

# Pregnancy and Nursing Advocare Recommendations



Improving your overall health and wellness can be started at any time. You will feel more energy and as you get healthier and can still lose body fat too. Good nutrition will transfer to your baby as well! Quality Supplements fill in the gaps where your food leaves off; they are a condensed form of essential vitamins, minerals, antioxidants and amino acids needed for optimal health.

Advocare is USP pharmaceutical grade and tests more products than any other nutritional company in the world for banned substances, toxins and impurities. Advocare uses a company in London, England called [www.infomed-choice.org](http://www.infomed-choice.org) to test for over 197 impurities. The next best US company only tests for a mere 30 impurities. Advocare also uses high levels of active ingredients to ensure you are getting enough of what you need to make a positive difference in your body.

While we always suggest that all individuals consult their physicians and review the labeling or Product Information Pages with them to decide on product usage, this is especially important for pregnant and/or nursing mothers. AdvoCare is very conservative with respect to product usage during pregnancy and nursing. Since there is a general lack of safety data for the use of herbal compounds while pregnant and while nursing, we do not recommend using products that contain herbal ingredients during this time. It's not advisable to take risks with "unknowns" at a time when fetal growth and development is occurring or during breastfeeding.

Here's a link to a helpful article written by Dr. Judith Smith on Advocare's Medical and Advisory Board:

<http://www.advocare.com/science/articles/womenshealth/03.aspx>

Please keep in mind that any information provided by AdvoCare is not intended as a substitute for the advice of a physician.

## 1) **Coreplex Multivitamin with Iron** (\$41.50 retail or \$24.90 to \$33.20 wholesale)

The human body's 70 trillion cells are constantly wearing out and being replaced. This process utilizes vitamins, minerals and nutrients consumed in the daily diet. There are at least 50 nutrients known to be used as the building blocks of new cells. Every year more and more Americans are not getting these nutrients from the food they eat. Supplementation with an optimally formulated multivitamin can increase vitamin and mineral levels, reduce risk for chronic diseases, significantly improve cognition, and improve quality of life.

CorePlex supplement provides a synergistic combination of vitamins, minerals, antioxidants and botanicals to help supply the body with the nutritional components it needs to maintain optimal health. Each ingredient in the CorePlex formula helps supplement an individual's diet and provides the nutritional balance often lacking in the daily diet. While there are many multivitamin supplements on the market today, CorePlex provides a balance of the right nutrients at the proper levels to assure optimal absorption and benefits. For example, many minerals are often not easily digested by the body. CorePlex contains chelated minerals, providing the body with bioavailable ingredients for heightened absorption.

## 2) **Omega Plex Omega 3 fatty acids** (\$19.95 retail or \$11.97 to \$15.96 wholesale)

Omega 3's 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. They play a key role in cardiovascular activity by supporting normal blood flow and healthy blood pressure. Omega 3's have are recommended during pregnancy to assist in fetal brain development. Consumption of omega-3 fatty acids may reduce the risk of coronary heart disease. Furthermore, they aids in weight management by supporting healthy metabolism, and providing and storing energy for the body.

Advocare OmegaPlex omega-3 fatty acid dietary supplement is a safe, convenient and easy way to get the omega-3 fatty acids that may be missing in your diet. While other omega-3 supplements may have only EPA or DHA, OmegaPlex has both of these important omega-3s in the right proportions for maximum benefit. OmegaPlex meets the highest standards of product safety and efficacy. Each softgel starts with high-quality marine lipid concentrate, which is required to meet strict analytical testing requirements for environmental contaminants,

quantity of long-chain omega-3 fatty acids and oxidation as indicators of safety, purity, potency and freshness. OmegaPlex also contains the antioxidant vitamin E in the most active form to further ensure omega-3 fatty acid stability.\* The quality values of OmegaPlex are consistent with or exceed the Council for Responsible Nutrition (CRN) voluntary monograph values. You can rest assured that with OmegaPlex, you're receiving the highest quality fish oils and a highly effective source of omega-3 fatty acids.\*

### 3) **Calcium Plus** (\$22.50 retail or \$13.17 to \$17.56 wholesale)

The average American doesn't get enough calcium and magnesium in his or her diet. Without adequate nutrition, your body may start to remove calcium and other important minerals from your bones, which are the body's storehouse for these important minerals. Inadequate calcium intake can lead to low peak bone mass, known as one of the many factors in the development of osteoporosis and bone fractures.

