



**MNS® Part 2:**  
**Your Foundation for Superior Nutrition**  
 Part 2 of 2 - By Robert M. Hackman, Ph.D.

ADVOCARE makes three versions of MNS® to help you feel better, look better and perform better. People have different needs and goals, and no one product works for everyone. The different versions of MNS give you maximum flexibility to design a program that works for you!

**MNS Maximum Energy** is the top-selling ADVOCARE product because it gives people exactly what they are looking for - more energy. In my 25 years as a professor of nutrition, one of the most important things I have learned is that if your energy level is high, everything else starts to fall into place (e.g., better food choices, more motivation to exercise, enhanced self-esteem, etc.). A sustained boost in energy enhances our mood and sense of well-being, and it also supports the body's ability to burn the

maximum number of calories.

MNS Max Energy features our proprietary blend of botanical extracts and nutrients designed to "rev up" metabolism. MNS Max Energy reflects years of research and development at ADVOCARE, where we have searched the world for the best, safest and most effective energy boosters, such as oolong tea. Additionally, recent American research supports the role of oolong tea for burning fat and calories (Journal of Nutrition 131:2848-52, 2001). But the real power of MNS Max Energy, and in fact all formulas in the MNS products, is the synergistic blends and scientifically proportional amounts of ingredients that we use. MNS Max Energy supports weight management and is designed for people 18 and older.



**MNS Maximum Appetite Control** provides additional benefits for appetite control beyond the basic benefits found in Metabolic Enhancer, a part of all three MNS formulas. Max Appetite Control features a safe and powerful blend of botanical extracts designed to work on the feeding control center in the brain.

Recent studies suggest that 5-hydroxytryptophan (5-HTP), one of the key ingredients, may send "fullness signals" to the food intake centers in the brain (Nutrition Reviews 59:S60-65, 2001). 5-HTP is also the precursor for serotonin, a key neurochemical involved in mood and appetite. Low serotonin levels are associated with obesity, excessive carbohydrate and fat intake, low energy and depression. Research studies show that 5-HTP supplementation boosts brain serotonin levels. The citrus extract, D-limonene, may have additional appetite-suppressing effects. MNS Max Appetite Control supports weight management and is appropriate for people 18 and older.



**MNS Basic** is the foundation of all MNS systems. It is a gentle blend of energy-boosting herbs that is safe and effective for anyone 12 and older with parental guidance. The proprietary herbal blend in MNS Basic is one of the original ADVOCARE formulas and after 11 years in the marketplace, its popularity and success is a testament to its effectiveness. It is based on a traditional Chinese herbal formulation that helps give a slow and steady boost to metabolism while providing a feeling of fullness.

This slow and steady approach is excellent for teens, seniors and those with health challenges. Always consult your doctor before starting any MNS system or any other ADVOCARE formulation.

Timing is a key element in the effectiveness of the MNS formulations; be sure to take the colored packs when your stomach is empty, 30 to 45 minutes before breakfast and again before lunch. This allows the caplets to dissolve and the nutrients and herbal compounds to be absorbed into the bloodstream, so they can start working before you eat.



**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.