



ADVOCARE – QUIT SMOKING PLAN

If your desire is to quit smoking without *gaining* weight or becoming irritable then AdvoCare is your solution!

- Herbal Cleanse- system will curb cravings for sweets & fatty foods as nicotine decreases in your body.
- Meal Replacement Shakes- will balance your blood sugar which also keeps moods level.
- Rehydrate and Cleanse- will help flush the nicotine out of your body.
- Spark- will give you energy and stop nicotine withdrawal headaches
- MNS Max 3- will give you willpower and make sure you don't gain unwanted weight!
- Omegaplex- helps support normal blood flow and regulate blood pressure while promoting cardiovascular and immune system health.
- Leptilean- helps promote a feeling of fullness and satiety, appetite control, and boost metabolism.
- Oasis- helps your body adapt to physical and other sources of stress, provides immune and cognitive support.

100 ounces of water a day is essential and protein intake every 3 hours keeps your metabolism burning and working *FOR* you!

Step 1: CLEANSE AND DETOX – REMOVE TOXINS – 10 Days

- *Spark*– early morning and/or mid afternoon
- *Herbal Cleanse and Omega Plex* – as directed with suggested eating plan
- *Meal Replacement Shake* – breakfast
- *Rehydrate* – throughout the day to flush through the toxins
- *Omegaplex*- reduces inflammation

Step 2: KILL CRAVINGS AND LEVEL MOOD - 14 Days

- *Spark* (with a full glass of water) – first thing in the morning and every time you want a cigarette
- *Rehydrate* – throughout the day to flush through the toxins
- *Leptilean*- take 45 mins before a meal to aid in appetite control

Step 3: CUSTOMIZE AND LOSE WEIGHT – 30 days

- *Add in addition to step 2 MNS Max 3 (2 boxes)*
- *Oasis- throughout the day as needed*

Step 4: REPEAT STEP 1

- *Herbal Cleanse, Spark, Meal Replacement Shake and Omega Plex* in 60 days.

STEP ONE 10 days: Retail: \$128.85 Wholesale 20% discount: \$103.08

STEP TWO 14 days: Retail: \$83.40 Wholesale 20% discount: \$66.72

STEP THREE 30 days: Retail: \$91.87 Wholesale 20% discount: \$73.50