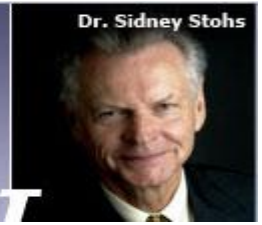




RESEARCH &
DEVELOPMENT

Dr. Sidney Stohs



February 5, 2007

AdvoCare
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Dear Jacque:

Occasionally, one will encounter an individual who experiences some gastric distress when using one of the MNS Systems. When this occurs, several possible approaches can be taken. First, one should not wait 30 minutes before putting food into the stomach following the use of the colored strip packs. One should wait five or ten minutes, and this in many cases, will relieve the issue. One also can take one to two Digest-Ease capsules at the same time as taking the colored packs, and this may also prove very helpful.

If the above solutions are not completely effective, one might consider beginning with the MNS Basic, again being careful about the time frame before putting food into the stomach. Another factor that may be helpful is to take one CorePlex tablet with each meal rather than taking all three at the same time. Occasionally, CorePlex may be irritating due to the very high nutritional load associated with this product.

If the above fails, you might consider using the combination of CorePlex, OmegaPlex (four to six gelcaps daily), CATALYST (three capsules three to four times daily), and Crave-Check (three to four capsules 30 minutes before dinner with eight to twelve ounces of water). This Crave-Check dose may be repeated one hour after dinner if snacking before bedtime is a problem. In addition, I would start with one ThermoPlus capsule before breakfast and lunch, and this may be increased to two capsules. Meal Replacement Shakes are also very helpful in providing caloric restriction. Finally, I cannot overemphasize the importance of Calcium Plus (six to eight tablets per day). These can be taken in divided doses with meals. Calcium and magnesium are exceedingly important not only for bone but also help the cardiovascular system and assist with weight management.

I sincerely hope this will help you address the issue.

Best wishes.

Sincerely yours,

Sidney J. Stohs, Ph.D.
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your original message to ...

Dr. Stohs, I am so sorry to bother you again, I have been doing advocare full time for 5 years and have always been able to correct and tweak product problems.

I have an older lady maybe 60 started on Max Appetite Kit she got heartburn/acid reflux so bad on day 3 she had to quit since she was in so much pain. She claims she does not have a history of acid reflux/heartburn she was not sure which it was. Was taking product correctly, it's kind of hard to sell her on digest-ease when she having this problem. The reason I need your creditability is she is a top national director and income earner in Mary Kay and I have 2 other of her friends on product and she has so much creditability and we work this show twice a year and I need to keep our reputation spotless.

Jacque Godwin

