



ADVOCARE® INTERNATIONAL, L.P. PRODUCT AGE INDICATIONS

| 4 & Older† | 12 & Older† | 18 & Older |
|---|--|---|
| AdvoBar® a.m. Nutrition Bar Apple Cinnamon | AdvoCare Catalyst® Amino Acid Dietary Supplement | AdvoCare Arginine Extreme® Multinutrient Supplement |
| AdvoBar® Blueberry Lemon Fruit and Nut Bar | AdvoCare Fiber Dietary Fiber Supplement | AdvoCare Cleanse Metabolic Cleansing System |
| AdvoBar® Cranberry Orange Fruit and Nut Bar | AdvoGreens® Greens Powder Phytonutrient Supplement | AdvoCare Core® Multinutrient Dietary Supplement |
| AdvoBar® Meal Nutrition Bar Chocolate Peanut Butter | BodyLean25™ Premium Protein Shake Mix | AdvoCare FLEX Amino Acid and Collagen Supplement |
| AdvoBar® Protein Bar Chocolate Chip Cookie Dough | C-Grams® High-Potency Vitamin C Dietary Supplement | AdvoCare Glow® Collagen Dietary Supplement |
| AdvoCare Rehydrate® Electrolyte Replacement Drink Mix | Calcium + D3 Vitamin and Mineral Supplement | AdvoCare Glow® Hair & Nails Vitamin, Mineral and Herbal Supplement |
| Meal Replacement Shakes | CorePlex® Multiple Vitamin and Mineral Supplement | AdvoCare Glow® Skin Astaxanthin and Mixed Tocotrienols Supplement |
| ProBiotic FastMelt® Probiotic Dietary Supplement | CorePlex® with Iron Multiple Vitamin and Mineral Supplement | AdvoCare Muscle Fuel Pre-Workout Multinutrient Dietary Supplement |
| Ready to Drink Protein Protein, Vitamin and Mineral Shake | OmegaPlex® Omega-3 Fatty Acid Dietary Supplement | AdvoCare Oasis® Vitamin and Herbal Supplement |
| Rehydrate Gel Electrolyte Replacement Energy Gel | ProBiotic Restore ULTRA® Probiotic Supplement | AdvoCare Slam® Liquid Vitamin and Amino Acid Supplement |
| | VO₂ Prime® Performance Nutrition Bar | AdvoCare Slim® Vitamin, Mineral and Herbal Supplement |
| | | BioCharge® Vitamin and Herbal Supplement |
| | | Carb-Ease® Plus Herbal Dietary Supplement |
| | | Clear Mood® Multinutrient Herbal Dietary Supplement |
| | | Coffeccino® Vitamin and Nutrient Supplement |
| | | Crave Check S.R.® Herbal and Vitamin Dietary Supplement |
| | | Digest-Ease Herbal Supplement with Digestive Enzymes |
| | | Fibo-Trim™ Multinutrient and Fiber Supplement |



ADVOCARE® INTERNATIONAL, L.P.

PRODUCT AGE INDICATIONS

| 4 & Older [†] | 12 & Older [†] | 18 & Older |
|------------------------|-------------------------|---|
| | | Formula W® Herbal Supplement for Women |
| | | ImmunoGuard Herbal Dietary Supplement for General Immune Health |
| | | INTRA Electrolyte and Amino Acid Supplement |
| | | Joint ProMotion® Dietary Supplement for General Joint Health |
| | | Mass Impact® Multinutrient Amino Acid Supplement |
| | | MNS® 3 Multinutrient Dietary Supplement |
| | | MNS® C Multinutrient Dietary Supplement |
| | | MNS® E Multinutrient Dietary Supplement |
| | | Muscle Strength™ Dietary Supplement with HMB and Suma |
| | | Nighttime Recovery Amino Acid and Herbal Supplement |
| | | O₂ Gold® Herbal Dietary Supplement |
| | | PRE Multinutrient Dietary Supplement |
| | | POST Protein and Herbal Supplement |
| | | Post-Workout Recovery Sports Performance Drink Mix |
| | | Pro 20® Liquid Protein and Amino Acid Supplement |
| | | Prostate Support Multinutrient Herbal Supplement for Men |
| | | SleepWorks® Liquid Vitamin and Mineral Supplement |
| | | Spark® Vitamin and Amino Acid Supplement |



ADVOCARE® INTERNATIONAL, L.P.

PRODUCT AGE INDICATIONS

| 4 & Older† | 12 & Older† | 18 & Older |
|------------|-------------|---|
| | | ThermoPlus® Vitamin and Herbal Dietary Supplement |
| | | V16® Vitamin and Herbal Supplement |
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* These are general guidelines for age appropriateness. They are not intended as a substitute for the recommendation of your healthcare professional. Consult your healthcare provider with any questions.

