



Runner's Guide to AdvoCare

Are you a runner interested in AdvoCare products, but you don't know which ones are best for you? Here is a breakdown of the best products for runners!

Product	Product Line	Benefits
Spark	Active	Provides mental focus and sustained energy for long runs
O2 Gold	Performance Elite	Helps facilitate the body's intake of oxygen, increases oxygenation to the lungs, also known as the 3 rd lung by runners
VO2 Prime Bar	Performance Elite	Great tasting pre-workout bar, provides energy throughout your workout
Catalyst	Trim	Fat burning amino acid supplement that protects your muscles
Post Workout Recovery	Performance Elite	Great tasting protein that prevents muscle soreness and repairs muscles after a long run
Nighttime Recovery	Performance Elite	Helps you sleep and recover overnight for your next run!
Rehydrate	Active	The equivalent of Gatorade without all the unnecessary sugars, helps keep you hydrated before, during, and after runs

Rehydrate Gel	Active	On-the-go pouch for long runs, restores electrolytes, immediate and sustained energy
MNS (Metabolic Nutrition System)	Trim	Weight maintenance, total package of nutrition
Slam	Active	Sugar-free energy shot for a quick boost of energy
Joint Promotion	Well	Helps lubricate and protect joints, contributes to mobility and flexibility
Meal Replacement Shakes	Trim	Perfect meal replacement, comes in 5 tasty flavors!
Calcium Plus	Well	Builds strong bones, prevents wear and tear, helps prevent osteoporosis

Start your journey with AdvoCare today!

For questions, please contact Brandon at tristatefit@gmail.com

