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ADVOCARE REVIEWS

by romney123 [Leave a Comment](#)

What's up peeps, thanks for checking out my **Advocare Reviews**.

Lot to cover so let's jump right on in.

Advocare Business Opportunity

The Advocare Business Opportunity is like no other business opportunity on the market, you can join the Advocare business by purchasing the Advocare Distributor Kit for \$79 and immediately you will be qualified for access to a wealth building system that has helped many people quit their full time jobs and achieve optimal nutritional and financial wellness for themselves and their family.

With the Advocare Business Opportunity you will have the ability to earn income from 5 different ways, participate in the debt buster program, be eligible for bonuses and incentives and build a business that can last a lifetime.

Advocare has been around since 1993 and helps their distributors spread the word about Advocare products through their official spokesman, NFL Quarterback Drew Brees, hundreds of unpaid celebrity endorsers, and all of the company sponsors events such as the Advocare Bowl, Austin Dillan's Nascar car, and many other televised sporting events.

You really can't go wrong with the Advocare business opportunity as long as you have the drive and determination to work the business and do whatever it takes to be successful, I would highly recommend you consider getting started with Advocare and enjoy discounts on all your Advocare purchases of up to 40% and a commission structure that is one of the best in the industry.



Advocare Products

Advocare offers a full line of health and fitness products that are created using the highest quality ingredients with safety and maximum results as top priority.

WHEN MITT ROMNEY
SITS ON ONE OF THESE



HE MAKES \$2,601.74
BEFORE HE STANDS UP

CALCULATE YOUR OWN!
www.RomneyMakes.com

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The Advocare Scientific and Medical Advisory Board has a combined 270 years of expertise, and uses the latest in scientific research to develop all Advocare products.

All Advocare products have passed the Informed Choice WADA (World Anti-Doping Agency) audits and are safe to use by individuals and athletes, which is probably the reasons that thousands of unpaid professional athletes and millions of individuals use Advocare products on a daily basis, they are safe and they work.

The Advocare Products line includes 5 categories:

- Trim – Weight Loss and Weight Management Products
- Active – Increase Your Energy and Feel Great
- Well – Vitamin and Mineral Supplements that Cover the Spectrum of Wellness
- Performance Elite – Pre and Post Workout Proteins and Supplements Designed To Get You Maximum Results
- Definite Difference – Beauty and Skin Care Products That Keeps Your Skin Looking Great

All Advocare products are competitively priced with other high quality health and wellness products on the market.

Advocare Reviews

Advocare Weight Loss

The Advocare line of weight loss and weight management products has something for everybody, whether you are looking for weight loss, carb blockers, increased metabolism and energy, appetite control or overall wellness, Advocare has the right products for you.

Advocare has been helping people look and feel great since 1993 and had millions of satisfied customers worldwide.

If you are just getting started in your weight loss journey, let me recommend the Advocare 24 day challenge, which is a complete weight loss and overall wellness program that will cleanse your body of all the harmful toxins and then replace all the bad things you removed with supercharged nutrients that will give you a ton of energy, and make you feel absolutely great.

The [Advocare weight loss products](#) are just the start, Advocare has a full line of products to take your wellness to the next level, getting the weight off is just the first stage, maintain your results and keep it off for life with Advocare.

Advocare Diet

Advocare does not have a so called long term diet plan, or at least I have never seen one.

What they do have is the meal plan while on the Advocare 24 day challenge, which is a combination of plenty of water, lean proteins, complex carbohydrates, fruits and vegetables.

Avoiding fried foods, carbonated drinks, high saturated fat foods, sugar are the keys to success with the Advocare diet plan.

If you follow a combination of the Advocare 24 Day Challenge eating plan along with a regular exercise regime, you will see dramatic results as quickly as possible.

The meal plan teaches you how to avoid eating the bad foods that cause weight gain as well as feeling sluggish and tired, and transform your body into a fat burning machine that is full of life and energy.

I followed the Advocare 24 day challenge meal plan to the t when I was on it and saw absolutely amazing results, but most importantly for me was the increased energy, mental focus and awareness, and feeling full of life and energy.

