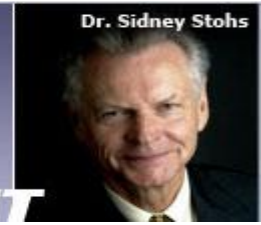




RESEARCH & DEVELOPMENT



Dr. Sidney Stohs

January 25, 2007

AdvoCare  
2727 Realty Rd.  
Carrollton, TX 75006

Phone 972.478.4864

Dear Denise:

I am extremely cautious in dealing with IBS patients. One should be very careful in using anything with stimulatory or irritating properties. My recommendations for these individuals are the use of Digest-Ease (one to two capsules with each meal), OmegaPlex (four to six gelcaps daily) and ProBiotic RESTORE (one to two capsules twice a day). Your suggestion regarding Peaches and Cream Fiber Drink is certainly appropriate, and usually the preferred recommendation over the Citrus Fiber Drink.

Meal Replacement Shakes work well for these individuals. In many cases, it is more appropriate to either recommend one CorePlex tablet with each meal or the CorePlex Effervescent Drink. I also recommend the Calcium Plus Effervescent since it is easier on the digestive tract.

I generally do not recommend SPARK, one of the MNS Systems or the Herbal Cleanse because in a majority of cases, these result in undesirable effects. For more energy, A-Supreme and V-16 are more appropriate. For weight management, ThermoPlus produces fewer undesirable gastrointestinal effects than the MNS Systems. Crave-Check is also a product that works well for these individuals with respect to appetite control.

I sincerely hope this helps. I shall be happy to visit with you about these recommendations.

Best wishes.

Sincerely yours,

Sidney J. Stohs, Ph.D.  
FACN, FATS, CNS, FASAHP  
Senior Vice President, Research & Development  
AdvoCare International  
972.478.4864  
972.478.4566 Fax  
sstohs@advocare.com

ADVOCARE.com

**your original message to ...**



Dr. Stohs,

I feel so confident that STEP 1-2-3 will help Lori. Due to the severity of some of her issues, I am inclined to avoid the citrus fiber and use the peaches 'n cream version. What are your thoughts?

May I, please, ask for your professional opinion of suggestions to help her have a better quality of life? She is sure sincere about desiring a solution and Diane and I would love to help her.

Denise Stephens

----- Original Email From Customer -----

Denise/Diane,

Here's the detail.

Two years ago Lori had H-Pylori infection in her stomach. That virus ultimately left me with a motility disorder.

I take Zelnorm and Nexium as a result of tests that showed mild reflux and IBS. The Zelnorm did not help to improve peristalsis. After 20 thousand

dollars worth of tests and several different GI consults, the gallbladder was removed thinking that was the problem. Symptoms subsided for 3 months and then returned- unable to eat solids and any thing more than the size of the palm of the hand at any given time, a GI specialist started Elavil for "gastric motility disorder". Thank God it was the solution and helped increase motility allowed me to eat again. I am 5 ft and weight 119 lbs. I would like to drop 4-5 of waste product and would feel better I am sure. My bowel habits range from mostly formed once everyday for 2-3 days to once every 5-7 days and occasional cramping and diarrhea. I would like to ultimately have a healthy a bowel movement daily and feel more energy, but am worried about interfering with my prescription meds and triggering the symptoms of motility disorder again. In the past I have not been able to take bulk/fiber because of a lack of peristalsis and a sluggish digestive process.

Please call me on the house phone as Jim is going for his nightly power walk.

Thank you for your help.  
Lori