



# PRODUCT GUIDE



# Active



Available in Peach Mango, Starfruit Guava or Pineapple Lemongrass

Provides long-lasting energy without jitters with Green Tea and Yerba Mate, in addition to enhanced mental clarity from L-Theanine. Natural caffeine sources, Citrulline Malate and S7™, an antioxidant-rich blend of plant extracts, provides nitric oxide support for better daily performance and muscle recovery.

**Directions:** Adults mix 1 packet with 12-16 fl. oz. of water and shake immediately.

## Supplement Facts

Serving Size 1 Packet  
Servings Per Container 15

	Amount Per Serving	%DV
Calories	25	
Total Carbohydrate	5 g	2%†
Total Sugars	2 g	†
Includes 2 g Added Sugars		4%†
Vitamin A (as beta-carotene)	270 mcg	30%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	54 mg	60%
Vitamin E (as d-alpha tocopherol)	21 mg	140%
Thiamin (as thiamine hydrochloride)	1.5 mg	125%
Riboflavin	2.8 mg	215%
Niacin (as niacinamide)	20 mg	125%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride and pyridoxal 5'-phosphate)	1.7 mg	100%
Vitamin B <sub>12</sub> (as methylcobalamin)	4.8 mcg	200%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%

**Proprietary Blend** 1.5 g †  
Citrulline malate, L-theanine, caffeine (green tea leaf extract and yerba mate leaf extract), N-acetyl-L-tyrosine, ActiGin (Panax notoginseng root extract and Rosa roxburghii fruit extract), S7™ (green coffee bean extract, green tea leaf extract, turmeric rhizome extract, tart cherry, blueberry, broccoli, kale leaf), beet root juice powder, glycerophosphocholine

†Percent Daily Values are based on 2,000 calorie diet.

†Daily Value (DV) not established.

**Other Ingredients:** Natural flavors, honey powder, trehalose, citric acid, malic acid, stevia leaf extract, silicon dioxide, and monk fruit extract.

## Benefits:

- Provides clean, long-lasting energy
- Supports performance and mental clarity
- Enhances feeling of alertness
- Supports body's natural nitric oxide production
- Supports improved performance
- Helps support immune function

## Features:

- S7™ plant-based nutrient blend, including turmeric, tart cherry, blueberry, kale, and more
- Bioavailable forms of vitamins A, C, E, and B vitamins
- Natural peach mango flavor
- Gluten free and vegetarian
- No artificial colors, flavors, sweeteners, or preservatives

## Featured Ingredients:

- **Green tea and yerba mate** – Provides 100 mg of caffeine to support energy.
- **S7 – Blend of 7 plant-based ingredients** that support the body's natural nitric oxide production, including green coffee bean, green tea, turmeric, tart cherry, blueberry, broccoli, and kale.
- **Natural caffeine and ActiGin** – Standardized extract of Panax notoginseng (Tienchi ginseng) and Rosa roxburghii (chestnut rose) that helps support endurance.
- **L-citrulline malate and S7** – Help support nitric oxide production, which is associated with muscle recovery.

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

# Balance



With three distinct mechanisms of action, when taken regularly, each capsule can help neutralize some of the negative effects of carbs and sugars by reducing the enzymes that break them down, helping shield the body from some absorption.

**Optimal Use:** Take 2 capsules 20-30 minutes before or with your largest meal each day.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

	Amount Per Serving	% DV
Proprietary blend	1150 mg	**
White kidney ( <i>Phaseolus vulgaris</i> ) bean extract, mulberry ( <i>Morus alba L.</i> ) leaf extract, cinnamon ( <i>Cinnamomum cassia</i> ) bark extract, common ( <i>Phaseolus vulgaris L.</i> ) bean extract		

\*\* Daily Value (DV) not established

**Other Ingredients:** Hypromellose (vegetarian capsule), microcrystalline cellulose, dicalcium phosphate, silicon dioxide, sunflower oil powder (sunflower oil, modified tapioca starch)

## Benefits:

- Helps maintain blood glucose levels already in the normal range
- Delays digestion and reduces the absorption of carbs and sugars
- Supports weight management
- Reduces the glycemic index of carbs and sugars
- Helps neutralize enzymes that turn carbs and sugars into glucose
- Helps reduce calorie intake

## Features:

- Gluten Free
- Vegetarian
- Non-GMO

## Featured Ingredients:

- **White Kidney Bean Extract (*Phaseolus vulgaris*)** – An ingredient that is extracted from white kidney beans that effectively prevents the pancreas from secreting the enzyme amylase and helps manage the breakdown of carbohydrates and sugars.
- **Common Bean Extract (*Phaseolus vulgaris L.*)**– This ingredient is extracted from cranberry beans and helps manage the breakdown of carbohydrates and sugars.

