

ADVOCARE® INTERNATIONAL
PRODUCT AGE, PREGNANCY AND NURSING INDICATIONS *

Product ID	Product Name	Age Indications	Pregnancy & Nursing Indications
A1093	Active AdvoCare Slam® Liquid Vitamin and Amino Acid Supplement – Power Punch	12 & older	Use sparingly-one serving per day**
A1094	Active AdvoCare Slam® Liquid Vitamin and Amino Acid Supplement – Octane Orange	12 & older	Use sparingly-one serving per day**
A1085	Active AdvoCare Slam® Liquid Vitamin and Amino Acid Supplement – LemonAid	12 & older	Use sparingly-one serving per day**
A4091	Active AdvoCare Spark® Energy Drink Vitamin and Amino Acid Supplement – Cherry-pouches	12 & older	Use sparingly-one serving per day**
A2091	Active AdvoCare Spark® Energy Drink Vitamin and Amino Acid Supplement – Cherry-value canister	12 & older	Use sparingly-one serving per day**
A4071	Active AdvoCare Spark® Energy Drink Vitamin and Amino Acid Supplement – Citrus-pouches	12 & older	Use sparingly-one serving per day**
A2071	Active AdvoCare Spark® Energy Drink Vitamin and Amino Acid Supplement – Citrus-value canister	12 & older	Use sparingly-one serving per day**
A4093	Active AdvoCare Spark® Energy Drink Vitamin and Amino Acid Supplement – Fruit Punch-pouches	12 & older	Use sparingly-one serving per day**
A2093	Active AdvoCare Spark® Energy Drink Vitamin and Amino Acid Supplement – Fruit Punch-value canister	12 & older	Use sparingly-one serving per day**
A4902	Active AdvoCare Spark® Energy Drink Vitamin and Amino Acid Supplement – Grape-pouches	12 & older	Use sparingly-one serving per day**
A2902	Active AdvoCare Spark® Energy Drink Vitamin and Amino Acid Supplement – Grape-value canister	12 & older	Use sparingly-one serving per day**
A4094	Active AdvoCare Spark® Energy Drink Vitamin and Amino Acid Supplement – Mandarin Orange-pouches	12 & older	Use sparingly-one serving per day**
A2094	Active AdvoCare Spark® Energy Drink Vitamin and Amino Acid Supplement – Mandarin Orange-value canister	12 & older	Use sparingly-one serving per day**
A3612	Active Breakfast Bar – Apple Cinnamon	4 & older †	Ok
A3694	Active Breakfast Bar – Berry Crunch	4 & older †	Ok
A3803	Active Coffeccino® Vitamin and Nutrient Supplement Drink	12 & older	Not recommended
A1402	Active Excel Gel™ Replenish Electrolyte Replacement Energy Gel – Fruit Punch	12 & older	Ok
A3601	Active Meal Replacement Bar – Chocolate Peanut Butter	12 & older	Ok
A3501	Active O ₂ Gold™ Herbal Dietary Supplement	12 & older	Not recommended
A4401	Active Rehydrate Electrolyte Replacement Drink – Citrus-pouches	4 & older †	Ok
A2401	Active Rehydrate Electrolyte Replacement Drink – Citrus-value canister	4 & older †	Ok
A4402	Active Rehydrate Electrolyte Replacement Drink – Fruit Punch-pouches	4 & older †	Ok
A2402	Active Rehydrate Electrolyte Replacement Drink – Fruit Punch-value canister	4 & older †	Ok
A4403	Active Rehydrate Electrolyte Replacement Drink – Grape-pouches	4 & older †	Ok
A2403	Active Rehydrate Electrolyte Replacement Drink – Grape-value canister	4 & older †	Ok

