

Performance **ELITE** Timeline

Suggestions for how and when to use the ultimate program for ultimate performance



Items marked with a are certified by INFORMED-CHOICE.

1 fuel up 2 keep up 3 recover 4 build up



BEFORE

- Muscle Strength** 60 minutes before exercise
- O₂ Gold™** 60 minutes before exercise
- Arginine Extreme** 30 minutes before exercise
- AdvoCare® Muscle Fuel** 15-30 minutes before exercise
- Catalyst™** 15-30 minutes before exercise

BENEFITS:

- Increased muscle growth, strength, endurance*
- Maximized training results*
- Enhanced endurance and performance*
- Enhances body's use of oxygen*



CHAD A. MARTIN

Champion Bodybuilder

Products used:
13 products including Catalyst™, O₂ Gold™, AdvoCare® Muscle Fuel, Muscle Strength™

"In just one month, and after using many other products for years, I have more energy for longer periods of time, better workouts, and more quality muscle mass."



DURING

- Rehydrate** During exercise

BENEFITS:

- Preserves and maintains muscle mass and energy levels during exercise.*
- Helps the body stay hydrated during physical activity
- Helps maintain electrolyte balance



MICHAEL REDD

Pro Basketball Player

Products used:
AdvoCare Spark®, Post-Workout Recovery, Catalyst™, Joint ProMotion™, OmegaPlex®

"I feel stronger; I am leaner and continue to strive for more results. If you aren't using these products, you are not aware of your full potential; these products will help make you a champion!"



AFTER

- Post-Workout Recovery** Immediately after exercise
- Catalyst™** Immediately after exercise
- SootheX™** As needed
- Nighttime Recovery** Bedtime

BENEFITS:

- Helps minimize muscle soreness*
- Supplies essential components for muscle repair*
- Decreased recovery time*
- Temporary relief from minor aches and pains associated with joints, backaches and muscles



DREW BREES

Pro Football Quarterback

Products used:
AdvoCare® Muscle Fuel, Muscle Strength™, Post-Workout Recovery, Rehydrate, AdvoCare Spark®, Catalyst™, OmegaPlex®

"AdvoCare products have helped my game and my ability to maximize the results I'm looking for in the weight room."



ONGOING

- Muscle Gain™** Drink as needed
- Catalyst™** Between meals

BENEFITS:

- 25 grams of high-grade, easily-digestible protein
- Increased muscle mass
- Enhanced endurance and performance



WES WELKER

Pro Football Wide Receiver

Products used:
AdvoCare Slam®, AdvoCare Spark®, O₂ Gold™, AdvoCare® Muscle Fuel, Muscle Gain™, Nighttime Recovery, Post-Workout Recovery, Catalyst™, MNS® Max E, Amplify A.T.

"I believe in the products AdvoCare produces, the results that I have experienced speak for themselves."

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.