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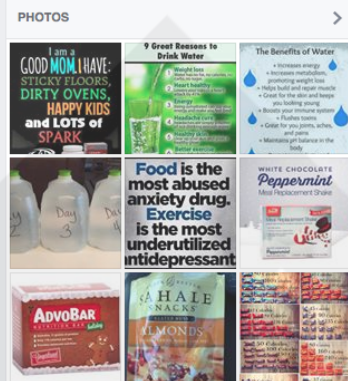
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**ABOUT**

This page is set up to be a Supportive group for others. Sharing recipes ,snack idea ,workouts and more. Cheering you on!

<https://www.advocare.com/130528584>



**VISITOR POSTS**

**Karen Crump**  
October 23, 2014 at 8:07am

Yeah!!!! We have successfully made it through our 30 days!!! Pa... See More

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**Wendi Billington**  
September 23, 2014 at 7:41pm

Anyone doing or want to do the Halloween Hustle 5k on 10/26?

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**Kara Holt Wade**  
August 21, 2014 at 8:58am

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6 Likes  
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**PEOPLE ALSO LIKE**

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Real Estate Agent

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Community

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**McKinney Crew**  
July 31, 2014 · \*

Check it out!!!! Advocare is GOOD stuff!!

**Advocare Omegaplex – Omega 3 Fatty Acid**

It was no shock to me that Dr. Oz would be recommending an Advocare product such as Advocare Omegaplex, because they work so hard to put out only the highest quality products on the market.

Dr. Oz puts his reputation on the line each time he appears in the media and recommends a product, so you know that he has thoroughly researched every product that he recommends.

Advocare Omegaplex omega-3s have so many medical benefits that I could probably type all day and not get them all listed, so I will just give you a few of the Top 10 Benefits of Omega-3 Fatty Acids:

**Top 10 Benefits Of Omega-3 Fatty Acids**

- Aids your weight loss and can even prevent obesity
- Can prevent psychiatric diseases by helping with proper brain membrane function
- Reduces menstrual pains
- Works as an appetite suppressant to reduce hungry sensations
- Increases insulin sensitivity
- Decreases the chances of sudden cardiac death
- Can lower the risk of colon cancer
- Boosts Immune system
- Helps with proper thyroid activity
- Reduces the risk of you having a stroke

As you can see from even this short list, and believe me there are so many more benefits I could have listed, Omega 3 fatty acids have amazing health benefits and affect almost every body system.

**Advocare Omegaplex**

So we have talked about some of the main benefits of omega 3 fatty acids and even seen a famous doctor give praise to Advocare Omegaplex, so now lets look at why you should chose Advocare Omegaplex over the all the rest.

I think that if you are not current taking an omega 3 fatty acid supplement each day you are really missing out one of nature's magic health secrets and you should immediately start an regime consisting of a high quality omega 3.

I know for some you say I cannot afford to buy omega 3 and take it each day, I completely understand that times may be tough and you may not be able to come up with the funds to purchase, but I can honestly say that omega 3 will save you so much money in medical expenses down the road and you will look and feel so much better after a couple weeks of taking Advocare Omegaplex each day.

I mentioned above two crucial words when it comes to choosing the right omega 3 supplement for you, high quality. Sadly there are many omega 3 supplements on the market that are anything but high quality and do not give you the same medical benefits that a supplement like Omegaplex by Advocare will.

**Advocare Omegaplex Product Details**

Advocare Omegaplex

Each Serving supplies 1,000 mg of omega-3 fatty acid  
Contains both EPA and DHA fatty acids  
For ages 12 and older  
Serving consists of two softgels, up to twice daily  
Key ingredients: omega-3 fatty acids, EPA, DHA, and vitamin E  
Cost for 90 softgels (45 servings) \$21.95

ORDER yours TODAY!! <https://www.advocare.com/130528584>

**Dr Oz Suggests AdvoCare's Omegaplex Fish Oil**

Dr Oz suggests Advocare's Omegaplex as a great source of Omega 3.

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