



**ADVOCARE® INTERNATIONAL  
PRODUCT AGE, PREGNANCY AND NURSING INDICATIONS \***

Product ID	Product Name	Age Indications	Pregnancy & Nursing Indications
<b>Active</b>			
A1082 A1085 A1093 A1086	<b>AdvoCare Slam® Liquid Vitamin and Amino Acid Supplement</b> Bowl Game Berry - Acai LemonAid Power Punch Strawberry Blast	12 & older	Use sparingly-one serving per day**
A4091 / A2091 A4071 / A2071 A4093 / A2093 A4902 / A2902 A4094 / A2094 A4096 / A2096 A4095 / A2095	<b>AdvoCare Spark® Energy Drink Vitamin and Amino Acid Supplement</b> Cherry - pouches / can Citrus - pouches / can Fruit Punch - pouches / can Grape - pouches / can Mandarin Orange - pouches / can Mango Strawberry - pouches / can Pink Lemonade - pouches / can	12 & older	Use sparingly-one serving per day**
A3612 A3694	<b>Breakfast Bar</b> Apple Cinnamon Berry Crunch	4 & older †	Ok
A3803	<b>Coffeccino® Vitamin and Nutrient Supplement Drink</b>	12 & older	Ok
A3701	<b>Meal Replacement Bar - Chocolate Peanut Butter</b>	12 & older	Ok
A3501	<b>O<sub>2</sub> Gold™ Herbal Dietary Supplement</b>	12 & older	Not recommended
A4412 / A2412 A4413 / A2413 A4414 / A2414	<b>Rehydrate Electrolyte Replacement Drink</b> Fruit Punch - pouches / can Grape - pouches / can Mango Pineapple - pouches / can	4 & older †	Ok
A3615	<b>Snack Bar - Double Chocolate</b>	12 & older	Ok
A4372	<b>V16® Energy Drink Vitamin and Herbal Supplement - Orange effervescent powder - pouches</b>	12 & older	Not recommended
<b>Performance Elite</b>			
P4422	<b>AdvoCare® Muscle Fuel Pre-Workout Drink Multinutrient Dietary Supplement - Fruit Punch - pouches</b>	18 & older	Not recommended
P2500	<b>Arginine Extreme Multinutrient Supplement Drink - Citrus</b>	18 & older	Not recommended
P2800	<b>Mass Impact™ Multinutrient Amino Acid Supplement - Citrus - can</b>	18 & older	Not recommended
P4601 / P2601 P4602 / P2602	<b>Muscle Gain™ Protein Shake</b> Vanilla - pouches / can Chocolate - pouches / can	12 & older	Ok
P3221	<b>Muscle Strength™ Dietary Supplement with HMB and Suma</b>	18 & older	Not recommended
P3201	<b>Nighttime Recovery Amino Acid and Herbal Supplement</b>	18 & older	Not recommended
P3361 / P2361 P4301 / P2301	<b>Post-Workout Recovery Sports Drink</b> Chocolate - pouches / can Vanilla - pouches / can	12 & older	Ok

† We strongly recommend that decisions concerning products given to minors, include parental and healthcare provider involvement. Product appropriateness may depend upon the individual's weight, maturity, sports involvement and other factors.