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A3614	Active Snack Bar – Chocolate Nougat	12 & older	Ok
A4372	Active V16 [®] Energy Drink Vitamin and Herbal Supplement – Orange effervescent powder	12 & older	Not recommended
P4500	Performance Elite Arginine Extreme Multinutrient Supplement Drink-pouches	18 & older	Not recommended
P2500	Performance Elite Arginine Extreme Multinutrient Supplement Drink-value canister	18 & older	Not recommended
P4421	Performance Elite AdvoCare [®] Muscle Fuel Pre-Workout Drink Multinutrient Dietary Supplement	18 & older	Not recommended
P4601	Performance Elite Muscle Gain [™] Protein Shake – Vanilla-pouches	12 & older	Ok
P2601	Performance Elite Muscle Gain [™] Protein Shake – Vanilla-value canister	12 & older	Ok
P4602	Performance Elite Muscle Gain [™] Protein Shake – Chocolate-pouches	12 & older	Ok
P2602	Performance Elite Muscle Gain [™] Protein Shake – Chocolate-value canister	12 & older	Ok
P3221	Performance Elite Muscle Strength [™] Dietary Supplement with HMB and Suma	18 & older	Not recommended
P3201	Performance Elite Nighttime Recovery Amino Acid and Herbal Supplement	18 & older	Not recommended
P3361	Performance Elite Post-Workout Recovery Sports Drink – Chocolate-pouches	12 & older	Ok
P2361	Performance Elite Post-Workout Recovery Sports Drink – Chocolate-value canister	12 & older	Ok
P4301	Performance Elite Post-Workout Recovery Sports Drink – Vanilla-pouches	12 & older	Ok
P2301	Performance Elite Post-Workout Recovery Sports Drink – Vanilla-value canister	12 & older	Ok
P4083	Performance Elite SootheX [™] Joint and Muscle Pain Relief Cream	12 & older	Not recommended Consult physician
T1051	Trim AdvoCare Slim [®] Weight Management Drink – Tropical Swirl	18 & older	Not recommended
T1061	Trim AdvoCare Slim [®] Caffeine Free Weight Management Drink – Strawberry Kiwi	18 & older	Not recommended
T4461	Trim Carb-Ease [™] Herbal Dietary Supplement	12 & older	Not recommended
T2010	Trim Catalyst [™] Amino Acid Dietary Supplement	12 & older	Ok
T3191	Trim Fibo-Trim [™] Multinutrient and Fiber Supplement	12 & older	Not recommended
T2191	Trim Meal Replacement Shake – Berry	12 & older	Ok
T1251	Trim Meal Replacement Shake – Chocolate	12 & older	Ok
T1211	Trim Meal Replacement Shake – Vanilla	12 & older	Ok
T1131	Trim Metabolic Nutrition System Max 3 Multinutrient Dietary Supplement	12 & older	Not recommended
T1172	Trim Metabolic Nutrition System Max C Multinutrient Dietary Supplement	18 & older	Not recommended
T1141	Trim Metabolic Nutrition System Max E Multinutrient Dietary Supplement	18 & older	Not recommended
T1132	Trim Metabolic Nutrition System Kit Max 3	12 & older	Not recommended
T1173	Trim Metabolic Nutrition System Kit Max C	18 & older	Not recommended
T1140	Trim Metabolic Nutrition System Kit Max E	18 & older	Not recommended
T4101	Trim ThermoPlus [™] Vitamin and Herbal Dietary Supplement	18 & older	Not recommended

