

The Collective Health + Wellness

# Getting started guides.

these guides are a great resource to help ensure success as you begin your products.



# TriPlex GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

### BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

### PROBIO5

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

### DAY MORNING

### BEDTIME

1-2	Slim	1 Probio5 + 1 BioCleanse
3-4	Slim	2 Probio5 + 2 BioCleanse
5-7	Slim	3+ Probio5 + 3 BioCleanse
8+	Slim	



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



### NUTS AND BOLTS

A subscription was set up, it will process 30 days after the day you ordered. Keeping your subscription is highly beneficial! You earn perk points for free product & it ensures you don't run out of products and can remain consistent.

# RESET + TRIPLEX GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



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- More Energy
- Decreased Cravings
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## BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

## RESET

Plexus Reset is a 3-day supported fast designed to revitalize your system with a metabolic reset while providing optimal nutrition, so you can support your wellness goals and set the stage for enhanced results.

## PROBIO5

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

## Reset Days 1-3



### Early Morning

#### HYDRATE

Balance electrolytes to help you hydrate better than water alone

#### Breakfast

#### LEAN WHEY

Protein to support and maintain lean muscle and help keep you full longer

#### Late Morning

#### SLIM HUNGER CONTROL

Helps signal satiety, helping you to feel full longer



### Lunch

#### COLLAGEN BONE BROTH

A calorie smart broth to fuel your body with collagen protein

#### Afternoon

#### SMART SNACK

Provides protein to support lean muscle and fiber to support digestive health

#### ACTIVE

Provides long-lasting clean energy without jitters



### Dinner

#### COLLAGEN SOUP

Fuels your body with a calorie smart broth packed with collagen protein

#### Evening

#### RESTORE

Helps restore your body to a natural state of homeostasis and supports your body's natural defenses against environmental toxins and stressors

## TriPlex

Start on day 4

DAY	AM	BEDTIME
4-5	Slim 1	Probio5 + 1 BioCleanse
6-8	Slim 2	Probio5 + 2 BioCleanse
9+	Slim 3+	Probio5 + 3 BioCleanse



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# RESET + TRIPLEX & TRIM GETTING STARTED GUIDE

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## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
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## SLIM

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Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. Mix/shake up with 12-20 oz. of water. Enjoy any time of day.

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## Reset Days 1-3



### Early Morning

#### HYDRATE

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#### Breakfast

#### LEAN WHEY

Protein to support and maintain lean muscle and help keep you full longer

#### Late Morning

#### SLIM HUNGER CONTROL

Helps signal satiety, helping you to feel full longer



### Lunch

#### COLLAGEN BONE BROTH

A calorie smart broth to fuel your body with collagen protein

#### Afternoon

#### SMART SNACK

Provides protein to support lean muscle and fiber to support digestive health

#### ACTIVE

Provides long-lasting clean energy without jitters



### Dinner

#### COLLAGEN SOUP

Fuels your body with a calorie smart broth packed with collagen protein

#### Evening

#### RESTORE

Helps restore your body to a natural state of homeostasis and supports your body's natural defenses against environmental toxins and stressors

## TriPlex & Trim

Start on day 4

DAY	AM	BEFORE DINNER	BEDTIME
4-5	Slim	2 Balance	Restore
6-7	Slim	2 Balance	1 PB5 + 1 BC + Restore
8-9	Slim	2 Balance	2 PB5 + 2 BC + Restore
10+	Slim	2 Balance	3+PB5 + 3 BC + Restore

\*For weight loss drink Restore 30 min. before lunch and dinner



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# GUT HEALTH ADVANCED GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM (2)

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. Mix/shake up with 12-20 oz. of water. Enjoy any time of day.

### BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

### PROBIO5

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

### VITALBIOME

Specially designed probiotic, clinically demonstrated to improve your mood and decrease stress, reduce digestive issues, support healthy immune systems, and stabilize stress hormones.

### X FACTOR PLUS

Multi-vitamin, multi-mineral, polyphenol enhanced, fully methylated formula delivers highly bio-available key nutrients for improved immunity, gut microbiome, energy, hair, skin, and nails, reduces signs and symptoms of menopause. Take with food.

### GREENS

Fermented fruits & veggies, insoluble oat fiber, kombucha, and green tea. *Mix with 1 scoop with 16 fl. oz. of cold water or drink of choice (delicious with slim).*

ALL PRODUCTS LISTED ARE NON-GMO and GLUTEN-FREE

## Getting started

DAY	MORNING	MID-DAY	BEDTIME
1-2	Slim/Greens	Slim	
3-4	Slim/Greens + 2 XFactor	Slim	1 ProBio5 + 1 BioCleanse
5-7	Slim/Greens + 2 XFactor + 1 VitalBiome	Slim	2 ProBio5 + 2 BioCleanse
8+	Slim/Greens + 2 XFactor + 1 VitalBiome	Slim	3+ ProBio5 + 3 BioCleanse



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
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- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
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# GUT HEALTH, LEAN BODY GETTING STARTED GUIDE

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## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Weight Loss

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. Mix/shake up with 12-20 oz. of water. Enjoy any time of day.

### BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

### LEAN (2)

OPTIONS: WHEY or VEGAN

Gives you the fuel and nutrition you need to stay full, eat less, and lose weight. Add in prebiotic fiber for gut health, essential amino acids, and fill-you-up dietary fiber, and you've got the ultimate healthy snack or meal replacement to help you reach your health and fitness goals.

### PROBIO5

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

ALL PRODUCTS LISTED ARE NON-GMO, and GLUTEN-FREE.

## Getting started

DAY	MORNING	MID-DAY	BEDTIME
1-2	Slim/Lean		
3-4	Slim/Lean		
5-7	Slim/Lean + 1 BioCleanse		
8+	Slim/Lean + 2 BioCleanse		
		1	1
		2	2
		3+	2



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
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# ACTIVE LIFESTYLE ADVANCED GETTING STARTED GUIDE

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## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Decreased Discomfort
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

### EASE

Supports healthy joint function, comforts and soothes away the occasional discomforts that result from your active lifestyle. It supports your body with naturally powerful compounds to ease discomfort due to over-exertion and fatigue.

OPTIONS: 2 PACKAGES - MIX & MATCH ACTIVE/HYDRATE

### HYDRATE

Electrolyte drink mix that delivers fluids and electrolyte minerals for rehydration and helps replace electrolytes lost from physical activity.

*Mix/shake-up in 12-16 oz of water.  
\*Canister of Hydrate: Use one scoop*

### ACTIVE

Clean energy drink, boosts performance and mental clarity, supports nitric oxide production, reduces oxidative stress.

