

LEAN in 13

PRODUCT REGIMEN



Daily Product Routine and Instructions

- **Metabolic Nutrition System** (*vitamins, minerals, boost metabolism, burn fat, control appetite)
Prioritize this product for best results!
- **Spark or Slim** (*energy, mental focus, and appetite control)
- **Meal Replacement Shakes** (*vitamins, protein, fuel muscle)
- **Catalyst** (*toning and muscle retention)
- **ThermoPlus** (*additional fat burning, energy, and appetite control)
- **Muscle Gain** (*high protein/low carb, fuel and tone muscle)

- CHECKLIST:**
- Upon Rising (Empty Stomach: ES):** 1st MNS “before breakfast” pack, (3-6) Catalyst, (1-2) ThermoPlus
 - 30 minutes later:** Meal Replacement Shake, Both MNS white packs
 - 30 minutes before lunch (ES):** 2nd MNS “before lunch” pack, (3-6) Catalyst, (1-3) ThermoPlus
 - Mid-afternoon (ES):** Muscle Gain Shake

***MNS:** The “before meal” packs MUST be taken on an empty stomach to work. It is also critical that you EAT 30 – 45 MINUTES after you take each of them (include protein in your meal/snack.) This will give you the smooth energy and physical results you are looking for. If you happen to “forget” to take the 2nd pack before lunch, you can wait until the afternoon (when your stomach is empty) to take it. Remember that you will still need to eat a snack 30 minutes later if you choose to take it this way. If you feel “too much energy” or “not enough energy”, ask the distributor to help you switch over to one of the other versions of MNS. The white packs are rich in vitamins and minerals and require a full stomach to digest them appropriately. Do not take these without food.

***SPARK/SLIM** : You can take more than one serving of Spark or Slim throughout the day as needed for energy (empty stomach.) Some people find it helpful to drink this in the morning with the “before breakfast” set of pills and then again in the afternoon.

***THERMOPLUS:** You want to find the right amount for you based on the overall energy effect you get from this product. You can start with (1) capsule during the times recommended above and increase this amount (up to 3 capsules for even more energy.)

***CATALYST:** You can take as much Catalyst as you can fit in during your day (only empty stomach.) The schedule above accounts for two times per day, but you may add more or less. Take Catalyst in sets of (3 - 6) capsules at a time. You can eat 30 minutes after taking it.

***MUSCLE GAIN and MEAL REPLACEMENT SHAKE:** Do not add any other form of protein to either of these shakes (ie. use water, not milk) Do not add fruit, juice, or yogurt to the Meal Replacement Shake (this throws off the carbohydrate/protein balance that is important to fat burning.) You can blend fruit with a serving of Muscle Gain in place of your Meal Replacement Shake at breakfast if you wish. This keeps your protein/carb ratio on target. On your “Burn Days,” do not add fruit to your afternoon Muscle Gain Shake; just blend with water (you can add Splenda/Stevia if you want it sweeter and//or ice for thickness.) However, on your “Refuel Day” you will eat fruit separately or blend the fruit in the shake. Don’t skip the fruit add-on on your Refuel Day.

IMPORTANT: Commit to 90-days of MNS at the very least if you are looking for continued results and to feel your best. Every 90 days, stop MNS & ThermoPlus and complete the 10-day Herbal Cleanse, then go back on MNS and ThermoPlus and continue your original routine. (You can continue Spark, Catalyst, and Shakes during the Herbal Cleanse.)

Your stomach is considered “empty” two hours after the last time you ate.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

These suggestions were compiled by AdvoCare Independent Distributors. Please consult your health care provider before making any dietary or fitness modifications.