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

# Bio Cleanse



Help weed out unwanted substances from the digestive system, so you can feel more balanced. Bio Cleanse helps get your digestion on track by speeding up the reduction of unwanted microbes and substances to support your body's natural cleansing process.

**Suggested Use:** Adults take 2 capsules with 8 ounces of water daily. As part of the TriPlex Weight Loss regimen - adults take 2 capsules with 8 ounces of water twice daily between meals, in conjunction with a reduced calorie weight loss diet plan. Individual results will vary.

Supplement Facts		
Serving Size 2 Capsules		
Servings Per Container 30		
	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	150 mg	167%
Magnesium (as magnesium hydroxide)	380 mg	90%
Sodium	50 mg	2%
Sodium bicarbonate	190 mg	†
Citrus bioflavonoids Hesperidin (from orange), orange peel powder, lemon peel powder, quince fruit powder	50 mg	†

†Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (vegetarian capsule) and rice flour.

## Benefits:

- Helps cleanse the gastrointestinal tract
- Helps reduce occasional gas, bloating, and gastrointestinal discomfort
- Helps promote regularity
- Helps reduce unwanted microbes and substances
- Relieves occasional constipation
- Source of antioxidants
- Contains vitamin C to support immune function
- Studies suggest magnesium supplementation, as found in Bio Cleanse, may be associated with improvements in sleep quality in older adults

## Features:

- Gluten free and vegan
- No artificial colors

## Featured Ingredients:

- **Magnesium** – Essential mineral to the body.
- **Vitamin C** – Provides antioxidant support.
- **Citrus bioflavonoids** – Hesperidin (from orange), orange peel powder, lemon peel powder, and quince fruit powder.



# Block



Live a little, live a lot. Block goes to work immediately to help reduce the absorption of sugars and carbohydrates. The clinically-tested ingredients in Block help to reduce the production of glucose and support blood glucose levels already in the normal range.

**SUGGESTED USE:** Adults take 2 capsules daily, before your highest carbohydrate meal. Use in conjunction with a reduced calorie weight loss diet plan. Individual results will vary.

<b>Supplement Facts</b>		
Serving Size 2 Capsules		
Servings Per Container 30		
	Amount Per Serving	% DV
Chromium (as Chromax® chromium picolinate)	200 mcg	571%
InSea2® proprietary blend of demineralized polyphenols from brown seaweed ( <i>Ascophyllum nodosum</i> ) & bladderwrack ( <i>Fucus vesiculosus</i> ) (min. 20% polyphenols)	500 mg	†
White kidney bean extract	200 mg	†

†Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline cellulose, hypromellose (vegetarian capsule), magnesium stearate, and silicon dioxide.

## Benefits:

- Helps reduce the glycemic index of foods
- Helps maintain blood glucose levels already in the normal range
- Helps neutralize enzymes that turn carbs and sugars into glucose
- Supports healthy glucose metabolism

## Features:

- Clinically-tested ingredients: Proprietary Brown Seaweed Blend, White Kidney Bean Extract, Chromax® Chromium Picolinate
- Gluten Free
- Vegetarian
- Non-GMO

## Featured Ingredients:

- **Exclusive Brown Seaweed Blend and White Kidney Bean Extract** Helps reduce the glycemic index of carbs and sugars.
- **Chromax® Chromium Picolinate** Essential mineral that helps transport glucose into cells.

# Body Cream



Plexus Body Cream is formulated to combat the harmful environmental factors that affect the appearance of your skin. Our proprietary formula works to protect and purify the skin, improving the appearance of skin texture and tone.