### XFACTOR PLUS

Supports healthy immune, bone and muscle function. Promotes mental clarity & concentration. Improves mood. Boost energy levels & metabolism. Take with food.

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

DAY	MORNING	MID-DAY	BEDTIME
1-3	Slim	Active and/or Hydrate	
4+	Slim + 2 XFactor	Active and/or Hydrate	2 + Ease



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
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JOYOME BEAUTY BASICS  
**GETTING STARTED GUIDE**  
 HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



# Joyome Beauty Basics

## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Smoother Skin
- Better Sleep
- Improved Mood
- Reduced Bloating
- Nail/Hair growth

### CLEANSER

Gently removes dirt, oil, and makeup that could lead to clogged pores, helps restore and repair the skin's moisture barrier, leaves skin feeling soft, smooth and hydrated. Promotes cellular turnover to reveal fresh-looking, more radiant skin.

*Apply 1 pump to face with water. Use AM and PM*

### AM/PM SERUM

Consciously clean, cruelty-free, 30-day supply of day and night serums address all the top visible signs of aging including the appearance of expression lines, crow's feet, frown lines, oversized pores, dark circles, under-eye puffiness, dullness, dryness, loss of elasticity, uneven texture, age spots, redness, and environmental damage.

*Apply 3 pumps of AM every morning and 3 pumps of the PM every night.*

### COLLAGEN

Highly-bioavailable types I & III collagen supports skin structure, producing glowing skin with less wrinkles, improved elasticity and hydration. Minimizes signs of aging. Supports healthy hair, skin, and nails. Contains superfoods, super-fruits, ceramides, biotin, and prebiotics. The neutral flavor can be mixed with anything. *Mix two scoops with your favorite beverage.*

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

DAY	MORNING	MID-DAY	BEDTIME
1-2	Cleanser + AM Serum + 1 Scoop Collagen		Cleanser + PM Serum
3+	Cleanser + AM Serum + 1 Scoop Collagen		Cleanser + PM Serum



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
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# WEIGHT LOSS BASICS GETTING STARTED GUIDE

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## Weight Loss Basics

### FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Less Hunger
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. *Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

### METABURN

A revolutionary multi-action blend that helps boost metabolism, helps reduce stubborn fat from hips, thighs and waist, and helps support healthy energy and mood. Featuring a unique blend of exotic botanicals and extracts, it delivers a fat-burning metabolism boost to help you achieve your weight management goals. You'll notice better-fitting clothes and not to mention a mild energy lift, a more positive mood, and sharper mental focus.

### LEAN

Gives you the fuel and nutrition you need to stay full, eat less, and lose weight. Add in prebiotic fiber for gut health, essential amino acids, and fill-you-up dietary fiber, and you've got the ultimate healthy snack or meal replacement to help you reach your health and fitness goals.

*For a meal, blend or stir 2 scoops with 8 fl. oz. of nonfat milk. For a snack, blend or stir 1 scoop with 4-6 fl. oz. of nonfat milk.*

ALL PRODUCTS LISTED ARE NON-GMO and GLUTEN-FREE

## Getting started

DAY	MORNING	MID-DAY	BEDTIME
1-2	Slim+ 1 MetaBurn	2 Scoops Lean	If you prefer a snack size for Lean, use 1 scoop.
3-4	Slim+ 1 MetaBurn	2 Scoops Lean + 1 MetaBurn	
5+	Slim+ 1 Metaburn	2 Scoops Lean + 1 MetaBurn	



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
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# RESET + WEIGHT LOSS BASICS GETTING STARTED GUIDE

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## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Less Hunger
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

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### LEAN

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*For a meal, blend or stir 2 scoops with 8 fl. oz. of nonfat milk. For a snack, blend or stir 1 scoop with 4-6 fl. oz. of nonfat milk.*

### RESET

Plexus Reset is a 3-day supported fast designed to revitalize your system with a metabolic reset while providing optimal nutrition, so you can support your wellness goals and set the stage for enhanced results.

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## Reset Days 1-3



### Early Morning

#### HYDRATE

Balance electrolytes to help you hydrate better than water alone

#### Breakfast LEAN WHEY

Protein to support and maintain lean muscle and help keep you full longer

#### Late Morning SLIM HUNGER CONTROL

Helps signal satiety, helping you to feel full longer



### Lunch

#### COLLAGEN BONE BROTH

A calorie smart broth to fuel your body with collagen protein

#### Afternoon SMART SNACK

Provides protein to support lean muscle and fiber to support digestive health

#### ACTIVE

Provides long-lasting clean energy without jitters



### Dinner

#### COLLAGEN SOUP

Fuels your body with a calorie smart broth packed with collagen protein

#### Evening

#### RESTORE

Helps restore your body to a natural state of homeostasis and supports your body's natural defenses against environmental toxins and stressors

## Weight Loss Basics

Start on day 4

DAY	MORNING	MID-DAY
4-5	Slim+ 1 MetaBurn	2 Scps Lean
6-7	Slim+ 1 MetaBurn	2 Scps Lean + 1 MB
8+	Slim+ 1 Metaburn	2 Scps Lean + 1 MB



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
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# WEIGHT LOSS ADVANCED GETTING STARTED GUIDE

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### BIOCLEANSE

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### PROBIO5

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

### METABURN

Promotes weight loss, boosts energy naturally, and no jitters. Boosts metabolism.

OPTIONS: 2 PACKAGES - MIX & MATCH ACTIVE/HYDRATE

### HYDRATE

Electrolyte drink mix that delivers fluids and electrolyte minerals for rehydration and helps replace electrolytes lost from physical activity.

### ACTIVE

Clean energy drink, boosts performance and mental clarity, supports nitric oxide production, reduces oxidative stress.

*Mix/shake-up in 12-16 oz of water.*

### LEAN (2)

Delicious meal replacement with prebiotic fiber for gut health, essential amino acids, and fill-you-up dietary fiber.

*For a meal, blend or stir 2 scoops with 8 fl. oz. of nonfat milk. For a snack, blend or stir 1 scoop with 4-6 fl. oz. of nonfat milk.*

ALL PRODUCTS LISTED ARE NON-GMO and GLUTEN-FREE

## Getting started

DAY	MORNING	MID-DAY	BEDTIME
1-2	Slim+1 MetaBurn	Lean+Active/Hydrate	
3-4	Slim+1 MetaBurn	Lean+1 MetaBurn+Active/Hydrate	1 Probio5 + 1 BioCleanse
5-7	Slim+1 MetaBurn	Lean+1 MetaBurn+Active/Hydrate	2 Probio5 + 2 BioCleanse
8+	Slim+1 MetaBurn	Lean+1 MetaBurn+Active/Hydrate	3+Probio5 + 3 BioCleanse



### TIPS FOR SUCCESS

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# SLIM METABURN & BALANCE GETTING STARTED GUIDE

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## FIRST IMPROVEMENTS TO WATCH FOR:

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- Decreased Cravings
- Mental Clarity
- Less Hunger
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

## SLIM

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## METABURN

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## BALANCE

Helps maintain blood glucose levels, delays digestion and reduces the absorption of carbs and sugars. Supports weight management and reduces the glycemic index of carbs and sugars.