† We strongly recommend that decisions concerning products given to minors include parental and healthcare provider involvement. Product appropriateness may depend upon the individual's weight, maturity, sports involvement and other factors.



ADVOCARE® INTERNATIONAL, L.P. Product Pregnancy and Nursing Indications*

| May be Suitable (Consult With Your Physician) | Not Recommended |
|---|--|
| AdvoBar® a.m. Nutrition Bar | AdvoCare Cleanse Metabolic Cleansing System |
| AdvoBar® Blueberry Lemon Fruit and Nut Bar | AdvoCare Core® Multinutrient Dietary Supplement |
| AdvoBar® Cranberry Orange Fruit and Nut Bar | AdvoCare® Fiber Citrus Dietary Fiber Supplement |
| AdvoBar® Meal Nutrition Bar | AdvoCare® Muscle Fuel Pre-Workout Multinutrient Dietary Supplement |
| AdvoBar® Protein Bar Chocolate Chip Cookie Dough | AdvoCare® Oasis™ Vitamin and Herbal Supplement |
| AdvoCare® Fiber Dietary Fiber Supplement Peaches and Cream and Unflavored only | AdvoCare Slim® Vitamin, Mineral and Herbal Supplement |
| AdvoCare FLEX™ Amino Acid and Collagen Supplement | AdvoGreens® Greens Powder Phytonutrient Supplement |
| AdvoCare Rehydrate® Electrolyte Replacement Drink Mix | AdvoCare® Arginine Extreme® Multinutrient Supplement |
| AdvoCare Slam® ** Liquid Vitamin and Amino Acid Supplement | AdvoCare Glow™ Collagen Dietary Supplement |
| AdvoGreens™ Meal Replacement Shake | AdvoCare Glow™ Hair & Nails Vitamin, Mineral and Herbal Supplement |
| BodyLean25™ Premium Protein Shake Mix | AdvoCare Glow™ Skin Astaxanthin and Mixed Tocotrienols Supplement |
| C-Grams® High-Potency Vitamin C Dietary Supplement | BioCharge® Vitamin and Herbal Supplement |
| Calcium + D3 Vitamin and Mineral Supplement | BioTune® Herbal and Mineral Dietary Supplement |
| AdvoCare Catalyst® Amino Acid Dietary Supplement | Carb-Ease® Plus Herbal Dietary Supplement |
| Coffeccino® ** Vitamin and Nutrient Supplement | Clear Mood® Multinutrient Herbal Dietary Supplement |
| CorePlex® Multiple Vitamin and Mineral Supplement | Crave Check S.R.® Herbal and Vitamin Dietary Supplement |
| CorePlex® with Iron Multiple Vitamin and Mineral Plus Iron Supplement | Fibo-Trim™ Multinutrient and Fiber Supplement |
| Digest-Ease™ + Herbal Supplement with Digestive Enzymes | Formula W® Herbal Supplement for Women |
| Meal Replacement Shakes | ImmunoGuard Herbal Dietary Supplement for General Immune Health |
| Joint ProMotion® Dietary Supplement for General Joint Health | INTRA Electrolyte and Amino Acid Supplement |



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| May be Suitable (Consult With Your Physician) | Not Recommended |
|---|--|
| OmegaPlex® Omega-3 Fatty Acid Dietary Supplement | Mass Impact® Multinutrient Amino Acid Supplement |
| Pro 20® Liquid Protein and Amino Acid Supplement | MNS® 3 Multinutrient Dietary Supplement |
| ProBiotic FastMelt® Probiotic Dietary Supplement | MNS® C Multinutrient Dietary Supplement |
| ProBiotic Restore ULTRA® Dietary Probiotic Supplement | MNS® E Multinutrient Dietary Supplement |
| Ready to Drink Protein Protein, Vitamin and Mineral Shake | Muscle Strength™ Dietary Supplement with HMB and Suma |
| Rehydrate Gel Electrolyte Replacement Energy Gel | Nighttime Recovery Amino Acid and Herbal Supplement |
| Spark® ** Vitamin and Amino Acid Supplement | O₂ Gold® Herbal Dietary Supplement |
| VO₂ Prime® Performance Nutrition Bar | PRE Multinutrient Dietary Supplement |
| | Post-Workout Recovery Sports Performance Drink Mix |
| | POST Protein and Herbal Supplement |
| | Prostate Support Multinutrient Herbal Supplement for Men |
| | SleepWorks® Liquid Vitamin and Mineral Supplement |
| | ThermoPlus® Vitamin and Herbal Dietary Supplement |
| | V16® Vitamin and Herbal Energy Supplement |

* These are general guidelines for 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 does not constitute complete prenatal vitamins since it does not contain iron.

** Caffeine during pregnancy and nursing: It is generally accepted to consume less than 200mg per day, however you must follow the specific recommendation of your healthcare provider.

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