



# Instructions for the 24 Day Challenge

## Step 2

- Step 1: 10-Day Herbal Cleanse (Days 1-10)
- **Step 2: Max Pack Phase (Days 11-23)**
- Step 3: Free Day – eat what you want! (Day 24)

To receive the best results, enter and finish this program with a full commitment and complete it “as designed”. To see the end results of this program, it is recommended that you take before pictures with full body measurements (waist, chest, hips, arms, etc.) and after pictures with after measurements. If you like the results of the 24 Day Challenge program and would like to continue, it is recommended that you repeat Step 2 as many times as necessary to achieve your desired look. Then you can customize your AdvoCare products to meet your needs. Speak with the person who introduced you to help customize a plan!

## Step 2: Max Pack Phase (Days 11-23)

**What is the Max Pack Phase?** Use your AdvoCare products (as usual) and continue eating as if you are on the Cleanse over the course of 13 days. The specific products to use on the Max Phase are listed below:

**MNS Max E, MNS Max 3, or MNS Max C** Metabolic Nutrition Systems (MNS®) help you target your specific weight management challenges. MNS Maximum Energy contains a proprietary blend of botanical extracts and nutrients designed to help "rev up" metabolism. For caffeine sensitivity, try MNS Max 3 with half the caffeine or try MNS Max C for appetite control.



**Spark™** Sharpens mental focus and alertness. Long-lasting energy, low calorie and Sugar-free. Take anytime during the day for a natural energy lift.



### **Meal Replacement Shake in Berry, Chocolate, Vanilla**

Nourishes Muscles and Supports Metabolism. A perfectly balanced, satisfying meal. Take within one hour of waking up.



## **OPTIONAL PRODUCTS**

**CATALYST** Supports & preserves muscle tone, enhances strength & energy during workouts & forces the body to burn a higher % of fat!



**THERMOPLUS** Innovative weight-loss enhancer that contains key botanical extracts to help support efficient metabolism and suppress appetite.



**MUSCLE GAIN** Metabolically balanced blend of high-grade proteins that supplies amino acids and other nutrients that are essential to protein synthesis and muscle building in an easy-to-digest formula that includes digestive enzymes to improve absorption of protein.



•MNS\*: The “before meal” packs **MUST** be taken on an empty stomach to work. It is also critical that you **EAT** within 30 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 2<sup>nd</sup> 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 or meal within 30 minutes 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 3<sup>rd</sup> & 4<sup>th</sup> packs are rich in vitamins and minerals and require a full stomach to digest them appropriately. Do not take these two without food.

•SPARK/SLAM\*: You can take more than one serving of Spark or Slam 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 below 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 - do NOT take with food.). The schedule below 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.

**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).

Note: 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.

## Detailed Instructions for Step 2: Max Pack Phase (Days 11-23)

Use this checklist of products to be sure you take all of your supplements each day.

Print/copy this chart for as many days as needed.

<input type="checkbox"/>	Upon rising (Empty Stomach: ES)	Drink a <b>Spark</b> Take 1 <sup>st</sup> <b>MNS "before breakfast" pack</b> Take (3-6) <b>Catalyst</b> (optional) Take (1-3) <b>ThermoPlus</b> (optional)
<input type="checkbox"/>	20-30 minutes later	Drink a <b>Meal Replacement Shake</b>
<input type="checkbox"/>	30 minutes before lunch (ES)	Take 2 <sup>nd</sup> <b>MNS "before lunch" pack</b> Take (3-6) <b>Catalyst</b> (optional) Take (1-3) <b>ThermoPlus</b> (optional) Drink a second <b>Spark</b> (optional)
<input type="checkbox"/>	With Lunch	Take <b>3<sup>rd</sup> &amp; 4<sup>th</sup> MNS "WITH breakfast or lunch" packs</b>
<input type="checkbox"/>	Mid-afternoon (ES)	Drink a <b>Muscle Gain shake</b> (optional)

### Example of a typical day:

FOODS (choose from the food portion chart that is in the cleanse phase and follow the recommended portion sizes)

MEAL 1 - Meal Replacement Shake

MEAL 2 - Fat, Fruit

MEAL 3 - Protein, Carbohydrate, Vegetable

MEAL 4 - Fat, Fruit

MEAL 5 - Protein, Vegetable

\*May add extra green veggies anytime

**\*If you are doing intense workouts...add a carbohydrate serving with a ½ protein serving immediately post workout as a 6th meal**

### Hunger Buster Tips:

1. Make sure you are drinking lots of water: a majority of it in the beginning of the day.
2. Don't let the day get away from you: if you get so busy that you delay your mid-morning snack and put off lunch... well, hunger comes knocking.... LOUDLY.
3. To fight night-time munchies: Evaluate your fatigue... I know that when I'm tired, my body "thinks" it wants food to get back some energy. You know how kids ask for food at night when it is past their bedtime?? (Other than delay tactics!) If you are roaming around the house at night and think you are hungry, brush your teeth and get to bed.
4. If you get hungry before the next snack/meal 2.5 hour time span, drink 16 oz of water.
5. If you must eat something in the evening after all 6 snacks and meals are done... have an extra serving of vegetables.
6. If you need more appetite control, have you tried MNS Max Appetite Control rather than the MNS Max Energy or the MNS Max 3?
7. Save your spark serving for that time of day that the munchies come.
8. REMEMBER: as your body REALLY gets "hot" burning up a lot of fat, you might feel hungrier. Being hungry IS NOT a negative! It means your body is burning up calories and it needs to burn up more stored fat to use as energy.

## FAQ's

- **Why should I use the Max Pack Phase Program?**

1. To Jump Start a new weight loss program.
2. To break through a weight loss plateau.
3. To lose a few inches just in time for vacation.
4. To lose a few inches and recover from a vacation.

The Max Pack Phase program helps to put your metabolism back on the right track and pushes your body into an intense “fat burning” mode.

- **What do I do after I complete the program?**

Continue your results by nourishing your body with your AdvoCare products. As for the eating plan, you can repeat the Max Pack Phase eating plan or pursue regular healthy eating habits and continue taking the AdvoCare products. Make this a lifestyle.

**Do not FORGET to take the 24th Day as a “free” day to eat without a “pattern”!  
(Or the 14<sup>th</sup> day if you are repeating the program)**