



cleanse 10 DAY CLEANSE PROGRAM

10 Day Cleansing Instructions and Guidelines

AdvoCare
Cleanse
Support

HERBAL CLEANSE



SPARK



OMEGAPLEX



10 Tips for Cleansing Success

Dietary suggestions that may enhance your results:

Eat More:

- 1 Veggies: salads during the day and steamed at night will scrub your system
- 2 Fruit: fibrous and low glycemic choices (apples, grapefruit, berries)
- 3 Healthy Fats: avocado, nuts/seeds, olives/olive oil
- 4 Clean Proteins: feed muscle and reduce appetite (tuna and salmon will aid in cleansing; eggs/chicken/beef would be secondary options; stay away from processed lunch meats)
- 5 Clean Complex Carbs: rice, hummus, oatmeal

Avoid or Minimize:

- 6 Fried foods, refined sugars, corn or white starches, or bread
- 7 Wheat products: bread, crackers, etc.
- 8 Dairy: cheese, yogurt, milk, white sauces or dressing
- 9 Alcohol: you're on a cleanse...hold off for 10 days
- 10 Coffee or soda: drink water or SPARK

HUNGRY? Eat more of the suggested foods.

Example Eating Plan

Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Snack (if needed)
PROBIOTIC RESTORE (days 4-10) 2 glasses of water with FIBER DRINK (days 1-3 and 8-10) and a bowl or piece of fruit 30 minutes later.	Fruit is best for cleansing. Add in 3 hard boiled eggs or oatmeal, if needed.	Salad or veggies with lean protein and a complex carbohydrate.	Nuts, seeds, raw veggies or fruit. Rice cakes with natural peanut or almond butter.	4-6 OMEGAPLEX Lean protein with lightly cooked vegetables, add complex carb if needed.	Fruit Bedtime (days 1-7) HERBAL CLEANSE TABLETS with water.
SPARK Water between meals.	Water between meals.	Water between meals.	Tired? SPARK up! Water between meals.	Water between meals.	Water between meals.

Shoot to be 80% compliant with the above suggestions so that you get the results you want.

Please read the enclosed Herbal Cleanse packaging DAILY for specific instructions on how and when to take the cleansing, fiber and probiotic supplements - as the routine varies during the 10 day program



Get Yourself Fully Invested Before You Begin

Upon completing your 10 Day Cleanse, your energy should be higher and your waistline more slim - then you'll begin the 14 Day MAX Pack toning and metabolic enhancing regimen. The energy and physical transformation you experience during the MAX Pack phase will be accelerated and enhanced by your ability to be a CHAMP during the 10 Day Cleanse. Choose to be outstanding during your cleanse so that your body can live and move at its full potential.

Optional Add-ons



CATALYST Has a rapid toning effect and preserves lean muscle during times of weight loss and exercise.

MEAL REPLACEMENT SHAKES
High protein, nutrient and fiber rich shake.
Flavors - vanilla, chocolate and berry



max pack

MAX PACK

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

METABOLIC NUTRITION SYSTEM (MNS) Our top selling nutritional that does it all. Each strip pack includes probiotics, appetite control, energy, core nutrition, omega 3's, and more.

Choose Your MNS:



MNS RATINGS SCALE	MNS MAX E	MNS MAX C	MNS MAX 3
Energy	10	8	6
Appetite Control	8	10	6
Wellness	6	6	10



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

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



MEAL REPLACEMENT SHAKES High protein, nutrient and fiber rich shake that makes it an ideal breakfast; allows you to begin your day by fueling your muscles and brain, while supporting ideal metabolism.

Flavors - vanilla, chocolate and berry

Example Eating Plan

Breakfast	Snack (if needed)	Lunch	Snack	Dinner	Snack (if needed)
MEAL REPLACEMENT SHAKE with both White MNS Packets -or- Choose one or two: 3 or 4 whole eggs 1/2 cup oats with nuts/fruit	Choose one or two: 3 eggs 1 fruit veggies nuts or nut butter hummus 2 rice cakes can of tuna 2 scoops <i>Muscle Gain AdvoCare Bar</i>	Protein with vegetables (such as chicken salad, low-carb sub/wrap, salmon and broccoli, etc.)	Choose one or two: 3 eggs 1 fruit veggies nuts or nut butter hummus 2 rice cakes can of tuna 2 scoops <i>Muscle Gain AdvoCare Bar</i>	Protein with vegetables* (steak, chicken or fish with veggies of choice) *Add rice or potato if needed	Choose one or two: 3 eggs 1 fruit veggies nuts or nut butter hummus 2 rice cakes can of tuna 2 scoops <i>Muscle Gain AdvoCare Bar</i>
Before Breakfast: • SPARK • 1st Color MNS Packet	Before Lunch: • 2nd Color MNS Packet • SPARK if needed	MNS White Packets if not taken with breakfast	SPARK		



Suggested Keys For Success

- Be at least 90% "ON" for a minimum of 14 Days.
- Keep carbs under 30 grams per meal/snack which minimizes fat storage.
- Increase healthy fats as you decrease carbs (avocado, olives and olive oil, nuts and seeds).
- Drink 3-4 Liters (90-120 oz) of water daily.
- Exercise 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.
- Take your products correctly. Consume your entire MNS MAX 3 Pack before lunch.

Optional Add-ons



CATALYST Has a rapid toning effect and preserves lean muscle during times of weight loss and exercise.



THERMOPLUS Helps with appetite control and additional calorie burning.

OMEGAPLEX Essential fatty acids for increased overall wellness.

