



ADVOCARE – QUIT SMOKING PLAN

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

- **Herbal Cleanse** system will curb cravings for sweets & fatty foods as nicotine decreases in your body.
- **Oasis** will calm you and curbs irritation and anxiety.
- **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!

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

Step 2: KILL CRAVINGS AND LEVEL MOOD - 14 Days

Oasis and a Slam (2 boxes slam, 1 oasis) – first thing in the morning (oasis is excellent in oatmeal or in plain greek yogurt)

Rehydrate – throughout the day to flush through the toxins

Step 3: CUSTOMIZE AND LOSE WEIGHT – 30 days

Add in addition to step 2 MNS Max 3 (2 boxes)

Need another 2 boxes s of Slam and Oasis

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: \$114.35	Wholesale 20% discount: \$91.48
STEP THREE 30 days:	Retail: \$217.70	Wholesale 20% discount: \$174.16
All 3 steps together 54 days	Retail: \$460.90	Wholesale 25% discount: \$345.68