



Athletes and parents struggle with the proper performance supplements needed in addition to a balanced diet of carbs, protein and fats to optimize athletic performance. It is critical to have your athlete fed, hydrated, and rested and good nutritious food is the best choice to support that when available. While we all have different goals, which include wellness, performance, weight loss, muscle gain, etc. there are [AdvoCare](#) supplements that are designed to take your performance to the next level.

[AdvoCare](#) is a premier health and wellness company offering world-class energy, weight-loss, nutrition, and sports performance products. Hundreds of professional athletes (including spokesperson Drew Brees), coaches, entertainers and world champions are fueled by [AdvoCare](#) products.

Below is a short list of how [AdvoCare](#) supplements can enhance your performance and how you can incorporate them into your plan. There are many choices and there may be a different bundled solution that works for you, but this list starts off as a recommendation.

Everyday Wellness	Tournaments	Training/Practice
<ul style="list-style-type: none"> ▪ Morning ✓ Probiotic (with Meal) ▪ Protein Options ✓ Meal Replacement Shake ✓ Pro 20 ✓ Advo Bars ▪ Vitamins (with meal) options ✓ Core Plex Omega3 ✓ Chews ✓ Spark 	<ul style="list-style-type: none"> ▪ Pre Match Play ✓ Meal Replacement Shake ✓ Advo Bars ✓ Rehydrate ✓ V-16 Energy ✓ Spark 	<ul style="list-style-type: none"> ▪ Pre Training/Practice ✓ Meal Replacement Shake (if food not available) ✓ Post Workout Recovery ✓ Advo Bars ✓ Rehydrate ✓ V-16 Energy ✓ Catalyst ✓ Spark
<ul style="list-style-type: none"> ▪ Afternoon ✓ Meal Replacement Shake (if food not available) ✓ Advo Bars ✓ V-16 Energy ✓ Spark 	<ul style="list-style-type: none"> ▪ Post Match Play ✓ Post Workout Recovery (1/2 serving/game) ✓ Meal Replacement Shake ✓ Advo Bars ✓ Rehydrate 	<ul style="list-style-type: none"> ▪ During Training/Practice ✓ Rehydrate ✓ V-16 Energy ✓ Spark
<ul style="list-style-type: none"> ▪ Night ✓ Nighttime Recovery ✓ Meal Replacement Shake (if food not available) 	<p style="text-align: center;">Learn and shop online at: www.advocare.com/130937518 or contact Jaime Kane at j3kane@gmail.com with any questions. Austin Performance has bundled athlete packages for you – or you can see the product offerings that are right for you.</p>	<ul style="list-style-type: none"> ▪ Post Training/Practice ✓ Meal Replacement Shake (if food not available) ✓ Post Workout Recovery ✓ Pro 20 (combined with fruit) ✓ Advo Bars ✓ Rehydrate ✓ Catalyst