

# 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



**CATALYST** Has a rapid "toning" effect, earning it nicknames such as "lipo in a bottle" and "shrink-wrap for the body." Designed to pull water and nutrients out of fat and into muscle, preserving lean muscle during times of weight loss and exercise.

**Supply** - bottle of 90 capsules is \$30.50 retail (ask about our 40% discount)

**Directions** - take 3 first thing in the morning with your SPARK and again in the mid-afternoon or before exercise, if desired



**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 Spark Box, 1 Catalyst bottle, 1 MNS Max 3 Box, 1 Meal Replacement**

**Cost: Retail: \$131.90 Wholesale: \$105.52 Advisor: \$79.14**



**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



**THERMOPLUS** The "gas peddle" for fat loss

**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 + 3 Catalyst & 1st MNS Packet	Spark or Slim + 3 Catalyst & 2nd MNS Packet 30 minutes before lunch		SPARK or SLIM		Use 3 CATALYST before each workout daily

## 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.