ALL PRODUCTS LISTED ARE NON-GMO, and GLUTEN-FREE.

## Getting started

DAY	MORNING	MID-DAY	BEFORE YOUR BIGGEST MEAL
1-3	Slim+ 1 MetaBurn		2 Balance
4+	Slim+ 1 MetaBurn	1 MetaBurn	2 Balance



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
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# SLIM & BALANCE GETTING STARTED GUIDE

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## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Less Hunger
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

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## BALANCE

Helps maintain blood glucose levels, delays digestion and reduces the absorption of carbs and sugars. Supports weight management and reduces the glycemic index of carbs and sugars.

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## Getting started

DAY	MORNING	MID-DAY	BEFORE YOUR BIGGEST MEAL
1-3	Slim		2 Balance
4+	Slim	Slim (optional)	2 Balance



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



### NUTS AND BOLTS

A subscription was set up, it will process 30 days after the day you ordered. Keeping your subscription is highly beneficial! You earn perk points for free product & it ensures you don't run out of products and can remain consistent.

# GUT HEALTH PLUS GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM (2)

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. Mix/shake up with 12-20 oz. of water. Enjoy any time of day.

### BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

### PROBIO 5

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

### VITALBIOME

Specially designed probiotic, clinically demonstrated to improve your mood and decrease stress, reduce digestive issues, support healthy immune systems, and stabilize stress hormones.

### X FACTOR PLUS

Multi-vitamin, multi-mineral, polyphenol enhanced, fully methylated formula delivers highly bio-available key nutrients for improved immunity, gut microbiome, energy, hair, skin, and nails, reduces signs and symptoms of menopause. Take with food.

ALL PRODUCTS LISTED ARE NON-GMO and GLUTEN-FREE

## Getting started

DAY	MORNING	MID-DAY	BEDTIME
1-2	Slim	Slim	
3-4	Slim + 2 XFactor	Slim 1	1 Probio5 + 1 BioCleanse
5-7	Slim + 2 XFactor + 1 VitalBiome	Slim 2	2 Probio5 + 2 BioCleanse
8+	Slim + 2 XFactor + 1 VitalBiome	Slim 3+	3+ Probio5 + 3 BioCleanse



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



### NUTS AND BOLTS

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# Slim/VitalBiome/XFactor Plus GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Menopause Support
- Better Sleep
- Improved Mood
- Reduced Bloating
- Improved Skin

## SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

## VITALBIOME

Specially designed probiotic, clinically demonstrated to improve your mood and decrease stress, reduce digestive issues, support healthy immune systems, and stabilize stress hormones.

## XFACTOR PLUS

Multi-vitamin, multi-mineral, polyphenol enhanced, fully methylated formula delivers highly bio-available key nutrients for improved immunity, gut microbiome, energy, hair, skin, and nails, reduces signs and symptoms of menopause. Take with food.

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

# Getting started

## MORNING

- 1-2 Slim
- 3-4 Slim + 1 VitalBiome (on an empty stomach)
- 5-7 Slim + 1 VitalBiome (on an empty stomach) + 1 XFactor Plus (after breakfast)
- 8+ Slim + 1 VitalBiome (on an empty stomach) + 2 XFactor Plus (after breakfast)



## TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



## NUTS AND BOLTS

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TriPlex + IronWoman  
**GETTING STARTED GUIDE**  
 HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



**FIRST IMPROVEMENTS TO WATCH FOR:**

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

**SLIM (2)**

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. Mix/shake up with 12-20 oz. of water. Enjoy any time of day.

**BIOCLEANSE**

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

**PROBIO5**

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

**IRONWOMAN**

A unique iron supplement, featuring a precision probiotic designed specifically for women's needs.

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

**Getting started**

**DAY MORNING**

**BEDTIME**

1-2 Slim + 1 IronWoman  
 3-4 Slim + 1 IronWoman  
 5-7 Slim + 1 IronWoman  
 8+ Slim + 1 IronWoman

1 Probio5 + 1 BioCleanse  
 2 Probio5 + 2 BioCleanse  
 3+ Probio5 + 3 BioCleanse



**TIPS FOR SUCCESS**

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



**NUTS AND BOLTS**

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# IronWoman Wellness GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### ACTIVE

Clean energy drink, boosts performance and mental clarity, supports nitric oxide production, reduces oxidative stress.

### X FACTOR PLUS

Multi-vitamin, multi-mineral, polyphenol enhanced, fully methylated formula delivers highly bio-available key nutrients for improved immunity, gut microbiome, energy, hair, skin, and nails, reduces signs and symptoms of menopause. Take with food.

### VITALBIOME

Specially designed probiotic, clinically demonstrated to improve your mood and decrease stress, reduce digestive issues, support healthy immune systems, and stabilize stress hormones.

### IRONWOMAN

A unique iron supplement, featuring a precision probiotic designed specifically for women's needs.

ALL PRODUCTS LISTED ARE NON-GMO and GLUTEN-FREE

## Getting started

DAY	MORNING	MID-DAY
1-2	1 IronWoman	Active
3-4	1 IronWoman + 2 XFactor	Active
5-7	1 IronWoman + 2 XFactor + 1 VitalBiome	Active
8+	1 IronWoman + 2 XFactor + 1 VitalBiome	Active



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



### NUTS AND BOLTS

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IronWoman Power Pack (Triplex + Wellness)  
**GETTING STARTED GUIDE**  
 HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



**FIRST IMPROVEMENTS TO WATCH FOR:**

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

**SLIM (2)**

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. Mix/shake up with 12-20 oz. of water. Enjoy any time of day.

**BIOCLEANSE**

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

**PROBIO5**

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

**VITALBIOME**

Specially designed probiotic, clinically demonstrated to improve your mood and decrease stress, reduce digestive issues, support healthy immune systems, and stabilize stress hormones.

**ACTIVE**

Clean energy drink, boosts performance and mental clarity, supports nitric oxide production, reduces oxidative stress.

**X FACTOR PLUS**

Multi-vitamin, multi-mineral, polyphenol enhanced, fully methylated formula delivers highly bio-available key nutrients for improved immunity, gut microbiome, energy, hair, skin, and nails, reduces signs and symptoms of menopause. Take with food.

