 100% virtual referral program that not only provides you with “thank you’s” in the way of checks from AdvoCare for each product introduction you make, but does so residually, thus paying for the introduction on continued use, not just one time. Additionally, these referrals can actually help you increase your personal Discount as well! Ask your AdvoCare coach about this side of the Membership Program and they will break it down for you in very simple, easy to understand terms. Remember, if you are happy with your results and the AdvoCare solutions, this makes absolute sense to help those you know and love...a true win-win situation with every introduction!

Frequently Asked Questions - Exercise

• Do I have to exercise during the Challenge to get results?
No, you do not. The Challenge is designed to focus on filling your nutritional gaps, therefore make your body run more effectively and burn fat more efficiently. However, from an overall health and wellness standpoint, we obviously recommend that everyone get in at least 15 minutes of exercise each day! Not only will this increase your Challenge results, but it will do wonders for your overall well-being and extend your life expectancy if maintained as a part of your lifestyle!

• Do I need to go to a gym?
No. If you choose to add exercise to your program, there are many forms of workouts that you can perform at home that can help you reach your personal goals. Something as simple as a brisk walk for 15-20 minutes, three to four times a week, can have a positive impact not only on fat loss, but cardiovascular health as well!

• If I can do some sort of resistance or weight training, how many days a week should I do so?
Quite honestly, you can get very good results with as few as three days a week dedicated to resistance training! Obviously, your personal goals will ultimately determine your individual needs, but for general overall wellness and lean muscle maintenance, three days a week, for 30-60 minutes each session, will work well.

• If I am doing both cardiovascular exercise and resistance/weight training in the same workout, which should I do first?
Always do your resistance or weight training first! There are a number of reasons for this, but given the context of our FAQs and the 24 Day Challenge, assuming body fat loss is most important, you want to ensure that your body utilizes the proper sources of energy for each session, therefore cardio comes last!

Obviously, there are countless more questions that you may have during and after your Challenge and we could not possibly cover them all here! For this reason, please be sure to maintain constant communication with your Challenge coach, as they will be your single greatest tool for ensuring program success and lifestyle change!

Remember, the 24 Day Challenge is NOT a diet! It is meant to teach you, throughout the program, just how easy it is, with the proper plan, support and tools (AdvoCare), to maintain a healthy, convenient lifestyle indefinitely! We truly hope you enjoy the process and give it your all for the full 24 days! If you do, we have no doubt you will come up smiling on the other end!
PERSISTENCE IS FAR MORE IMPORTANT THAN PERFECTION!

You CAN do this!