Contrary to popular belief, studies show that the average American, regardless of gender or age, needs increased calcium consumption. Only about 30% of the dietary intake of calcium is actually absorbed by the body (Institute of Medicine 1997). The stronger your bones are during development, the better the body can cope with stresses and changes over time. Reduced calcium absorption is acute in older persons because their intestines are less responsive to the action of vitamin D. Furthermore, the production of hydrochloric acid, which is important for optimal absorption of calcium and other minerals, decreases with age. Poor absorption of calcium can be overcome by increasing overall calcium intake & maintaining adequate levels of vitamin D

You need a balanced array of minerals including magnesium, manganese, zinc, copper, boron, silicon and potassium plus vitamins C, D, and K. Studies show chelated minerals (minerals bonded to amino acids) such as those available in Calcium Plus are more bioavailable and more easily absorbed than other mineral forms.

Calcium Plus supplement is not simply a calcium product, but a complete, balanced, highly-absorbable blend of eight minerals, four vitamins and three supporting herbal extracts that contribute to bone health.\* Whereas many products on the market offer only calcium, Calcium Plus offers a synergistic blend of nutrients to give your bones what they need to work best.\* Because Calcium Plus is an excellent source of magnesium, zinc and manganese, your bones receive comprehensive support.\* Calcium Plus also contains the right amount of vitamin D so that you receive optimal absorption of the calcium you consume.\* Calcium Plus stands out from the competition with its chelated minerals providing enhanced absorption to give your body the optimal results.

### 4) **Probiotic Ultra** (\$33.95 retail or \$20.37 to \$27.16 wholesale)

Harmful bacteria and byproducts ingested from poorly prepared foods and other sources can produce toxins as well as decrease the number of beneficial bacteria in the intestines. Disturbing the delicate balance of microorganisms in our intestines allows an overgrowth of harmful bacteria. This imbalance is taxing on our immune system, which is already under daily assault from environmental factors, physical and emotional stress, inadequate rest and poor nutrition. Additionally, because the average person is already missing the mark when it comes to consuming adequate dietary fiber, drinking enough water and exercising regularly, the body has increased difficulty in ridding itself of harmful agents as waste products. Our body must maintain a healthy balance of beneficial bacteria and harmful bacteria to work at its best. When this balance is disturbed, it affects our immune systems, intestinal health, weight management and more. Without a counteraction to offset the effects of these bacteria and toxins, our body is left to defend itself regularly with little support.

This is where the inclusion of supplemental "good" bacteria (known as probiotics) in our daily diets can aid in supporting the status quo of our healthy bacterial balance. ProBiotic Restore™ *ULTRA* supplement has been carefully formulated to contain seven kinds of beneficial microorganisms, along with accompanying probiotic food known as FOS. This combination of probiotics in effective levels, specifically selected to help populate the upper and lower intestine, strongly support your body's overall health by helping maintain the normal, healthy bacteria your body needs.