**IRONWOMAN**

A unique iron supplement, featuring a precision probiotic designed specifically for women's needs.

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

**Getting started**

DAY	MORNING	MID-DAY	BEDTIME
1-2	Slim + 1 IronWoman + 2 XFactor	Active	
3-4	Slim + 1 IronWoman + 2 XFactor + 1 VitalBiome	Active	1 Probio5 + 1 BioCleanse
5-7	Slim + 1 IronWoman + 2 XFactor + 1 VitalBiome	Active	2 Probio5 + 2 BioCleanse
8+	Slim + 1 IronWoman + 2 XFactor + 1 VitalBiome	Active	3+ Probio5 + 3 BioCleanse



**TIPS FOR SUCCESS**

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



**NUTS AND BOLTS**

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# Detox Support System GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Better Sleep
- Decreased Cravings
- Improved Mood
- Detoxification
- Mental Clarity
- Reduced Bloating
- Reduced inflammation
- Decreased Discomfort
- Weight Loss

## RESTORE

Features proprietary blends that detoxify and rejuvenate, aid digestion, and control appetite, with ingredients like Spirulina, Spinach, Aloe Vera, Ginger, Peppermint, Hibiscus, Berberine, and Magnolia Bark for overall health and weight management.

**\*Enjoy warm or cold**

## EASE

It enhances whole-body health by clearing cellular debris, promoting recovery and immune function, alleviating joint and muscle discomfort, bolstering liver health, and aiding digestion with healthy bile flow.

## BIOCLEANSE

It supports GI tract cleansing, reduces gas and bloating, promotes regularity, relieves constipation, provides antioxidants for cell protection, supports immune function with vitamin C, and may improve sleep quality with magnesium.

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

### DAY MORNING

- 1-2 2-4 Ease
- 3-4 2-4 Ease
- 5-7 2 Ease
- 8+ 2 Ease

### BEDTIME

- 1 scoop Restore
- 1 BioCleanse 1 scoop Restore
- 2 BioCleanse 1 scoop Restore
- 3 BioCleanse 1 scoop Restore

**\*For weight loss drink Restore 30 min. before lunch and dinner**



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



### NUTS AND BOLTS

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# TriPlex & Trim GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Decreased Discomfort
- Better Sleep
- Improved Mood
- Reduced Bloating
- Weight Loss
- Detoxification
- Reduced inflammation

## SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

## PROBIO5

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

## RESTORE

Features proprietary blends that detoxify and rejuvenate, aid digestion, and control appetite, with ingredients like Spirulina, Spinach, Aloe Vera, Ginger, Peppermint, Hibiscus, Berberine, and Magnolia Bark for overall health and weight management.

**\*Enjoy warm or cold**

## BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

## BALANCE

Neutralizes the negative effects of carbs and sugars by reducing the enzymes that break them down, helping shield the body from some absorption.

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

DAY	MORNING	BEFORE DINNER	BEDTIME
1-2	Slim	2 Balance	1 scoop Restore
3-4	Slim	2 Balance	1 Probio5 + 1 BioCleanse 1 scoop Restore
5-7	Slim	2 Balance	2 Probio5 + 2 BioCleanse 1 scoop Restore
8+	Slim	2 Balance	3+ Probio5 + 3 BioCleanse 1 scoop Restore

**\*For weight loss drink Restore 30 min. before lunch and dinner**



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



### NUTS AND BOLTS

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# Slim Balance + Restore GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Decreased Discomfort
- Better Sleep
- Improved Mood
- Reduced Bloating
- Weight Loss
- Detoxification
- Reduced inflammation

## SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

## BALANCE

Neutralizes the negative effects of carbs and sugars by reducing the enzymes that break them down, helping shield the body from some absorption.

## RESTORE

Features proprietary blends that detoxify and rejuvenate, aid digestion, and control appetite, with ingredients like Spirulina, Spinach, Aloe Vera, Ginger, Peppermint, Hibiscus, Berberine, and Magnolia Bark for overall health and weight management.

**\*Enjoy warm or cold**

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

DAY	MORNING	BEFORE DINNER	BEDTIME
1-2	Slim	2 Balance	1 scoop Restore
3-4	Slim	2 Balance	1 scoop Restore
5-7	Slim	2 Balance	1 scoop Restore
8+	Slim	2 Balance	1 scoop Restore

**\*For weight loss drink Restore 30 min. before lunch and dinner**



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



### NUTS AND BOLTS

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# Detox + Energy GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Better Sleep
- Decreased Cravings
- Improved Mood
- Detoxification
- Mental Clarity
- Reduced Bloating
- Reduced inflammation
- Decreased Discomfort
- Weight Loss

## SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

## ACTIVE

Clean energy drink, boosts performance and mental clarity, supports nitric oxide production, reduces oxidative stress.

## RESTORE

Features proprietary blends that detoxify and rejuvenate, aid digestion, and control appetite, with ingredients like Spirulina, Spinach, Aloe Vera, Ginger, Peppermint, Hibiscus, Berberine, and Magnolia Bark for overall health and weight management.

**\*Enjoy warm or cold**

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

### MORNING

Slim

### MID-DAY

1 Active

### BEDTIME

1 scoop Restore

**\*For weight loss drink Restore 30 min. before lunch and dinner**



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



### NUTS AND BOLTS

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# TriPlex GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

## SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

## BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

## PROBIO CA

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

DAY	MORNING	BEDTIME
1-2	Slim	
3-4	Slim	1 Probio CA + 1 BioCleanse
5+	Slim	2 Probio CA + 2 BioCleanse



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



### NUTS AND BOLTS

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# TRIPLEX ADVANCED GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM (2)

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. Mix/shake up with 12-20 oz. of water. Enjoy any time of day.

### BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

### PROBIO CA

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

### VITALBIOME

Specially designed probiotic, clinically demonstrated to improve your mood and decrease stress, reduce digestive issues, support healthy immune systems, and stabilize stress hormones.

### X FACTOR PLUS

Multi-vitamin, multi-mineral, polyphenol enhanced, fully methylated formula delivers highly bio-available key nutrients for improved immunity, gut microbiome, energy, hair, skin, and nails, reduces signs and symptoms of menopause. Take with food.

ALL PRODUCTS LISTED ARE NON-GMO, and GLUTEN-FREE

## Getting started

DAY	MORNING	MID-DAY	BEDTIME
1-2	Slim	Slim	
3-4	Slim + 2 XFactor	Slim	1 Probio CA + 1 BioCleanse
5+	Slim + 2 XFactor + 1 VitalBiome	Slim	2 Probio CA + 2 BioCleanse

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# Balance GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

## SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

## BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

## VITALBIOME

Specially designed probiotic, clinically demonstrated to improve your mood and decrease stress, reduce digestive issues, support healthy immune systems, and stabilize stress hormones.

