

# S U P P L E M E N T F A C T S

ADVOCARE® 10-DAY RESET™

## SYNBIOTIC ULTRA™ MORNING CAPSULES

Supplement Facts		
Serving Size: 1 capsule Servings Per Container: 10		
	Amt Per Serving	%DV
<b>Probiotic Blend</b>	126mg (10 Billion CFU <sup>◇</sup> )	**
<i>(Bacillus coagulans SNZ 1969<sup>®</sup>, Lactobacillus acidophilus, Lactobacillus rhamnosus, Bifidobacterium bifidum, Lactococcus lactis, Bifidobacterium longum, Streptococcus thermophilus, Lactobacillus bulgaricus)</i>		
Inulin (Prebiotic) from Jerusalem artichoke	250mg	**
Beta 1,3/1,6 glucan (Postbiotic) from yeast extract	100mg	**

\*\*Daily Value (DV) not established.  
◇ At time of manufacture.

**OTHER INGREDIENTS:**  
HYPROMELLOSE (VEGETABLE CAPSULE), CORN STARCH, SILICA, MAGNESIUM STEARATE, PECTIN, ASCORBIC ACID (AS PRESERVATIVE), GELLAN GUM.

MANUFACTURED EXCLUSIVELY FOR  
ADVOCARE® INTERNATIONAL, LLC  
RICHARDSON, TX 75082  
800-542-4800  
**FOR MORE INFORMATION VISIT  
ADVOCARE.COM**

### MORNING CAPSULES

#### DIRECTIONS FOR USE:

FOR THE NEXT 10 DAYS, TAKE 1 SYNBIOTIC ULTRA™ MORNING CAPSULE 30 MINUTES BEFORE BREAKFAST. WITH BREAKFAST, TAKE ADVOCARE® FIBER.

### NIGHT CAPLETS

#### DIRECTIONS FOR USE:

BEFORE BEDTIME, TAKE 2 ADVOCARE® CLEANSE NIGHT CAPLETS WITH A FULL GLASS OF WATER.

## ADVOCARE® CLEANSE NIGHT CAPLETS

Supplement Facts		
Serving Size: 2 caplets Servings Per Container: 10		
	Amt Per Serving	%DV
Vitamin C (as ascorbic acid)	800mg	889%
Thiamin (as Thiamine HCl)	4mg	333%
Riboflavin	4.5mg	346%
Niacin (as niacinamide and niacin)	66.7mg	417%
Vitamin B6 (as pyridoxine HCl)	6.7mg	394%
Folate	445mcg DFE (267mcg of Folic Acid)	111%
Vitamin B12 (as cyanocobalamin)	20mcg	833%
Biotin	200mcg	667%
Pantothenic acid (as calcium pantothenate)	26.7mg	534%
Zinc (as zinc monomethionine) OptiZinc <sup>®</sup>	2mg	18%
<b>Herbal Cleansing Blend</b>	760mg	**
<i>milk thistle seed extract, cranberry fruit powder, burdock root extract, senna leaf extract, astragalus root extract, beet root powder, odorless garlic bulb powder, schisandra fruit extract</i>		
Taurine	533.3mg	**
Inositol	3.3mg	**

\*\*Daily Value (DV) not established.

**OTHER INGREDIENTS:** DICALCIUM PHOSPHATE, STEARIC ACID, MICROCRYSTALLINE CELLULOSE, CROSCARMELLOSE SODIUM, MAGNESIUM STEARATE, SILICA, HYDROXYPROPYL CELLULOSE, AQUEOUS COATING (HYDROXYPROPYL METHYLCELLULOSE, MALTODEXTRIN, POLYETHYLENE GLYCOL), HYDROXYPROPYL METHYLCELLULOSE.

**STORE AWAY FROM EXCESSIVE HEAT,  
LIGHT AND HUMIDITY.**

**WARNINGS:** ADVOCARE® CLEANSE CAPLETS ARE NOT INTENDED FOR USE BY PREGNANT OR NURSING WOMEN OR BY THOSE UNDER 18 YEARS OF AGE. IF YOU ARE ILL, TAKING MEDICATIONS OR HAVE A MEDICAL CONDITION, CONSULT A HEALTHCARE PROFESSIONAL BEFORE STARTING ADVOCARE® 10-DAY RESET™. DO NOT USE IF YOU ARE ILL OR HAVE A GASTROINTESTINAL CONDITION. CONSULT WITH A HEALTHCARE PROFESSIONAL PRIOR TO USE.