Aids in healthy intestinal function and digestion. As the ingredients in ProBiotic Restore™ *ULTRA* help rebuild your body's natural balance and wellness, you'll benefit from added intestinal function and stability, leading to more productive bowel movements and improved digestion. It also helps relieve symptoms of occasional constipation. Furthermore, digestion becomes less inhibited, and the nutrients you consume through food and other AdvoCare products will be absorbed more efficiently. Provides immune system support. When it comes to optimal health, you must make every effort to keep your immune system in top shape. ProBiotic Restore™

ULTRA supports your immune system by helping it rid the body of harmful toxins and therefore decreasing the constant workload and threat to your immune system these agents present

5) **Catalyst** (\$31.50 retail or \$18.90 to \$25.20 wholesale)

Loss of lean body mass can occur during pregnancy. Our baby’s requirements for nutrition can often strip us of the protein our muscles need to remain healthy and give us the toned, lean look we want. Amino acids are the building blocks of protein, and protein is the building block of muscle. Your muscles require a comprehensive supply of amino acids in amounts that are balanced and effective.

Catalyst is simply proteins that are broken down already and can feed into your muscle tissue without going through the digestion process. This helps to repair and protect muscle, and thereby promote lean body mass by providing the essential amino acids that are in short supply. Other amino acids found in Catalyst such as L-glutamine, L-arginine, taurine and betaine help fuel and maintain your muscles to assist and support endurance and strength. Catalyst helps rid the fat, retain the muscle, and leave your body more toned and better defined when used in combination with a healthy diet and exercise program.

6) **Spark energy drink** (\$22.95 retail or \$13.77 to \$18.36 wholesale)

To achieve and maintain peak performance and health, we need sustained and focused energy. Poor diet, lack of physical activity and the demands of pregnancy and nursing can drain our energy contribute to weight gain and lead to a variety of negative physical conditions. Maintaining energy levels and mental clarity throughout the day can be a difficult challenge especially when trying to stay away from caffeine. Frequently when we are stressed, pressed for time and feeling low on energy, it’s easy to turn to beverages like soda and coffee that are filled with “empty calories” with too much sugar and caffeine. While these drinks do provide the short burst of energy we want, it doesn’t last long, is not healthy for our baby’s and often results in a rebound effect later that contributes to general malaise. These drinks typically offer almost no nutritional value, meaning we might fill our body two to three times a day with drinks that fall short of providing us the sound nutrition our body craves.

Advocare Spark is a sugar free source of long lasting energy. With 21 vitamins and minerals and only 45 calories. Spark boost natural energy sustaining processes and contains neuroactive amino acids that are very helpful for increased mental focus. The caffeine in spark is very minimal and you may have 1 per day when pregnant. The caffeine is present to help expand the capillaries and help nutrients absorb faster. When you use caffeine in the correct way and do not overuse it; it is very helpful to the body. The sweetener in Spark is sucralose which is the only sweetener made from real sugar that does not affect blood sugar level. There are no peer review studies from any universities that show side effects from sucralose on humans. Spark is a much better choice than soda, coffee or other energy drinks and is safe for pregnant mothers and babies when used sparingly.

				
<b>Satisfaction Guaranteed?</b>	✓	✗	✗	✗
<b>Contains 21 Vitamins, Minerals &amp; Nutrients?</b>	✓	✗	✗	✗
<b>Sugar Free?</b>	✓	✗	✗	✗
<b>Avg. \$ / Each Serving</b>	.74 - \$1.24	\$1.00 - \$1.59	.99 - \$3.50	\$2.49 - \$2.99
<b>Avg. \$ / 42 Servings</b>	\$31.17 - \$51.95	\$42 - \$66	\$42 - \$147	\$105 - \$125
<b>Sugar Total / 42 Servings</b>	<b>ZERO</b>	As Much As 5 pounds <small>* Some variations may be available</small>	As Much As 5 pounds <small>* Some variations may be available</small>	As Much As 5 pounds <small>* Some variations may be available</small>