ALL PRODUCTS LISTED ARE NON-GMO, and GLUTEN-FREE

## Getting started

DAY	MORNING	BEDTIME
1-2	Slim	
3-4	Slim + 1 VitalBiome	1 BioCleanse
5+	Slim + 1 VitalBiome	2 BioCleanse

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# WEIGHT MANAGEMENT BASICS GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Less Hunger
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

## SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. *Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

## METABURN

A revolutionary multi-action blend that helps boost metabolism, helps reduce stubborn fat from hips, thighs and waist, and helps support healthy energy and mood. Featuring a unique blend of exotic botanicals and extracts, it delivers a fat-burning metabolism boost to help you achieve your weight management goals. You'll notice better-fitting clothes and not to mention a mild energy lift, a more positive mood, and sharper mental focus.

## PROTEIN+

Gives you the fuel and nutrition you need to stay full, eat less, and lose weight. Add in prebiotic fiber for gut health, essential amino acids, and fill-you-up dietary fiber, and you've got the ultimate healthy snack or meal replacement to help you reach your health and fitness goals.

*For a meal, blend or stir 2 scoops with 8 fl. oz. of nonfat milk. For a snack, blend or stir 1 scoop with 4-6 fl. oz. of nonfat milk.*

ALL PRODUCTS LISTED ARE NON-GMO, and GLUTEN-FREE

## Getting started

DAY	MORNING	MID-DAY	BEDTIME
1-2	Slim+ 1 MetaBurn	2 Scoops Protein+	If you prefer a snack size for Lean, use 1 scoop.
3-4	Slim+ 1 MetaBurn	2 Scoops Protein+ + 1 MetaBurn	
5+	Slim+ 1 Metaburn	2 Scoops Protein+ + 1 MetaBurn	

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# WEIGHT MANAGEMENT ADVANCED GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. *Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

### BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

### PROBIO CA

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

### METABURN

Promotes weight loss, boosts energy naturally, and no jitters. Boosts metabolism.

### ACTIVE

Clean energy drink, boosts performance and mental clarity, supports nitric oxide production, reduces oxidative stress.

*Mix/shake-up in 12-16 oz of water.*

### PROTEIN+ (2)

Delicious meal replacement with prebiotic fiber for gut health, essential amino acids, and fill-you-up dietary fiber.

*For a meal, blend or stir 2 scoops with 8 fl. oz. of nonfat milk. For a snack, blend or stir 1 scoop with 4-6 fl. oz. of nonfat milk.*

ALL PRODUCTS LISTED ARE NON-GMO, and GLUTEN-FREE

## Getting started

### DAY MORNING

### MID-DAY

### BEDTIME

1-2	Slim+1 MetaBurn	Protein+ +Active	
3-4	Slim+1 MetaBurn	Protein+ +1 MetaBurn+Active	1 Probio CA + 1 BioCleanse
5+	Slim+1 MetaBurn	Protein+ +1 MetaBurn+Active	2 Probio CA +2 BioCleanse

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

A subscription was set up, it will process 30 days after the day you ordered. Keeping your subscription is highly beneficial! You earn perk points for free product & it ensures you don't run out of products and can remain consistent.



# ACTION GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Less Hunger
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

## SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. *Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

## BLOCK

Helps reduce the glycemic index of foods, maintain blood glucose levels already in the normal range and neutralize enzymes that turn carbs and sugars into glucose.

## PROTEIN+

Gives you the fuel and nutrition you need to stay full, eat less, and lose weight. Add in prebiotic fiber for gut health, essential amino acids, and fill-you-up dietary fiber, and you've got the ultimate healthy snack or meal replacement to help you reach your health and fitness goals.

*For a meal, blend or stir 2 scoops with 8 fl. oz. of nonfat milk. For a snack, blend or stir 1 scoop with 4-6 fl. oz. of nonfat milk.*

ALL PRODUCTS LISTED ARE NON-GMO, and GLUTEN-FREE

## Getting started

DAY	MORNING	MID-DAY	BEFORE DINNER
1-2	Slim+ 1 MetaBurn	2 Scoops Protein+	2 Block
3-4	Slim+ 1 MetaBurn	2 Scoops Protein+ + 1 MetaBurn	2 Block
5+	Slim+ 1 Metaburn	2 Scoops Protein+ + 1 MetaBurn	2 Block

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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WEIGHT MANAGEMENT ADVANCED SUPPORT

# GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. *Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

### BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

### PROBIO CA

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

### METABURN

Promotes weight loss, boosts energy naturally, and no jitters. Boosts metabolism.

### HYDROPLEX

Electrolyte drink mix that delivers fluids and electrolyte minerals for rehydration and helps replace electrolytes lost from physical activity.

*Mix/shake-up one scoop in 12-16 oz of water.*

### PROTEIN+ (2)

Delicious meal replacement with prebiotic fiber for gut health, essential amino acids, and fill-you-up dietary fiber.

*For a meal, blend or stir 2 scoops with 8 fl. oz. of nonfat milk. For a snack, blend or stir 1 scoop with 4-6 fl. oz. of nonfat milk.*

ALL PRODUCTS LISTED ARE NON-GMO, and GLUTEN-FREE

## Getting started

DAY	MORNING	MID-DAY	BEDTIME
1-2	Slim+1 MetaBurn	Protein+ +Active	
3-4	Slim+1 MetaBurn	Protein+ +1 MetaBurn+HydroPlex	1 Probio CA + 1 BioCleanse
5+	Slim+1 MetaBurn	Protein+ +1 MetaBurn+HydroPlex	2 Probio CA + 2 BioCleanse

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# ACTIVE LIFESTYLE BASICS GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Decreased Discomfort
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

## SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

## ACTIVE

Clean energy drink, boosts performance and mental clarity, supports nitric oxide production, reduces oxidative stress.

## EASE

Supports healthy joint function, comforts and soothes away the occasional discomforts that result from your active lifestyle. It supports your body with naturally powerful compounds to ease discomfort due to over-exertion and fatigue.

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

DAY	MORNING	MID-DAY	BEDTIME
1-3	Slim	Active	
4+	Slim	Active	2 + Ease

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# ACTIVE LIFESTYLE ADVANCED GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Decreased Discomfort
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

### EASE

Supports healthy joint function, comforts and soothes away the occasional discomforts that result from your active lifestyle. It supports your body with naturally powerful compounds to ease discomfort due to over-exertion and fatigue.

### HYDROPLEX

Electrolyte drink mix that delivers fluids and electrolyte minerals for rehydration and helps replaces electrolytes lost from physical activity.

