



## ADVOCARE – QUIT SMOKING PLAN

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

- **Herbal Cleanse** system will curb cravings for sweets & fatty foods as nicotine decreases in your body.
- **A-supreme** will calm you.
- **Clear Mood** will help with cravings 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**

*A-Supreme and a Slam* – first thing in the morning

(1) *Clear Mood* (with a full glass of water) –

first thing in the morning and every time you want a cigarette

*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 A Supreme and Slam and 1 clear mood.*

### **Step 4: REPEAT STEP 1**

*Herbal Cleanse, Spark, Meal Replacement Shake and Omega Plex* in 60 days.

Continue with *Clear Mood* as needed for cigarette cravings.

<b>STEP ONE 10 days:</b>	Retail: \$128.85	Wholesale 20% discount: \$103.08
<b>STEP TWO 14 days:</b>	Retail: \$114.35	Wholesale 20% discount: \$91.48
<b>STEP THREE 30 days:</b>	Retail: \$261.65	Wholesale 20% discount: \$209.32
<b>All 3 steps together 60 days</b>	Retail: \$504.85	Wholesale 25% discount: \$378.64