Advocare 24 Day Challenge

The Advocare 24 Day Challenge is the flagship product at Advocare and for good reason, it is a amazing package of products that have helped millions of people jump-start their weight loss plan.

The Advocare 24 Day Challenge consists of two phases:

- Cleanse Phases – Days 1-10 – You take 5 products during this phase of the challenge, Advocare Spark, Advocare Fiber Drink, Advocare Herbal Cleanse, Advocare Probiotic Restore Ultra and Advocare Omegaplex. The Cleanse Phase is designed to strip your body of harmful toxins that are preventing your from achieving your weight loss goals, basically cleaning out your systems.
- Max Phase – Days 11-24 – This phase is where you really start to see the weight loss results you have been looking for, depending on which MNS (Metabolic Nutrition System) you chose, will determine if your focus is on increased energy, appetite control or overall wellness (more below). In this phase you will be replacing all the harmful toxins you removed with super-charges nutrients that are designed for your body to perform like a well oiled machine.

There are three MNS systems, Max C – focuses on appetite control, Max E – focuses on increased energy, Max 3 focuses on the big 3 appetite control, weight management and overall wellness.

The [Advocare 24 day challenge](#) is a real life changer and it is the one product that has helped so many people stop the cycle of obesity and live a happy, healthy and active life.

The 24 day Advocare Challenge very well may be the one system that will change your life too, follow the instructions to the letter and you too will be amazed at the results you will see.

Advocare Cleanse

The Advocare 10 Day Cleanse is designed to strip your body of harmful toxins that are preventing you from looking and feeling as good as you should be.

The Advocare Cleanse is a combination of 3 products, the Advocare Fiber drink, Advocare Herbal Cleanse, and [Advocare](#) Probiotic Restore Ultra.

This is a 10 day program that should be done once every 90 days, and acts like a tune-up would for your car, you will feel lighter and instantly will feel better once you are able to rid the harmful toxins from your body.

The 3 herbal Advocare cleanse pills are consumed before bedtime on days 1 through 7 while the 2 probiotic restore pills are consumed as soon as you wake up (30 minutes before you consume any food) on days 4-10.

The fiber drink comes in 2 flavors (citrus and peaches and cream) and is taken in the morning with breakfast on days 1,2,3,8,9,10.

Note on the fiber drink, the peaches and cream is much smoother than the citrus which has a lot of texture to it, and you should always mix your fiber drink and consume immeditely, if you let the fiber drink sit even for a minute after mixing it will begin to turn very mushy and thick.

Advocare MNS (Metabolic Nutrition System)

Advocare has designed 3 unique systems, called Advocare MNS systems, that are designed to give your body the supplements and nutrients that it needs for optimal wellness and maximum weight management results.

The Three Advocare MNS systems are:

- Max C – A unique blend of vitamins and minerals designed to control your appetite and help you achieve your weight loss goals.
- Max E – Fight your sluggishness and gain the energy you need to get through the day and have the extra boost you need to live an active and healthy life.
- Max 3 – the ultimate combination of weight management, increased energy, and overall wellness can be found in the Max 3 MNS system, most popular option.

The Advocare MNS systems make up days 11-24 of the Advocare 24 Day Challenge for good reason, after you have stripped your body off all the harmful toxins that are holding you back and draining your energy, the Advocare MNS will supply your body with the vitamins and minerals it needs to achieve maximum wellness.

Advocare Spark

Advocare Spark is probably the most popular of all the Advocare product line, this sugar free energy drink mix is a great way to get the boost you need when you are running out of steam.

Advocare Spark is a great way to start your day for peak performance, sustained energy and mental focus.

Unlike many other energy drinks on the market, Advocare Spark comes in 8 great flavors and contains more than 20 vitamins and minerals that all work together to provide you with a healthy, balanced source of energy that helps you avoid the crash.

Advocare Spark is a great compliment product to any diet or wellness program.

Advocare Spark is available in boxes of of 14 servings or canisters of 52 servings (the canisters provide must better value that the pouches.

Pouches or Canisters are available in 8 great flavors: Get the Energy You Need Today!!