#### Directions/Conseils d'utilisation:

Massage a small amount on desired area as needed.  
*Masser une petite quantité sur la zone désirée aussi souvent que nécessaire.*

#### Ingredients/Ingrédients:

Water, Cetearyl Alcohol, Caprylic/Capric Triglyceride, Glycerin Stearate SE, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Aloe Barbadensis (Aloe Vera) Leaf Juice, Sodium Stearoyl Lactylate, Gluconolactone, Sodium Benzoate, Oryza Sativa (Rice) Extract, Spirulina Maxima Extract, Glycerin, Tapioca Starch, Ergothioneine, Guar Gum, Potassium Sorbate, Citrullus Lanatus (Watermelon) Extract, Butyrospermum Parkii (Shea Butter), Charcoal, Tocopheryl Acetate (Vitamin E), Oenothera Biennis (Evening Primrose) Oil, Vitis Vinifera (Grape) Seed Oil, Lavandula Angustifolia (Lavender) Oil, Citric Acid, Rosa Damascena (Flower) Oil

Once opened, store away from heat or direct sunlight.  
*Après avoir ouvert le contenu, garder loin de la chaleur ou de la lumière directe du soleil.*

**Recommended:** Use within 30 days of opening.  
**Conseillé:** A utiliser dans les 30 premiers jours après l'ouverture.

If pregnant or breast feeding, please consult a physician prior to use.  
*En cas de grossesse ou d'allaitement, veuillez consulter un praticien avant d'en faire usage.*

## Benefits:

- Defends the skin from the abuse of the elements
- Purifies the skin
- Improves the appearance of skin texture and tone
- Non-greasy formula

## Features:

- Rich Blend of Aloe Barbadensis (Aloe Vera Gel), Sweet Almond Oil, Grape Seed Oil, Evening Primrose Oil, Lavender Oil and Rosaceae Oil
- Features powerful Spirulina Algae
- Contains activated Charcoal

## Featured Ingredients:

- **Spirulina Algae** A blue-green algae that is known for purifying the skin
- **Charcoal** This activated form of charcoal helps keep skin looking healthy
- **Aloe Vera Gel** Well known for its wide variety of skin benefits

# Breast Chek Kit



Take charge of your health! The Plexus Breast Chek Kit is designed for women to easily perform monthly self-examinations to help detect changes in their breasts.

## Benefits:

- Enhances sensitivity
- Reusable

## Features:

- Latex Free
- Environmentally safe lubricant

# Ease



Designed to support healthy joint function and comfort and soothe 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.

**SUGGESTED USE:** Adults take 1 capsule up to 3 times daily, as needed.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

	Amount Per Serving	% DV
<b>Proprietary Blend</b>	600 mg	†
Green lipped mussel powder, bromelain, serrapeptase, turmeric rhizome extract		

†Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (vegetarian capsule) and magnesium stearate.

## Benefits:

- Eases occasional discomfort due to overexertion and fatigue
- Supports joint health
- Reduces occasional soreness due to overexertion or strenuous physical activity
- May help relieve temporary muscle soreness after exercise
- Complements the body's natural recovery response to acute and temporary tissue damage caused by intense exercise or strenuous physical activity.

## Features:

- Provides a highly concentrated extract of New Zealand green-lipped mussel
- Gluten free
- No artificial colors

## Featured Ingredients:

- **New Zealand green-lipped mussel** – Derived from a species of mussel with a notable iridescent green shell color.
- **Bromelain** – Bromelain was used in traditional herbal remedies and contributes to the easing of occasional minor body discomforts.
- **Turmeric** – A powerful antioxidant that is also responsible for its orange-yellow hue.



# Ease Cream



When you want relief, you want it fast. Plexus Ease Cream delivers soothing relief to the desired area within minutes.