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W3031	Well Amplify A.T. Astaxanthin and Mixed Tocotrienols Dietary Supplement	12 & older	Ok
W2700	Well A-Supreme™ Adaptogen Formula Liquid Vitamin and Herbal Supplement - Berry	12 & older	Not recommended
W2701	Well A-Supreme™ Adaptogen Formula Liquid Vitamin and Herbal Supplement - Cherry Raspberry	12 & older	Not recommended
W3001	Well Calcium Plus Multinutrient Supplement	12 & older	Ok
W3151	Well C-Grams® High Potency Vitamin C Dietary Supplement	12 & older	Ok
W6501	Well CardioPlex™ Multinutrient Dietary Supplement for General Cardiovascular Health	12 & older	Ok
W6034	Well CorePlex® Chewable	4 & older †	Ok**2
W4512	Well Clear Mood™ Multinutrient Dietary Supplement	18 & older	Not recommended
W6031	Well CorePlex® Multiple Vitamin and Mineral Supplement	12 & older	Ok#
W6032	Well CorePlex® with Iron Multiple Vitamin and Mineral Plus Iron Supplement	12 & older	Ok
W6201	Well Digest-Ease™ Herbal Supplement with Digestive Enzymes	12 & older	Use sparingly-two servings per day**2
W3831	Well Fem 20™ Multinutrient Herbal Supplement	18 & older	Not recommended
W6401	Well Fem 40+™ Vitamin and Herbal Supplement	18 & older	Not recommended
W4061	Well Fiber Drink Dietary Fiber Supplement - Citrus	12 & older	Not recommended
W4062	Well Fiber Drink Dietary Fiber Supplement - Peaches & Cream	12 & older	Ok
W3901	Well Formula W™ Herbal Supplement for Women	18 & older	Not recommended
W4100	Well Fruit & Fiber Bar – Strawberry Flavored	4 & older †	Ok
W3171	Well Herbal Cleanse Metabolic Cleansing System Containing Herbal Cleanse, Fiber Drink and ProBiotic Restore™ Dietary Supplements - Citrus Fiber Drink	18 & older	Not recommended
W3172	Well Herbal Cleanse Metabolic Cleansing System Containing Herbal Cleanse, Fiber Drink and ProBiotic Restore™ Dietary Supplements - Peaches & Cream Fiber Drink	18 & older	Not recommended
W3311	Well ImmunoGuard™ Herbal Dietary Supplement for General Immune Health	12 & older	Not recommended
W2951	Well IntelleQ® Multinutrient Herbal Supplement	12 & older	Not recommended
W2991	Well Joint ProMotion™ Dietary Supplement for General Joint Health	12 & older	Ok
W2002	Well OmegaPlex® Omega-3 Fatty Acid Dietary Supplement	12 & older	Ok
W3821	Well ProBiotic Boost ProBiotic Supplement	4 & older †	Ok
W3811	Well ProBiotic Restore™ Dietary Probiotic Supplement	12 & older	Ok
W6302	Well Prostate Support Multinutrient Herbal Supplement for Men	18 & older	Not recommended
W2005	Well Seasonal Support™ Multinutrient Dietary Supplement	12 & older	Not recommended
W1000	Well V100™ Multiple Vitamin and Mineral Supplement	12 & older	Ok#
W3701	Well Zzz® Multinutrient Supplement with Melatonin	18 & older	Not recommended
5213	Definite Difference® Advanced Anti-Aging Serum	--	--
5046	Definite Difference® Body Lotion	--	--
5221	Definite Difference® Daily Protective Moisturizer SPF 15 Sunscreen	--	--
5200	Definite Difference® Eye Repair Crème	--	--
5206	Definite Difference® Foaming Cleanser	--	--
5205	Definite Difference® Gentle Cleansing Crème	--	--
5202	Definite Difference® Night Recovery Crème	--	--
5203	Definite Difference® Renewing Exfoliant Scrub	--	--

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2151	Definite Difference® Second Look® Multinutrient Dietary Supplement	12 & older	Ok
5204	Definite Difference® Vitamin C Reparative	--	--

* These are general guidelines for age, pregnancy and nursing product appropriateness. They are not intended as a substitute for the recommendation of your healthcare professional. Consult your healthcare provider with any questions.

CorePlex® Multiple Vitamin and Mineral Supplement and V100 Multiple Vitamin and Mineral Supplements do not constitute complete prenatal vitamins since they do not contain iron.

*² CorePlex® Chewable Multivitamin and Mineral Chewable Supplement does not constitute a suitable prenatal vitamin.

** Caffeine during pregnancy and nursing: it is generally accepted to consume less than 200mg per day; follow the specific recommendation of your healthcare provider.

**² Turmeric may act as a uterine stimulant when consumed in larger quantities.

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