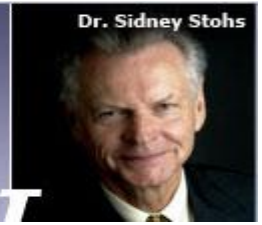




RESEARCH &  
DEVELOPMENT

Dr. Sidney Stohs



October 2, 2007

AdvoCare  
2727 Realty Rd.  
Carrollton, TX 75006

Phone 972.478.4864

Dear Gail:

AdvoCare cannot make medical claims regarding any of our products and does not treat medical conditions. However, in many cases, excellent nutrition including the proper use of dietary supplements can greatly enhance neurological health as well as overall general health and wellness.

For overall health and wellness, one should begin with excellent core nutrition in the form of CorePlex® (three tablets daily), OmegaPlex® (eight to ten gel-caps daily) and Calcium Plus (six to eight tablets daily). The OmegaPlex® gel-caps and Calcium Plus tablets can be taken in divided doses with meals and at bedtime. Ingredients in these products have beneficial effects with regard to overall neurological health and function.

Other AdvoCare products that help protect and support nerve tissues and may help with mood include Clear Mood (three to four capsules daily), Amplify A.T. (two gel-caps daily), Anti-Aging Formula (two to four capsules daily), and A-Supreme™ (one to two servings daily).

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

 [ADVOCARE.com](http://ADVOCARE.com)

**your original message to ...**

Hi Dr. Stohs:

Can you tell me what products would help a person who has bi-polar disorder? She does not have a weight problem but does restrict her diet to 1000 calories or less so she won't gain weight from the medicine she takes.

I look forward to your suggestions.

Thank you,  
Gail Gruver  
817-291-5315