**HOW TO USE:** Apply to the desired area by massaging the product in well. Use every two hours or as needed.

**Ingredients:** Aqua/Water/Eau, SD Alcohol 40-B, Hamamelis Virginiana (Witch Hazel) Extract, Menthol, Perna Canaliculus (Mussel) Powder (New Zealand Green Lipped Mussel), Camellia Sinensis (Green Tea) Leaf Extract, Cucumis Sativus (Cucumber) Fruit Extract, Pollen Extract, Anthemis Nobilis (Chamomile) Flower Extract, Macrocystis Pyrifera (Kelp) Extract, Lavandula Angustifolia (Lavender) Extract, Aloe Barbadensis (Aloe Vera) Leaf Juice, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Dimethyl Sulfone (MSM), Glucosamine Sulfate, Chondroitin Sulfate, Sodium Hyaluronate, Capsicum Frutescens (Cayenne) Extract, Saccharide Isomerate, Tocopheryl Acetate (Vitamin E), Retinyl Palmitate (Vitamin A), Mentha Piperita (Peppermint) Oil, Polysorbate 80, Titanium Dioxide, Carbomer, Potassium Sorbate, Phenoxyethanol, Ethylhexylglycerin, Tromethamine.

**Warning: For external use only.** Keep out of eyes and mucous membranes. Discontinue use if irritation occurs. Do not use if safety seal is broken or missing. **Keep out of reach of children. Use only as directed.** Store tightly closed in a cool, dry place.

## Benefits:

- Ideal application – Quick-absorbing, non-greasy formula and pleasant scent.
- Skin support – Helps soothe dry, irritated skin while guarding it from environmental stressors.
- Inside-out relief – For comprehensive relief, use with Ease capsules.
- Provides “inside-out” relief when combined with Ease Capsules.

## Features:

- With New Zealand Green Lipped Mussel

## Featured Ingredients:

- **Green Lipped Mussel Powder** – Sourced from New Zealand.
- **Witch Hazel** – Helps guard skin from environmental stressors and soothe dry, irritated skin.
- **Menthol** – Known for its cooling sensation.

# Edge



## Benefits:

- Healthy, sustained energy
- Sharper thinking
- Improved mood
- Enhanced concentration & focus
- Natural caffeine equivalent to 1 cup of coffee

Could help with your personal energy crisis. Edge gives you healthy, sustained energy and increased mental focus. Its natural caffeine and clinically tested ingredients help you get energized, think sharper and stay focused so you can reach your goals, and live the life you've always wanted.

## Features:

- Contains clinically-tested ingredients: energy-boosting Theacrine, jitter-busting L-Theanine & Coffea Robusta
- Gluten Free
- Vegan
- Non-GMO

## Featured Ingredients:

- **Theacrine Naturally** occurring in Kucha tea leaves and is known for its long-lasting properties
- **L-Theanine** L-Theanine is an amino acid that naturally occurs in certain plants and has been shown to combat the jittery effects of caffeine
- **Coffea Robusta** A source of natural caffeine

**Suggested Use:** Take one capsule at breakfast or lunch.

<b>Supplement Facts</b>		
Serving Size 1 Capsule		
	Amount Per Serving	%DV
Theacrine <sup>^</sup>	125 mg	**
L-Theanine	100 mg	**
Natural Caffeine ( <i>Coffea robusta</i> )	90 mg	**
** Daily Value (DV) not established		

**Other Ingredients:** Hypromellose (vegetarian capsule), microcrystalline cellulose, magnesium stearate, silicon dioxide

# Greens



Everything you love about a greens powder, plus fermented fruits and vegetables, insoluble oat fiber, and a powerful kombucha and green tea blend.

This satisfying, kid-friendly dietary supplement mix helps you and your family get more of the plant-based phytonutrients and gut support you need to thrive.

**DIRECTIONS:** Mix 1 scoop with 16 fl. oz. (475 mL) of cold water or drink of choice.

Supplement Facts		
Serving Size 1 Scoop (about 7 g <sup>‡</sup> )		
Servings Per Container 30		
	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	6 g	2% <sup>‡</sup>
Dietary Fiber	3 g	11%
Insoluble Fiber	3 g	
Total Sugars	less than 1 g	†
Includes 0g Added Sugars		0% <sup>‡</sup>
Protein	less than 1 g	
Vitamin C	7 mg	8%
Sodium	10 mg	<1%
Potassium	40 mg	<1%
Oat Fiber	3 g	†
<b>Vegetable Blend</b>	1 g	†
Organic kale leaf, organic broccoli stalk & flower, organic carrot root, organic spinach leaf, organic beet root, organic green cabbage leaf, organic parsley leaf		
<b>Fermented Fruit &amp; Vegetable Blend</b>	500 mg	†
Organic apple fruit, organic blueberry fruit, organic carrot root, organic cranberry fruit, organic broccoli stalk & flower, organic kale leaf, organic parsley leaf, organic spinach leaf		
Organic fermented ginger rhizome powder	250 mg	†
<b>Kombucha Tea Blend</b>	250 mg	†
Apple cider vinegar, ginger rhizome powder, kombucha powder, green tea leaf extract		
Spirulina whole plant powder	15 mg	†

