



- \*Increase:
- Strength
  - Size
  - Performance

the PERFORMANCE ELITE CHALLENGE

**OPTIMIZE**

for Athletes 18 & Up

# optimize



- ✓ **Advocare® Muscle Fuel**
- Maximizes your workout\*
  - Supports multiple muscle metabolic processes\*
  - Helps enhance physical performance and endurance\*
  - Supports electrolyte balance\*



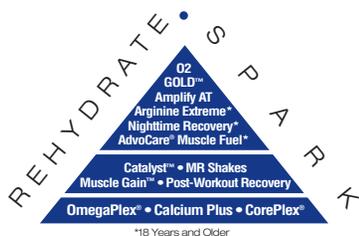
- ✓ **Muscle Gain™**
- Helps decrease recovery time between intense workouts\*
  - Promotes building lean muscle mass and reducing fat tissue\*
  - Enhances muscle growth in conjunction with strength training\*
  - Encourages repair of muscle tissues\*
  - Helps the body adapt to physical and mental stress\*



- ✓ **Nighttime Recovery**
- Provides enhanced muscle growth and supports muscle repair while you sleep.\*
  - Supports the production of growth-related hormones naturally produced in the body\*
  - Unique combination of adaptogens and other nutrients that allow your body to more effectively respond to the demands of physical activity.\*



Items marked with ✓ are certified by INFORMED-CHOICE. [www.advocare.com/science/informedchoice.aspx](http://www.advocare.com/science/informedchoice.aspx)



## OPTIMIZE timeline

1

### FUEL UP

- With BREAKFAST:** ➤ Take 3 **CorePlex®** with food.  
**(every day)** ➤ Take 2 **OmegaPlex®** with food.

*Meal Replacement Shake is an excellent breakfast shake.*

*Meal Replacement Bar makes a great snack.*

- Mid-Morning SNACK:** ➤ Eat 1 **Meal Replacement Bar**

- 90 Minutes before WORKOUT:** ➤ Take **Muscle Strength™**

- 30 Minutes before WORKOUT:** ➤ Mix 1 Pouch of **Advocare® Muscle Fuel** with water.

- 15 Minutes before WORKOUT:** ➤ Take 3 **Catalyst™**

2

### KEEP UP

- During WORKOUT:** ➤ Drink **Rehydrate.**

3

### RECOVER

- Immediately after WORKOUT:** ➤ Mix 1 Pouch of **Post-Workout Recovery** + 1 scoop (1/2 pouch) of **Muscle Gain™** with 14 oz water.

4

### BUILD UP

- With DINNER:** ➤ Take **OmegaPlex®** with food.
- EVENING:** ➤ 1 scoop (1/2 pouch) of **Muscle Gain™**
- AT BEDTIME:** ➤ Take **Nighttime Recovery** (see bottle for recommendations).

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

This program is created by AdvoCare Independent Distributors and is not offered through AdvoCare corporate. Please consult your health care provider before making any dietary or fitness modifications.