

The 24-Day Challenge® is a comprehensive supplementation and nutrition program designed to give your body the jumpstart it needs to help you reach your goals. There's something for everyone – whether you are looking for weight management, energy, overall body composition or overall wellness. Thousands of people have experienced success on the 24-Day Challenge - you could be next!



VIDEO LINK: <https://youtu.be/uwt9XQXL30Q>

Your 24-Day Challenge Includes:

- 24-Day Challenge Daily Guide
- One box of Herbal Cleanse
- One box of AdvoCare® Fiber
- One bottle of OmegaPlex®
- Two boxes of AdvoCare Spark®
- One box of MNS® 3, C or E
- One box of Meal Replacement Shake



Virtual Coach

Day 1 ✕

Congratulations on beginning the 24-Day Challenge! The next 24 days will be an exciting adventure! We're so proud you made the decision to take this on. Make sure to take all of your products, get some exercise and stay hydrated. Do your best to stay on track!

A.M.	NOON	P.M.
<p>30 MINUTES BEFORE BREAKFAST</p> <p>AdvoCare Spark® Probiotic Restora™ Optional: Catalyst™</p> <p>BREAKFAST</p> <p>Fiber + Water Protein + Complex Carb + Fruit Or Instead: Meal Replacement Shake</p> <p>SNACK</p>	<p>LUNCH</p> <p>Protein + Veggies + Complex Carb</p> <p>30 MINUTES BEFORE SNACK</p> <p>Optional: AdvoCare Spark®, Catalyst™</p> <p>SNACK</p>	<p>DINNER</p> <p>OmegaPlex® Protein + Veggies + Complex Carb (if needed)</p> <p>SNACK</p> <p>BEDTIME</p> <p>Herbal Cleanse caplets Optional: Catalyst™</p>

FitTip
Be sure to take your measurements and a "before" picture when you start the 24-Day Challenge. Post your "before" picture on the fridge and remember your goals to help you stay motivated.

Snack Ideas
Try loading a few celery sticks with 1 tablespoon of any nut butter (almond, cashew, walnut).
[More snack ideas](#)

PREVIOUS DAY
NEXT DAY

Ready to start your 24-Day Challenge® ?

Welcome to the AdvoCare 24-Day Challenge Virtual Coach. Use this site to guide you through every day of your challenge. Click on the corresponding day of your challenge in the calendar below to get started.

<https://www.advocare.com/170620955/store/24-day-challenge>

Herbal Cleanse System

The AdvoCare Herbal Cleanse System can help rid your body of waste and prepare the body for optimal nutrient absorption with its unique blend of herbal ingredients.* Using a systematic approach, this 10-day system guides you through the daily steps for thorough internal cleansing and improved digestion.*



Each Herbal Cleanse System includes three key products:

- ProBiotic Restore™ capsules (in the Herbal Cleanse box)
- Herbal Cleanse tablets (in the Herbal Cleanse box)
- AdvoCare® Fiber

Use these three products for the duration of the 10-day Cleanse.

AdvoCare Fiber and Probiotic Restore Ultra is also available as a stand-alone item to help you reach your daily fiber intake goals.

AdvoCare® Fiber

Aids in cleansing the digestive tract and helps eliminate waste to allow necessary vitamins, minerals and nutrients to be better absorbed by the body.*

AdvoCare Fiber is rich in the fibers your body needs to support a healthy GI tract.* Each serving provides 10 grams of dietary fiber, which can help you reach your daily fiber goal. Furthermore, each serving provides a combination of soluble and insoluble fiber. Soluble fiber absorbs water in your stomach and intestines, which provides a feeling of fullness that can help manage your appetite.* Insoluble fiber does not absorb water, but rather moves quickly through your system, cleansing the digestive tract and eliminating waste as it goes.* Once your digestive tract is cleansed by the insoluble fibers, your body will be able to better absorb vitamins, miner-



OmegaPlex®

Delivers a blend of DHA and EPA omega-3 fatty acids to support cardiovascular health and the immune and nervous systems, and supports healthy skin, hair and nails.*

OmegaPlex is a convenient way to get the omega-3 fatty acids that may be missing in your diet. Each serving of OmegaPlex contains a concentrate of 1,000 mg long-chain omega-3 fatty acids (600 mg of EPA and 400 mg of DHA). Omega-3 fatty acids are paramount for core nutrition because of their involvement in the transport of nutrients, the maintenance of healthy skin, and the support of a healthy immune system* Furthermore, it aids in weight management by supporting healthy metabolism, and providing and storing energy for the body.*

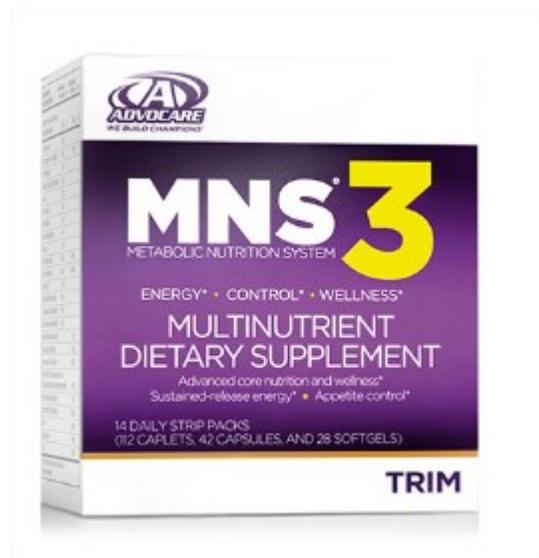




Spark® Stick Packs

Spark® delivers energy and enhanced mental focus with 20 vitamins, minerals and nutrients.*

Spark® is a unique blend of 20 vitamins, minerals and nutrients that work synergistically to provide a healthy and balanced source of energy.* Spark contains an effective amount of caffeine to give you a quick boost, B vitamins to enhance your body's natural ability to produce and sustain its own energy, and neuroactive amino acids that help increase your mental focus and alertness.*



MNS® 3

is our most comprehensive metabolic nutrition system. Not only will you benefit from appetite control and enhanced energy, you will also receive the best core nutrition with Coreplex®, CardioQ, Calcium Plus and OmegaPlex®.* It's a fantastic alternative for anyone looking for a lower-caffeine MNS® system in comparison to MNS® C or E.* For energy, appetite control and overall outstanding core nutrition and wellness, MNS® 3 is your answer.*

Meal Replacement Shake

- Balanced meal for optimal nutrition and weight management
- 210-220 calories with 24 grams of easy-to-digest protein
- High in dietary fiber (5-6 grams)
- 26 vitamins and minerals
- 1:1 ratio of proteins to carbohydrates



Iced Lemon Cake



- Salted Caramel
- Chocolate Chip Cookie Dough



- Chocolate Peanut Butter
- Vanilla
- Chocolate
- Chocolate Mocha
- Berry

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HEALTH, HOPE AND A FUTURE™