**NOTICE:** ADVOCARE® CLEANSE CONTAINS SENNA. READ AND FOLLOW DIRECTIONS CAREFULLY. DO NOT USE IF YOU HAVE OR DEVELOP DIARRHEA, LOOSE STOOLS OR ABDOMINAL PAIN. CONSULT A HEALTHCARE PROFESSIONAL IF YOU EXPERIENCE FREQUENT DIARRHEA.

**KEEP OUT OF REACH OF CHILDREN.**

**ADVOCARE® 10-DAY RESET™ CAN BE  
USED EVERY 30 TO 60 DAYS.**

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.

ADVOCARE® INTERNATIONAL, LLC

# S U P P L E M E N T F A C T S

ADVOCARE® FIBER

## UNFLAVORED

Supplement Facts		
Serving Size: 1 Pouch (0.4oz/12g) [makes 8 fl oz prepared]		
Servings Per Container: 10		
	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	11g	4%†
Dietary Fiber	10g	36%†
Soluble Fiber	6g	**
Insoluble Fiber	4g	**
Total Sugars	1g	**
Includes 1g of Added Sugar		2%†

†Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**OTHER INGREDIENTS:** SOLUBLE CORN FIBER, SUGARCANE FIBER, CITRUS PECTIN, CHICORY ROOT FIBER, SUGAR, CELLULOSE GEL, PSYLLIUM SEED.

## CITRUS

Supplement Facts		
Serving Size: 1 Pouch (0.7oz/20g) [makes 8 fl oz prepared]		
Servings Per Container: 10		
	Amt Per Serving	%DV
Calories	70	
Total Carbohydrate	18g	7%†
Dietary Fiber	10g	36%†
Soluble Fiber	6g	**
Insoluble Fiber	4g	**
Total Sugars	7g	**
Includes 6g of Added Sugars		12%†
Vitamin A (as beta carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	30mg	33%

†Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**OTHER INGREDIENTS:** FIBER BLEND (PSYLLIUM HUSK, OAT FIBER, GUAR GUM, CELLULOSE GEL, CELLULOSE GUM, CITRUS PECTIN, BUTTERNUT BARK POWDER), FRUCTOSE, MALTODEXTRIN, NATURAL FLAVORS, CITRIC ACID, ACESULFAME POTASSIUM, PAPAYA FRUIT POWDER, PRUNE FRUIT EXTRACT, RHUBARB ROOT EXTRACT, BLACK WALNUT HULL POWDER, LICORICE ROOT POWDER, DIGESTIVE ENZYME COMPLEX (AMYLASE, PROTEASE, CELLULOSE, LACTASE, LIPASE), *LACTOBACILLUS ACIDOPHILUS* AND *BIFIDOBACTERIUM BIFIDUM*.

**CONTAINS: WALNUTS. MANUFACTURED IN A FACILITY THAT ALSO PROCESSES MILK AND SOY.**

## PEACHES & CREAM

Supplement Facts		
Serving Size: 1 Pouch (0.7oz/20g) [makes 8 fl oz prepared]		
Servings Per Container: 10		
	Amt Per Serving	%DV
Calories	50	
Total Carbohydrate	18g	7%†
Dietary Fiber	10g	36%†
Soluble Fiber	6g	**
Insoluble Fiber	4g	**
Total Sugars	3g	**
Includes 3g of Added Sugars		6%†
Vitamin A (as beta carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	30mg	33%

†Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**OTHER INGREDIENTS:** FIBER BLEND (SOLUBLE CORN FIBER, CELLULOSE POWDER, GUAR GUM, PSYLLIUM SEED, OAT BRAN, OAT FIBER, APPLE PECTIN, CITRUS PECTIN), MALTODEXTRIN, FRUCTOSE, NATURAL FLAVORS, MALIC ACID, SUCRALOSE, BEET ROOT POWDER (FOR COLOR).  
**CONTAINS: MILK.**

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### DIRECTIONS FOR USE:

BLEND, SHAKE OR STIR CONTENTS OF ONE POUCH INTO 8 OUNCES OF WATER OR BEVERAGE OF YOUR CHOICE. DRINK A MINIMUM OF 8 OUNCES OF WATER IMMEDIATELY AFTER CONSUMING ADVOCARE® FIBER.

**STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.**

**CAUTION:** CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT, ESPECIALLY IF YOU ARE PREGNANT OR NURSING.

**NOTICE:** THIS PRODUCT SHOULD BE CONSUMED WITH AT LEAST A FULL GLASS OF LIQUID. CONSUMING THIS PRODUCT WITHOUT ENOUGH LIQUID MAY CAUSE CHOKING. DO NOT USE THIS PRODUCT IF YOU HAVE DIFFICULTY IN SWALLOWING.

**KEEP OUT OF REACH OF CHILDREN.**

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