

AFTER THE

24 - DAY



WELLNESS FOCUS

EXAMPLE DAILY SCHEDULE

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> <i>Spark* (Optional) or V16*</i> <input type="radio"/> <i>Probiotic Restore ULTRA*</i> <input type="radio"/> <i>AdvoCare Aloe Ease*</i> <input type="radio"/> <i>Other:</i> _____
BREAKFAST	<input type="radio"/> <i>Protein:</i> _____ <input type="radio"/> <i>Complex Carb:</i> _____ <input type="radio"/> <i>Fruit:</i> _____ <input type="radio"/> <i>Fat:</i> _____ <input type="radio"/> <i>AdvoCare Core*</i>
MID-MORNING SNACK	<input type="radio"/> <i>Dairy or Protein:</i> _____ <input type="radio"/> <i>Fruit or Complex Carb:</i> _____
LUNCH	<input type="radio"/> <i>Protein:</i> _____ <input type="radio"/> <i>Vegetable:</i> _____ <input type="radio"/> <i>Complex Carb:</i> _____ <input type="radio"/> <i>Fat:</i> _____
MID-AFTERNOON SNACK	<input type="radio"/> <i>Dairy or Protein:</i> _____ <input type="radio"/> <i>Fruit or Complex Carb:</i> _____ <input type="radio"/> <i>Optional Vegetable:</i> _____ <input type="radio"/> <i>AdvoGreens* Powder (Red or Green)</i>
DINNER	<input type="radio"/> <i>Protein:</i> _____ <input type="radio"/> <i>Vegetable:</i> _____ <input type="radio"/> <i>Fat:</i> _____ <input type="radio"/> <i>Optional Complex Carb:</i> _____
AFTER DINNER (OPTIONAL)	<input type="radio"/> <i>Dairy or Protein:</i> _____
H ₂ O	
	Total Ounces _____

BUNDLE PRODUCTS

- Probiotic Restore ULTRA®
- AdvoCare Core®
- Choose: AdvoGreens® Greens or Reds Powder
- AdvoCare Aloe Ease®

OPTIONAL ADD-ONS

- Spark®
- AdvoCare Fiber
- V16®

IS THIS YOU?

- Your goals may include overall wellness, healthy aging or just to feel better.
- You may not want to incorporate caffeine into your daily regimen.

PILLARS OF WELLNESS OVERVIEW

- Eat a well-balanced diet that contains a variety of nutrient-rich foods including lean proteins, complex carbohydrates, healthy fats, fruits, vegetables and water.
- Focus on the 80/20 rule: 80% of the time focus on consuming nutrient-rich foods and beverages that provide your body the energy and nutrients it needs to participate in exercise and maintain a strong, healthy life. Twenty percent of the time there is room for some of the foods that you enjoy, but maybe should not be consumed every single day.
- Incorporate exercise into your weekly routine. Make sure you are exercising on a consistent basis. Remember to get at least 2.5 hours of aerobic exercise and 2 days of weight or resistance training each week.
- Hydrate with at least ½ your body weight in ounces of water every day.
- Aim to get at least 7 hours of sleep per night.
- Focus on managing stress in ways that complement your healthy lifestyle.

Note: All AdvoCare Core® components may be consumed at once or spread throughout the day. Always consume with food.

Results vary with individual effort, consistency of use, body composition, eating patterns and exercise. Participants should seek the advice of their health care provider before beginning any new supplement, exercise or nutritional program.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.