*Mix/shake-up one scoop in 12-16 oz of water.*

### ACTIVE (2)

Clean energy drink, boosts performance and mental clarity, supports nitric oxide production, reduces oxidative stress.

*Mix/shake-up in 12-16 oz of water.*

### XFACTOR PLUS

Supports healthy immune, bone and muscle function. Promotes mental clarity & concentration. Improves mood. Boost energy levels & metabolism. Take with food.

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

### DAY

### MORNING

### MID-DAY

### BEDTIME

1-3

Slim

Active and/or HydroPlex

4+

Slim + 2 XFactor

Active and/or HydroPlex

2 + Ease

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# ACTIVE LIFESTYLE SUPPORT GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## Active Lifestyle Support

### FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Decreased Discomfort
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

### HYDROPLEX

Clean energy drink, boosts performance and mental clarity, supports nitric oxide production, reduces oxidative stress.

Mix/shake-up on scoop in 12-16 oz. of water.

### ACTIVE

Clean energy drink, boosts performance and mental clarity, supports nitric oxide production, reduces oxidative stress.

*Mix/shake-up in 12-16 oz of water.*

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

### DAY

### MORNING

### MID-DAY

### BEDTIME

1-3  
4+

Slim  
Slim

Active and/or HydroPlex  
Active and/or HydroPlex

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# HEALTHY LIFESTYLE BASIC GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## Healthy Lifestyle Basic

### FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

### XFACTOR PLUS

Supports healthy immune, bone and muscle function. Promotes mental clarity & concentration. Improves mood. Boost energy levels & metabolism. Take with food.

### VITALBIOME

Specially designed probiotic, clinically demonstrated to improve your mood and decrease stress, reduce digestive issues, support healthy immune systems, and stabilize stress hormones.

ALL PRODUCTS LISTED ARE NON-GMO, and GLUTEN-FREE

## Getting started

### DAY

### MORNING

1-2	Slim
3-4	Slim + 2 XFactor + 1 VitalBiome
5-7	Slim + 2 XFactor + 1 VitalBoime
8+	Slim + 2 XFactor + 1 VitalBiome

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# SUPPORT GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## Support

### FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

### XFACTOR PLUS

Supports healthy immune, bone and muscle function. Promotes mental clarity & concentration. Improves mood. Boost energy levels & metabolism. Take with food.

### BIOCLEANSE

Specially designed probiotic, clinically demonstrated to improve your mood and decrease stress, reduce digestive issues, support healthy immune systems, and stabilize stress hormones.

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

DAY	MORNING	BEDTIME
1-2	Slim	
3-4	Slim + 2 XFactor	1 BioCleanse
5+	Slim + 2 XFactor	2 BioCleanse

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# FAMILY BASICS GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## Family Basics

### FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Happier Kids
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

### XFACTOR PLUS

Multi-vitamin, multi-mineral, polyphenol enhanced, methylated formula delivers highly bio-available key nutrients for improved immunity, gut microbiome, energy, hair, skin, and nails, reduces signs and symptoms of menopause, supports the thyroid, heart, nerve, and cognitive function. Take with food.

### X-FACTOR KIDS

Two powerful supplements; a multivitamin and a probiotic join forces in this chewable vitamin. 13 essential vitamins to support overall nutrition and healthy development.

*Children 2-3 years old, take 1 chewable daily, ages 4+ take 2 chewables daily.*

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

### DAY

### MORNING

1-2	Slim	XFactor Kids can be taken any time of the day.
3+	Slim + 2 Xfactor Plus	

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# LIFESTYLE GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## Lifestyle

### FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Decreased Discomfort
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

### XFACTOR PLUS

Multi-vitamin, multi-mineral, polyphenol enhanced, methylated formula delivers highly bio-available key nutrients for improved immunity, gut microbiome, energy, hair, skin, and nails, reduces signs and symptoms of menopause, supports the thyroid, heart, nerve, and cognitive function.

Take with food.

### EASE

Supports healthy joint function, comforts and soothes away the occasional discomforts that result from your active lifestyle. It supports your body with naturally powerful compounds to ease discomfort due to over-exertion and fatigue.

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

### DAY

### MORNING

### MID-DAY

### BEDTIME

1-3  
4+

Slim + 2 XFactor  
Slim + 2 XFactor

2 + Ease

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# WHOLE HEALTH GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## Whole Health

### FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. Mix/shake up with 12-20 oz. of water. Enjoy any time of day.

### BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

### PROBIO CA

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

### VITALBIOME

Specially designed probiotic, clinically demonstrated to improve your mood and decrease stress, reduce digestive issues, support healthy immune systems, and stabilize stress hormones.

### X FACTOR PLUS

Multi-vitamin, multi-mineral, polyphenol enhanced, fully methylated formula delivers highly bio-available key nutrients for improved immunity, gut microbiome, energy, hair, skin, and nails, reduces signs and symptoms of menopause. Take with food.

### EASE (2)

Supports healthy joint function, comforts and soothes away the occasional discomforts that result from your active lifestyle. It supports your body with naturally powerful compounds to ease discomfort due to over-exertion and fatigue.

ALL PRODUCTS LISTED ARE NON-GMO, and GLUTEN-FREE

## Getting started

### DAY

### MORNING

### BEDTIME

1-2	Slim	
3-4	Slim + 2 XFactor	1 Probio CA + 1 BioCleanse + 2 Ease
5+	Slim + 2 XFactor + 1 VitalBiome	2 Probio CA + 2 BioCleanse + 2 Ease

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# MIX AND GLOW GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Better Sleep
- Decreased Cravings
- Improved Mood
- Mental Clarity
- Reduced Bloating
- Smoother Skin
- Nail/Hair growth

## SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

## COLLAGEN

Highly-bioavailable types I & III collagen supports skin structure, producing glowing skin with less wrinkles, improved elasticity and hydration. Minimizes signs of aging. Supports healthy hair, skin, and nails. Contains superfoods, superfruits, ceramides, biotin, and prebiotics. The neutral flavor can be mixed with anything.

*Mix two scoops with your favorite beverage.*

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

DAY	MORNING
1-2	Slim
3-4	Slim + 1 Scoop collagen
5+	Slim + 2 Scoop Collagen

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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EVERYDAY WELLNESS  
**GETTING STARTED GUIDE**  
 HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## Everyday Wellness

### FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

#### VITALBIOME

Specially designed probiotic, clinically demonstrated to improve your mood and decrease stress, reduce digestive issues, support healthy immune systems, and stabilize stress hormones.

#### PROBIO CA

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

#### X FACTOR PLUS

Multi-vitamin, multi-mineral, polyphenol enhanced, fully methylated formula delivers highly bio-available key nutrients for improved immunity, gut microbiome, energy, hair, skin, and nails, reduces signs and symptoms of menopause. Take with food.

