



CORE 4 PROGRAM

Reshaping Your Body and Reclaiming Your Energy

- Feed muscle and starve fat
- Reduce cravings and curb appetite
- Jump-start weight loss and improve energy
- Regulate blood sugar levels
- Sharpen mental focus

The CORE 4 Products



1 SPARK A "mental focus" energy drink that features a high-nutrition, low-sugar profile that contains neuroactives, amino acids, vitamins and herbs to allow for peak mental and physical performance; great replacement for coffee and soda.
Flavors - mandarin orange, fruit punch, grape, cherry and citrus
Supply - box of 14 packets is \$21.50 retail; 1 canister of 42 servings is \$51.95 (ask about our 40% discount)
Directions - great first thing in the morning, mid-morning, mid-afternoon or immediately before exercise



2 THERMOPLUS Reduces appetite and cravings while aiding the release of stored body fat. Our patent-pending formulation features herbs that are mild, yet highly effective in accelerating the fat-burning process; take first thing in the morning and/or use before exercise to enhance fat-burning.
Supply - bottle of 90 capsules is \$30.95 retail (ask about our 40% discount)
Directions - take 1 or 2 in the morning with SPARK and CATALYST, add in the afternoon or before exercise if needed or desired



3 CATALYST Has a rapid "toning" effect, earning it nicknames such as "lipo in a bottle" and "shrink-wrap for the body." Designed to pull water and nutrients out of fat and into muscle, preserving lean muscle during times of weight loss and exercise.
Supply - bottle of 90 capsules is \$30.50 retail (ask about our 40% discount)
Directions - take 3 first thing in the morning with your SPARK and again in the mid-afternoon or before exercise, if desired



4 MEAL REPLACEMENT SHAKES The high protein, nutrient and fiber content of this shake makes it a perfect breakfast that allows you to begin your day by fueling your muscles and brain, while starving your fat.
Flavors - vanilla, chocolate and berry
Supply - box of 14 packets is \$36.95 retail (ask about our 40% discount)
Directions - use as breakfast 20-30 minutes after taking SPARK, CATALYST and THERMOPLUS; mix with water and /or ice

Product cost* options for a 30-day supply of the "CORE 4" products (1 box and 1 canister of SPARK & 2 boxes SHAKES, 1 THERMOPLUS, 1 CATALYST)
 (1) 40% Advisor Discount: \$125.28 • (2) 20% Wholesale Discount: \$167.04 • (3) Retail Customer: \$208.80

*Note that 2/3 of the program cost is categorized as grocery expense (SPARK & SHAKES); grocery cost is reduced, along with your body fat!

Breakfast	Snack (if needed)	Lunch	Snack	Dinner	Snack (if needed)
MEAL REPLACEMENT SHAKE SPARK; 2 glasses of water between meals	3 hard boiled eggs with yolks and a handful of almonds -or- AdvoCare SNACK BAR	Protein with vegetables (such as chicken salad, low-carb sub/wrap, salmon and broccoli, etc.)	1 piece of fruit handful of nuts 2 scoops MUSCLE GAIN -or- AdvoCare SNACK BAR	Protein with vegetables (such as chicken salad, low-carb sub/wrap, salmon and broccoli, etc.)	1 scoop MUSCLE GAIN or high-protein snack
Before breakfast: SPARK with 3 CATALYST and 1 or 2 THERMOPLUS		Option: 30 min. before lunch - 1 or 2 THERMOPLUS	Choice of: SPARK with 1 or 2 THERMOPLUS		

Tips for Body Changing Success

- Commit to this program for 30 days; follow-through as you focus on both the physical and mental rewards.
- Share the program with family and friends for added fun, support and motivation; you'll also earn a larger discount on your own products.
- Utilize your AdvoCare sponsor as a "coach" for help and support throughout your first 30 days.
- Limit carbohydrate intake to 30g or less per meal/snack; choose only low-carb options, eat your vegetables and add in protein bars/shakes when needed.
- Drink 3 to 4 liters (90 to 120 ounces) of water per day; add energy with SPARK rather than soda or coffee.
- Exercise 30 to 60 minutes per day to fully utilize the effectiveness of the "CORE 4" products and program; give your body what it deserves!