

A Comprehensive Weight-loss System

Before Breakfast Color Packet

Calcium Plus • 2 caplets
ActoTherm SR • 1 caplet
ProBiotic Restore™ ULTRA • 1 capsule

Before Lunch Color Packet

Calcium Plus • 2 caplets
BioTherm • 2 capsules

Take with a meal White Packet

CorePlex® • 3 caplets
CardioQ • 1 capsule

Take with a meal White Packet

OmegaPlex® • 2 softgels



◀ Before Breakfast

◀ Before Lunch

◀ With a meal

◀ With a meal



14-Day Supply

Listed below are the primary function(s) of each component that makes up MNS™ 3:



ActoTherm SR: Based on an exclusive blend of botanicals including cinnamon, gotu kola, ginger and peppermint, this time-honored AdvoCare original product features sustained-release action to aid in preventing a spike and drop-off of energy throughout the day.*



BioTherm: A unique weight-management aid developed by AdvoCare that combines oolong tea, effective botanicals and the B vitamin, biotin, to support weight control.* The synergistic combination of ingredients in BioTherm helps your body convert fat into energy.* Biotin is also used by the body to facilitate the conversion of food to energy. It acts as a coenzyme in several metabolic reactions that aid in the metabolism of fats and carbohydrates and the conversion of amino acids from protein into energy.*



CorePlex®: Each serving of CorePlex provides 36 vitamins, minerals and nutrients in a highly absorbable form so you can enjoy the advantages of complete core nutrition.*



OmegaPlex®: OmegaPlex is a blend of EPA and DHA omega-3 fatty acids that's high in purity and effectiveness. Omega-3s are essential for a multitude of biological and physiological functions, including proper brain development, strengthened immune and cardiovascular systems, and healthier skin and hair.*



ProBiotic Restore™ ULTRA: Probiotics are beneficial microorganisms that confer health benefits on the host. ProBiotic Restore ULTRA helps replenish normal beneficial intestinal microflora to support healthy immune and intestinal function, while aiding good digestion and enhancing weight management programs.*



Calcium Plus: Bones and teeth need far more than calcium alone to stay strong and healthy. They need a balanced array of minerals including magnesium, manganese, zinc, copper, boron, silicon and potassium plus vitamins C, D, K and more. Calcium Plus is an incredibly effective way to ensure you receive enough calcium to keep bones and teeth strong and healthy.* Calcium Plus delivers two types of highly absorbable calcium, combined with other minerals, vitamins and botanicals.



CardioQ: This product combines the ingredients CoQ10, Vitamin D, and Lycopene to provide nutrition for healthy aging and cardiovascular support.* CoQ10 is a powerful antioxidant that helps support areas where energy is needed the most, such as the heart and the liver. CoQ10 levels decrease as we age, which is why the need for supplementation increases as we age. Vitamin D deficiency has been identified as a potential risk factor for cardiovascular disease. Vitamin D receptors are expressed in a variety of tissues, including cardiomyocytes, vascular and endothelial cells. Vitamin D has also been shown to affect inflammation and cell proliferation and differentiation. Lycopene is a powerful ingredient that provides cardiovascular and immune support and encourages healthy aging.