#### EASE

Supports healthy joint function, comforts and soothes away the occasional discomforts that result from your active lifestyle. It supports your body with naturally powerful compounds to ease discomfort due to over-exertion and fatigue.

ALL PRODUCTS LISTED ARE NON-GMO, and GLUTEN-FREE

## Getting started

### DAY

### MORNING

### BEDTIME

1-4	2 XFactor	1	Probio CA + 1 BioCleanse + 2 Ease
5+	2 XFactor + 1 VitalBiome	2	Probio CA + 2 BioCleanse + 2 Ease

#### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

#### NUTS AND BOLTS

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# HEALTHY GLOW GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Smoother Skin
- Better Sleep
- Improved Mood
- Reduced Bloating
- Nail/Hair growth

## COLLAGEN

Highly-bioavailable types I & III collagen supports skin structure, producing glowing skin with less wrinkles, improved elasticity and hydration. Minimizes signs of aging. Supports healthy hair, skin, and nails. Contains superfoods, super-fruits, ceramides, biotin, and prebiotics. The neutral flavor can be mixed with anything.

*Mix two scoops with your favorite beverage.*

## X FACTOR PLUS

Multi-vitamin, multi-mineral, polyphenol enhanced, fully methylated formula delivers highly bio-available key nutrients for improved immunity, gut microbiome, energy, hair, skin, and nails, reduces signs and symptoms of menopause. Take with food.

## GREENS

Fermented fruits & veggies, insoluble oat fiber, kombucha, and green tea. *Mix with 1 scoop with 16 fl. oz. of cold water or drink of choice (delicious with slim).*

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

### DAY

### MORNING

1-2	2 XFactor	Greens can be taken any time of the day.
3-4	2 XFactor + 1 Scoop collagen	
5+	2 XFactor + 2 Scoop Collagen	

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# GREEN & GLOW GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Smoother Skin
- Better Sleep
- Improved Mood
- Reduced Bloating
- Nail/Hair growth

## COLLAGEN

Highly-bioavailable types I & III collagen supports skin structure, producing glowing skin with less wrinkles, improved elasticity and hydration. Minimizes signs of aging. Supports healthy hair, skin, and nails. Contains superfoods, super-fruits, ceramides, biotin, and prebiotics. The neutral flavor can be mixed with anything.

*Mix two scoops with your favorite beverage.*

## HYDROPLEX

Electrolyte drink mix that delivers fluids and electrolyte minerals for rehydration and helps replaces electrolytes lost from physical activity.

## GREENS

Fermented fruits & veggies, insoluble oat fiber, kombucha, and green tea. *Mix with 1 scoop with 16 fl. oz. of cold water or drink of choice (delicious with slim).*

ALL PRODUCTS LISTED ARE NON-GMO, GLUTEN-FREE and DAIRY-FREE

## Getting started

DAY	MORNING	MID-DAY	
1-3	1 Scoop Collagen	Hydroplex	Greens can be taken any time of the day.
4+	2 Scoop Collagen	Hydroplex	

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

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# DAILY SUPPORT GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

## SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight.

*Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

## METABURN

Promotes weight loss, boosts energy naturally, and no jitters. Boosts metabolism.

## BLOCK

Helps reduce the glycemic index of foods, maintain blood glucose levels already in the normal range and neutralize enzymes that turn carbs and sugars into glucose.

ALL PRODUCTS LISTED ARE NON-GMO, and GLUTEN-FREE

## Getting started

DAY	MORNING	MID-DAY	Before DINNER
1-2	Slim		
3-4	Slim + 1 Metaburn	1 Metaburn	2 Block
5+	Slim + 1 Metaburn	1 Metaburn	2 Block

### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.

### NUTS AND BOLTS

A subscription was set up, it will process 30 days after the day you ordered. Keeping your subscription is highly beneficial! You earn perk points for free product & it ensures you don't run out of products and can remain consistent.



# RESET + WEIGHT MANAGEMENT ADVANCED

## GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



### FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

#### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. *Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

#### BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

#### ACTIVE

Clean energy drink, boosts performance and mental clarity, supports nitric oxide production, reduces oxidative stress.

#### RESET

Plexus Reset is a 3-day supported fast designed to revitalize your system with a metabolic reset while providing optimal nutrition, so you can support your wellness goals and set the stage for enhanced results.

#### METABURN

Promotes weight loss, boosts energy naturally, and no jitters. Boosts metabolism.

OPTIONS: 2 PACKAGES - MIX & MATCH ACTIVE/HYDRATE

#### PROBIO CA

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

#### PROTEIN+ (2)

Delicious meal replacement with prebiotic fiber for gut health, essential amino acids, and fill-you-up dietary fiber.

*For a meal, blend or stir 2 scoops with 8 fl. oz. of nonfat milk. For a snack, blend or stir 1 scoop with 4-6 fl. oz. of nonfat milk.*

## Reset Days 1-3



### Early Morning

#### HYDROPLEX

Balance electrolytes to help you hydrate better than water alone

#### Breakfast PROTEIN+

Protein to support and maintain lean muscle and help keep you full longer

### Late Morning

#### SLIM HUNGER CONTROL

Helps signal satiety, helping you to feel full longer



### Lunch

#### COLLAGEN BONE BROTH

A calorie smart broth to fuel your body with collagen protein

#### Afternoon SMART SNACK

Provides protein to support lean muscle and fiber to support digestive health

#### ACTIVE

Provides long-lasting clean energy without jitters



### Dinner

#### COLLAGEN SOUP

Fuels your body with a calorie smart broth packed with collagen protein

#### Evening

#### RESTORE

Helps restore your body to a natural state of homeostasis and supports your body's natural defenses against environmental toxins and stressors

## Weight Management Advanced

DAY	MORNING	MID-DAY	BEDTIME
4-5	Slim+1 MB	Protein + Active	
6-7	Slim+1 MB	Protein + 1 MB + Active	1 Probio CA + 1 BC
8+	Slim+1 MB	Protein + 1 MB + Active	2 Probio CA + 2 BC



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



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# RESET + WEIGHT MANAGEMENT BASICS GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Less Hunger
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

### SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral powdered drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. *Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

### PROTEIN+

Gives you the fuel and nutrition you need to stay full, eat less, and lose weight. Add in prebiotic fiber for gut health, essential amino acids, and fill-you-up dietary fiber, and you've got the ultimate healthy snack or meal replacement to help you reach your health and fitness goals.