Ingredients	Advocare Spark <sup>®</sup>	Regular Coffee	Coca-Cola	Red Bull	Rockstar	Starbucks Frappuccino <sup>®</sup>
Serving Size	8 fl. oz.	8 fl. oz.	12 fl. oz.	8.3 fl. oz.	8 fl. oz.	16 fl. oz.
Calories	45	2	146	110	140	380
Total Fat	0	0.5g	0	0	0	15g
Saturated Fat	0	0	0	0	0	9g
Cholesterol	0	0	0	0	0	55g
Sodium	0	5mg	50mg	200mg	40mg	240mg
Potassium	0	116mg	0	0	0	0
Carbohydrates	11g	0	41g	28g	31g	57g
Sugars	0	0	41g	27g	31g	47g
Protein	0	0.28g	0	0	0	6g
Vitamin A	20%	0	0	0	0	10%
Vitamin C	300%	0	0	0	0	0
Vitamin E	100%	<1%	0	0	0	0
Thiamine	200%	2%	0	0	0	0
Riboflavin	200%	11%	0	0	100%	0
Niacin	300%	2%	0	100%	100%	0
Vitamin B-6	750%	<1%	0	250%	100%	0
Vitamin B-12	750%	0	0	83%	100%	0
Pantothenic Acid	500%	6%	0	50%	100%	0
Zinc	20%	<1%	0	0	0	0
Total Caffeine	120mg	95-150mg	35mg	80mg	80mg	115mg

Many foods we eat are full of calories and little or no nutrition. Other great Advocare products filled with nutrient density and easy for on the go moms to add in while you are pregnant or nursing are:

7) **Meal Replacement Shakes** 14 per box (\$39.95 retail or \$23.97 to \$31.96 wholesale)

Today's fast-paced lifestyle often has us rushing out the door to work or school with no time for breakfast. We often sacrifice good nutrition for convenience, opting for the high-fat combo meal or the nutrient-starved microwave dinner instead of a meal that's fresh and nutritious. The other obstacle is that even healthy options may not always be as balanced or complete as we need them to be. For example, the right amount of protein and other nutrients may also be high in calories and fat. It's difficult to take the time to prepare healthy meals on a regular basis, and yet that's exactly what our body needs to maintain steady energy levels.

Meal Replacement Shakes offer a powerful combination of vitamins, minerals, protein, carbohydrates and fiber that are wholesome and easy to digest. With 26 vitamins and minerals and only 220 calories per serving

One of the most distinguishable features of a Meal Replacement Shake is its protein content. Each shake packs 24 grams of easily digestible protein, more than twice what you'll find in many leading health shakes on the market. Advocare's shakes will never taste chalky or sit undigested in your stomach due to a protein breakdown process that is unique to Advocare and also every hospital in the United states for delivering proteins and amino acids through intravenous feeding.

8) **Meal Replacement Bars** 12 per box (\$29.95 retail or \$17.97 to \$23.96 wholesale)

If we want to maintain our health, we must choose foods that provide our bodies with the fuel and other nutrients they require while also being aware of the number of calories in relation to the amount of energy we expend. Meal Replacement Bars provide balanced nutrition with 18 vitamins and minerals, and with only three grams of fat and 215 calories. 16 grams of high-quality, easily digested protein, and high levels of eight B vitamins to support cellular energy production. Meal Replacement Bars are a superb and delicious choice for good nutrition and health.

Here is a sample healthy day for you and baby and will give you energy, productivity and support a strong immune system.

**Wake**

1 Spark  
3 catalyst (lean tissue protection)  
1 probiotic (good gut flora)

**Breakfast 30 minutes later**

Meal replacement shake  
2 coreplex with iron (multi vitamin)  
3 omega plex (good fat)  
2 calcium plus

**Meal 2** - Advocare meal replacement bar

**Meal 3** - lunch (lean protein and veggie with some "good" fat like olive oil or avacado)

**Meal 4** – ¼ cup raw nuts and fruit

**Meal 5** - dinner (lean protein and veggie)

**Bedtime**

2 coreplex with iron (multi vitamin)  
3 omega plex (good fat),  
2 calcium plus  
1 probiotic