



# MNS®: Your Foundation for Superior Nutrition

Part 1 of 2 - By Robert M. Hackman, Ph.D.

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**Metabolic Nutrition Systems** have been the foundation of top quality ADVOCARE products for 11 years, and for good reason - they work! Locked away in every box of MNS® is the winning ADVOCARE formulation strategy: the latest science, the highest-quality ingredients and high amounts of ingredients to make sure the formulas work.



**The three Metabolic Nutrition Systems have the following common base of supplements containing over 50 ingredients:**



**CorePlex®** supplement is a high potency, comprehensive multivitamin and mineral supplement that provides a strong foundation of basic nutrition. Most of us don't eat a well-balanced diet, and even if we do, the latest research published in the prestigious *Journal of the American Medical Association* suggests that additional intake of vitamins and minerals might be helpful for optimal health (JAMA 287:3116-26, 2002). CorePlex is superior to other leading brands of multivitamin/mineral products in a number of ways. First, CorePlex contains higher levels of water-soluble vitamins than multivitamins formulated with just 100 percent of the Daily Value. Second, CorePlex features chelated minerals for optimized absorption. Other vitamin-mineral products have simple (ionic) forms of minerals that are not absorbed as well as

ADVOCARE chelated minerals, which means that more of the minerals in CorePlex are used by your body.

**OmegaPlex®** supplement is the ADVOCARE proprietary blend of potent omega-3 fatty acids. Omega-3's are a family of compounds, with two distinct omega 3's (EPA and DHA) necessary for optimal health. Other omega-3 supplements may have only EPA or DHA, while OmegaPlex has both of these important omega-3's at high levels and in the right proportions for maximum benefit.



**ProBiotic RESTORE™** supplement features effective amounts of two important, friendly microorganisms (probiotics). Probiotics support healthy digestion, intestinal function and regularity. They also provide support to the immune system.\* In addition, ProBiotic RESTORE contains probiotic "superfood" (called fructooligosaccharides) for the greatest support of these friendly organisms. ADVOCARE probiotics are also specially processed to retain their maximum potency without refrigeration. Other probiotic supplements may contain lower levels than those found in ProBiotic RESTORE and fail to

include the "superfood" that enhances the probiotic benefits.

**The new Metabolic Enhancer** supplement from ADVOCARE is a blend of safe and powerful herbal extracts, vitamins and minerals that help boost the body's energy burning while providing a strong base of appetite control.\* The *Garcinia cambogia* extract in Metabolic Enhancer supports the body's ability to burn calories more effectively as well as reduce appetite (Molecular and Cellular Biochemistry 238:89-103, 2002).\*



A strong foundation of metabolic support is essential for more energy, weight loss and vibrant health, and that's what Metabolic Nutrition Systems provide. Be sure to take the color packets 30-45 minutes before breakfast and lunch, and take the white packets with a meal. With a well-balanced diet, six to eight full glasses of water per day and regular physical activity, you'll be on your way to looking and feeling great!