Advocare Catalyst

Advocare Catalyst works to feed the muscles, which leaves your body feeling more toned and

better defined.

Looking for Amino Acids, which will help support endurance and strength during exercise, Advocare Catalyst has you covered.

Advocare Catalyst helps support post-exercise muscles recovery and repair along with supporting mental energy and focus.

Advocare Catalyst works great when used with Advocare Spark and one of the Advocare MNS systems.

Advocare Catalyst is part of thousands of people's daily supplement regime.

Advocare Thermoplus

Advocare Thermoplus is a great choice to boost your metabolism and help you reach your weight loss goals.

Advocare Thermoplus helps you use the calories that you consume each day more efficiently and helps you convert fat into energy.

Increased energy, metabolism, appetite control and weight loss, Advocare Thermoplus really hits all the areas that everyone is looking for when trying to lose weight and feel great.

You can take Advocare Thermoplus with any of the Advocare MNS systems for maximum results.

Advocare Omegaplex

Advocare Omegaplex is a premier Omega 3 fatty acid supplement that has been rated as one of the top Omega 3 supplements that you can take by top medical professionals, including Dr. Oz.

Advocare Omegaplex is a safe, convenient and easy way to get the omegas that may be missing from your diet if you are not consuming coldwater fish, like salmon, at least twice a week.

Omega 3 fatty acid is vital for the proper function of every one of the body systems as well as healthy skin, hair, joints, muscles and bones.

Advocare Omegaplex can even help suppress your appetite, reduce hunger pains, reduce the risk of a stroke, and even decrease the chances of sudden cardiac death.

Omega 3 Fatty Acid is Nature's Miracle Supplement, Get Yours Today

Advocare Slam

Advocare Slam is a portable energy shot similar to a 5 hour energy but better because you will experience the crash when the shot wears off, and the best part, Advocare Slam actually tastes great.

You can consume the entire 2 oz bottle at once, preferably between meals, or drink half now and half later.

Advocare Slam comes in 3 great flavors: Bowl Game Berry, Strawberry Blast, and Power Punch.

Advocare Slam is great for students pulling an all-nighter, workers who need a boost to get through shift, and road warriors who need energy and maximum alertness.

I have found that Advocare Slam is a great pre-workout boost that gives me the extra energy and focus to get the most out of my workouts.

Want A Fast Boost of Energy On The Go, Give Advocare a Try!!

Advocare Rehydrate

Advocare Rehydrate is an electrolyte and amino acid supplement that you mix with water to keep your body hydrated when you are doing physical activity.

Advocare Rehydrate is great for anyone who is physically active: athletes, cyclists, runners, or anyone else who needs to keep your body hydrated to achieve maximum performance.

You can chose from the individual serving pouches or get the 56 serving container and chose from one of three great flavors: Grape, Fruit Punch and Mango Pineapple.

My favorite is Mango Pineapple.

Advocare Rehydrate works quick to flush your body with the energy it needs to sustain muscle endurance, prevent cramping, and the amino acids fuel your muscles for optimal performance.

Rehydrate is a great everyday drink and can be taken before, during or after physical activity.

Need to Recharge Your Electrolytes? Advocare Rehydrate Is Your Solution

Advocare Reviews

So there you have it, my first set of Advocare Reviews, I will have many more coming soon.

If you found this page and do not see the Advocare Review you were looking for, do not worry I will be glad to provide a review of the Advocare Products that I have used for you if you would like, just leave me your request in the comment section below.

I have used many weight and wellness products on the market over the years and I can honestly say that Advocare Products are the highest quality and most effective on the market.

Remember that you pay for what you get when you are buying health and wellness products, don't expect a high quality products like Advocare to be priced in-line with products you would buy from your local Wal-Mart or discount chain, but I think you actually be surprised at how competitively priced Advocare products are.

If you are new to the Advocare product line and are looking for a great starter product that will show you the quality and results you are looking for then I highly recommend the Advocare 24 Day

Challenge which is a great jump start to any weight loss or overall wellness plan.

Thank You for stopping by and be sure to head over to my blog and read more about [Advocare product reviews](#) and how they will help you reach all of your nutritional and financial goals.

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