

ADVOCARE



The 24 Day CHALLENGE

LEAN OUT AND TONE UP



- ★ In **24 MINUTES** you will **FEEL** the difference!
- ★ In **24 HOURS** you will **KNOW** the difference!
- ★ In **24 DAYS** you will **SEE** the difference!



Your 24 Day Program Breakdown

Days 1-10: Cleanse Pack



Herbal Cleanse: Internal cleansing & increased nutrient absorption

OmegaPlex: Essential fatty acids for increased overall wellness



Spark: Sugar-free energy with mental focus and clarity

Days 11-24: MAX Pack



MNS MAX 3: Our top selling nutritional that does it all. Each strip pack includes probiotics, appetite control, energy, core nutrition, omega 3's, and more.

Spark: Sugar-free energy with mental focus and clarity



Meal Replacement Shakes: Protein to nourish muscle & support metabolism