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	<b>Trim</b>		
T1052	<b>AdvoCare Slim® Weight Management Drink - Tropical Swirl</b>	18 & older	Not recommended
T1062	<b>AdvoCare Slim® Caffeine Free Weight Management Drink - Strawberry Kiwi</b>	18 & older	Not recommended
T4462	<b>Carb-Ease™ Plus Herbal Dietary Supplement</b>	12 & older	Not recommended
T2010	<b>Catalyst™ Amino Acid Dietary Supplement</b>	12 & older	Ok
T3191	<b>Fibo-Trim™ Multinutrient and Fiber Supplement</b>	12 & older	Not recommended
T5000	<b>LeptiLean™ Herbal Mineral Dietary Supplement</b>	18 & older	Not recommended
T2191 T1251 T1211	<b>Meal Replacement Shake</b> Berry Chocolate Vanilla	12 & older	Ok
T1131	<b>Metabolic Nutrition System Max 3 Multinutrient Dietary Supplement</b>	12 & older	Not recommended
T1132	<b>Metabolic Nutrition System Kit Max 3 Multinutrient Dietary Supplement</b>	12 & older	Not recommended
T1172	<b>Metabolic Nutrition System Max C Multinutrient Dietary Supplement</b>	18 & older	Not recommended
T1141	<b>Metabolic Nutrition System Max E Multinutrient Dietary Supplement</b>	18 & older	Not recommended
T4101	<b>ThermoPlus™ Vitamin and Herbal Dietary Supplement</b>	18 & older	Not recommended
	<b>Well</b>		
W2870	<b>AdvoCare BioCharge® Amino Acid, Vitamin &amp; Herbal Supplement</b>	18 & older	Not recommended
W2850	<b>AdvoCare BioTune® Herbal &amp; Mineral Dietary Supplement</b>	18 & older	Not recommended
W2051	<b>AdvoCare® CitriZinc™ Vitamin Mineral Chew - Lemon-Lime</b>	4 & older †	Ok
W1800	<b>AdvoCare® Lip Balm SPF 15 Sunscreen - Almond Swirl</b>	--	--
W2705	<b>AdvoCare Oasis™ Vitamin &amp; Herbal Supplement - Blueberry Burst</b>	18 & older	Not recommended
W3822	<b>AdvoCare® ProBiotic Boost Probiotic Supplement - Berry</b>	4 & older	Ok
W3031	<b>Amplify A.T. Astaxanthin and Mixed Tocotrienols Dietary Supplement</b>	12 & older	Ok
W6410	<b>Bio-RQ Multinutrient Herbal Supplement</b>	18 & older	Not recommended
W3001	<b>Calcium Plus Multinutrient Supplement</b>	12 & older	Ok
W3151	<b>C-Grams® High Potency Vitamin C Dietary Supplement</b>	12 & older	Ok
W4512	<b>Clear Mood™ Multinutrient Herbal Dietary Supplement</b>	18 & older	Not recommended
W6034	<b>CorePlex® Chewable Multivitamin and Mineral Chewable Supplement - Cherry and Orange</b>	4 & older †	Ok* <sup>2</sup>
W6031	<b>CorePlex® Multiple Vitamin and Mineral Supplement</b>	12 & older	Ok <sup>#</sup>
W6032	<b>CorePlex® with Iron Multiple Vitamin and Mineral Plus Iron Supplement</b>	12 & older	Ok
W6201	<b>Digest-Ease™ Herbal Supplement with Digestive Enzymes</b>	12 & older	Use sparingly-two servings per day** <sup>2</sup>
W4061 W4062	<b>Fiber Drink Dietary Fiber Supplement</b> Citrus Peaches & Cream	12 & older	Not recommended Ok
W3901	<b>Formula W™ Herbal Supplement for Women</b>	18 & older	Not recommended
W4100	<b>Fruit &amp; Fiber Bar - Strawberry</b>	4 & older †	Ok
W3171	<b>Herbal Cleanse Metabolic Cleansing System Containing Herbal Cleanse, Fiber Drink and ProBiotic Restore™ Dietary Supplements - Citrus Fiber Drink</b>	18 & older	Not recommended

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W3172	<b>Herbal Cleanse Metabolic Cleansing System Containing Herbal Cleanse, Fiber Drink and ProBiotic Restore™ Dietary Supplements - Peaches &amp; Cream Fiber Drink</b>	18 & older	Not recommended
W3312	<b>ImmunoGuard™ Herbal Dietary Supplement for General Immune Health</b>	12 & older	Not recommended
W2951	<b>IntelleQ® Multinutrient Herbal Supplement</b>	12 & older	Not recommended
W2991	<b>Joint ProMotion™ Dietary Supplement for General Joint Health</b>	12 & older	Ok
W2002	<b>OmegaPlex® Omega-3 Fatty Acid Dietary Supplement</b>	12 & older	Ok
W3812	<b>ProBiotic Restore™ Ultra Dietary Probiotic Supplement</b>	12 & older	Ok
W6302	<b>Prostate Support Multinutrient Herbal Supplement for Men</b>	18 & older	Not recommended
W2012	<b>Purple Champs DHA Chew Dietary Supplement - Acai</b>	4 & older	Ok
W3721	<b>SleepWorks™ Liquid Vitamin &amp; Mineral Supplement - Lavender Spearmint</b>	18 & older	Not recommended
W1000	<b>V100™ Multiple Vitamin and Mineral Supplement</b>	12 & older	Ok <sup>#</sup>
<b>Definite Difference®</b>			
5231	<b>Definite Difference® Daily Protective Moisturizer SPF 50 Sunscreen</b>	--	--
5206	<b>Definite Difference® Foaming Cleanser</b>	--	--
5202	<b>Definite Difference® Night Recovery Crème</b>	--	--
5204	<b>Definite Difference® Vitamin C Reparative</b>	--	--

\* These are general guidelines for age, pregnancy and nursing product appropriateness. They are not intended as a substitute for the recommendation of your healthcare professional. Consult your healthcare provider with any questions.

<sup>#</sup> CorePlex® Multiple Vitamin and Mineral Supplement and V100 Multiple Vitamin and Mineral Supplements do not constitute complete prenatal vitamins since they do not contain iron.

<sup>\*2</sup> CorePlex® Chewable Multivitamin and Mineral Chewable Supplement does not constitute a suitable prenatal vitamin.

\*\* Caffeine during pregnancy and nursing: It is generally accepted to consume less than 200mg per day; follow the specific recommendation of your healthcare provider.

<sup>\*\*2</sup> Turmeric may act as a uterine stimulant when consumed in larger quantities.

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