*For a meal, blend or stir 2 scoops with 8 fl. oz. of nonfat milk. For a snack, blend or stir 1 scoop with 4-6 fl. oz. of nonfat milk.*

### RESET

Plexus Reset is a 3-day supported fast designed to revitalize your system with a metabolic reset while providing optimal nutrition, so you can support your wellness goals and set the stage for enhanced results.

### METABURN

A revolutionary multi-action blend that helps boost metabolism, helps reduce stubborn fat from hips, thighs and waist, and helps support healthy energy and mood. Featuring a unique blend of exotic botanicals and extracts, it delivers a fat-burning metabolism boost to help you achieve your weight management goals. You'll notice better-fitting clothes and not to mention a mild energy lift, a more positive mood, and sharper mental focus.

## Reset Days 1-3



### Early Morning

#### HYDROPLEX

Balance electrolytes to help you hydrate better than water alone

#### Breakfast PROTEIN+

Protein to support and maintain lean muscle and help keep you full longer

#### Late Morning SLIM HUNGER CONTROL

Helps signal satiety, helping you to feel full longer



### Lunch

#### COLLAGEN BONE BROTH

A calorie smart broth to fuel your body with collagen protein

#### Afternoon SMART SNACK

Provides protein to support lean muscle and fiber to support digestive health

#### ACTIVE

Provides long-lasting clean energy without jitters



### Dinner

#### COLLAGEN SOUP

Fuels your body with a calorie smart broth packed with collagen protein

#### Evening

#### RESTORE

Helps restore your body to a natural state of homeostasis and supports your body's natural defenses against environmental toxins and stressors

## Weight Management Basics

Start on day 4

DAY	MORNING	MID-DAY
4-5	Slim+ 1 MetaBurn	2 Scps Protein+
6-7	Slim+ 1 MetaBurn	2 Scps Protein+ + 1 MB
8+	Slim+ 1 Metaburn	2 Scps Protein+ + 1 MB



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



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# RESET + TRIPLEX GETTING STARTED GUIDE

HERE IS A GENERAL GUIDE TO STARTING YOUR PLEXUS PRODUCTS



## FIRST IMPROVEMENTS TO WATCH FOR:

- More Energy
- Decreased Cravings
- Mental Clarity
- Regularity
- Better Sleep
- Improved Mood
- Reduced Bloating
- Looser Clothing

## SLIM

OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. Mix/shake up with 12-20 oz. of water. Enjoy any time of day.

## BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

## RESET

Plexus Reset is a 3-day supported fast designed to revitalize your system with a metabolic reset while providing optimal nutrition, so you can support your wellness goals and set the stage for enhanced results.

## PROBIO CA

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

## Reset Days 1-3



### Early Morning

#### HYDROPLEX

Balance electrolytes to help you hydrate better than water alone

#### Breakfast PROTEIN+

Protein to support and maintain lean muscle and help keep you full longer

### Late Morning

#### SLIM HUNGER CONTROL

Helps signal satiety, helping you to feel full longer

### Lunch

#### COLLAGEN BONE BROTH

A calorie smart broth to fuel your body with collagen protein

#### Afternoon SMART SNACK

Provides protein to support lean muscle and fiber to support digestive health

#### ACTIVE

Provides long-lasting clean energy without jitters

### Dinner

#### COLLAGEN SOUP

Fuels your body with a calorie smart broth packed with collagen protein

### Evening

#### RESTORE

Helps restore your body to a natural state of homeostasis and supports your body's natural defenses against environmental toxins and stressors

## TriPlex

Start on day 4

DAY	AM	BEDTIME
4-5	Slim 1	Probio CA +1 BioCleanse
6+	Slim 2	Probio CA +2 BioCleanse



## TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
- Keep in touch with your sponsor.
- Grab some friends & have them try this with you.
- Join Pivotal, you have FREE access to recipes, grocery lists, workouts & more!



## NUTS AND BOLTS

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OPTIONS: HUNGER CONTROL or MICROBIOME ACTIVATING

Antioxidant + mineral drink mix designed to support healthy glucose metabolism & cardiovascular health. Helps maintain healthy blood pressure, supports hydration when mixed with water, and clinically demonstrated to help you lose weight. *Mix/shake up with 12-20 oz. of water. Enjoy any time of day.*

### BIOCLEANSE

Gentle daily detoxifier that helps remove wastes and promotes regularity. Relieves gas, bloating, and digestive discomfort.

### RESET

Plexus Reset is a 3-day supported fast designed to revitalize your system with a metabolic reset while providing optimal nutrition, so you can support your wellness goals and set the stage for enhanced results.

### METABURN

Promotes weight loss, boosts energy naturally, and no jitters. Boosts metabolism.

OPTIONS: 2 PACKAGES - MIX & MATCH ACTIVE/HYDRATE

### HYDROPLEX

Electrolyte drink mix that delivers fluids and electrolyte minerals for rehydration and helps replace electrolytes lost from physical activity. *Mix/shake-up in 12-16 oz of water.*

### PROBIO CA

Probiotic designed to "weed out" the bad overgrowth in the gut, specifically yeast. Keeping a healthy gut includes getting rid of the bad and putting in the good. Includes digestive enzymes to break down harmful organisms.

### PROTEIN+ (2)

Delicious meal replacement with prebiotic fiber for gut health, essential amino acids, and fill-you-up dietary fiber. *For a meal, blend or stir 2 scoops with 8 fl. oz. of nonfat milk. For a snack, blend or stir 1 scoop with 4-6 fl. oz. of nonfat milk.*

## Reset Days 1-3



### Early Morning

#### HYDROPLEX

Balance electrolytes to help you hydrate better than water alone

#### Breakfast PROTEIN +

Protein to support and maintain lean muscle and help keep you full longer

#### Late Morning SLIM HUNGER CONTROL

Helps signal satiety, helping you to feel full longer



### Lunch

#### COLLAGEN BONE BROTH

A calorie smart broth to fuel your body with collagen protein

#### Afternoon SMART SNACK

Provides protein to support lean muscle and fiber to support digestive health

#### ACTIVE

Provides long-lasting clean energy without jitters



### Dinner

#### COLLAGEN SOUP

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#### Evening

#### RESTORE

Helps restore your body to a natural state of homeostasis and supports your body's natural defenses against environmental toxins and stressors

## Weight Management Support

DAY AM MID-DAY BEDTIME

4-5	Slim+1 MB	Protein+ +Hydroplex	
6-7	Slim+1 MB	Protein+ +1 MB+Hydroplex	1 Probio CA + 1 BC
8+	Slim+1 MB	Protein+ +1 MB+Hydroplex	2 Probio CA + 2 BC



### TIPS FOR SUCCESS

- Make a list of your specific health goals.
- Be consistent daily with taking the products.
- Drink 1/2 your body weight in oz of water every day.
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