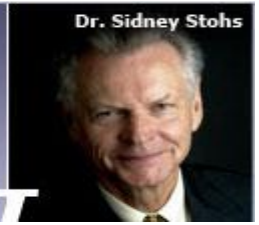




RESEARCH &
DEVELOPMENT

Dr. Sidney Stohs



August 14, 2006

AdvoCare
2727 Realty Rd.
Carrollton, TX 75006

Phone 972.478.4864

Dear Denise:

I wish to respond to some of the questions you asked regarding PCOS and AdvoCare products. At this point, I would certainly not worry about muscle production when one needs to lose 80 to 100 pounds of body weight. One needs muscle in order to burn fat, and initially a high protein diet may be very important in terms of supporting muscle development. At some point in the weight loss process, one might wish to begin to adjust the amount of protein in the diet. Much of the muscle definition comes as a result of the workout and exercises that are performed, and not simply because one is consuming protein.

Regarding concerns with any products in the Step 1-2-3 Program which might conflict with her medications, the most important drug which needs to be considered is the levothyroxine. One should not take any multiple vitamin/mineral product within an hour of taking levothyroxine. Minerals have a tendency to bind to the drug and slow or prevent its absorption. Obviously this is not a good thing to happen. As a consequence, I recommend that one wait at least one hour after taking the levothyroxine to take CorePlex and other components of one of the MNS Systems. Other than that, there should be no problems.

Best wishes.

Sincerely yours,

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

Dr. Stohs,

We have a young lady with PCOS (polycystic ovarian syndrome) and she takes glucophage (1500mg), levothyroxine (.05mg), and yasmin. Will consuming our high protein products cause her to produce large volumes of muscle like a man since the PCOS condition elevates her testosterone levels. Will any of the products in STEP 1-2-3 conflict with her medication? She has about 80-100 lbs. to lose and she wants us to help her accomplish better health!

As always, Dr. Stohs, you are invaluable! Thanks for everything you do to improve the health of our nation!

Best Regards,

Loyd & Denise Stephens