<sup>‡</sup>Percent Daily Values are based on a 2,000 calorie diet.  
<sup>†</sup>Daily Value (DV) not established.

**Other Ingredients:** Natural flavors, citric acid, spirulina extract (color), turmeric (color), and stevia leaf extract.

Gluten free, vegan, non-GMO

No artificial colors\*\*, flavors, sweeteners, or preservatives

## Benefits:

- Fermented fruits and vegetables – Increase positive impact on overall health and gut support with enhanced antioxidant and nutritional properties
- Insoluble oat fiber – Help cleanse your digestive track and eliminate waste to support healthy digestive function
- Powerful kombucha and green tea – This unique blend contains antioxidants that help protect your cells from free radical damage caused by lifestyle and environmental factors

## Features:

- Green superfood supplement
- Packed with phytonutrients from dark-green vegetables and colorful fruits
- Features a kombucha and green tea blend plus gut-supporting ingredients like insoluble oat fiber and fermented fruits, vegetables, and ginger
- A good source of fiber
- Delicious garden berry flavor
- Only 15 calories per serving
- No added sugar
- Sweetened with stevia leaf extract
- Only 6 grams of carbohydrates per serving
- Gluten free, vegan, and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives
- For adults and children 4+

## Featured Ingredients:

- **Fermented fruits and vegetables** – Fermentation helps maintain and enhance the antioxidant and nutritional capacity of fruits and vegetables. Fermented foods influence human well-being thanks to a number of properties, including making food more easily digestible – supporting gut health and nutrient assimilation.
- **Ginger rhizome powder (*Zingiber officinale*)** – Ginger is widely employed in Chinese, Ayurvedic, and Unani traditional/home remedies since antiquity. Ginger is commonly used to help calm a mildly upset stomach and has been linked to other health benefits.
- **Kale and green cabbage blend** – This cruciferous blend contains phytonutrient antioxidants which are converted to their bioactive form, isothiocyanates. They also contain carotenoids and polyphenols, which provide additional health benefits.
- **Kombucha powder** – Kombucha is a fermented beverage traditionally obtained through the fermentation of sugared tea with symbiotic bacteria and osmophilic yeast. Literature suggests kombucha's health-promoting benefits are derived from the products of fermentation, including glucuronic acid, acetic acid, and polyphenolic antioxidants.
- **Oat fiber** – Oat fiber is a dietary fiber source that helps support and maintain a healthy digestive system.\*
- **Spinach (*Spinacia oleracea*)** – In addition to its exceptional micronutrient content, spinach contains antioxidant carotenoids and polyphenols, which provide additional health benefits.

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

# Immune Plus



## Benefits:

- Supports healthy immune system function
- Stimulates the body's natural immune-defense system
- Provides antioxidant support to help reduce free radicals
- Helps maintain the body's immune response at the cellular level

Your immune system is your body's first line of defense. Support it with Plexus Immune Plus, and be ready for whatever life throws your way. Immune Plus features a nature-inspired formula that primes, supports, and maintains the body's immune system response, with Vitamin C (100% daily value), Prebiotic Mushroom Extracts, Black Rice Extract, and an Antioxidant-Rich Superfood Blend.

## SUPERFOOD ANTIOXIDANT BLEND

- Supports efficient cellular oxygen consumption by reducing reactive oxygen species
- Promotes cellular metabolism
- Supports nitric oxide production

## Features:

- Provides 100% of the daily value of vitamin C
- Contains prebiotic mushroom extracts to help support the immune system\*
- Patent-pending formula
- Gluten free, vegan, and non-GMO
- No artificial colors

**SUGGESTED USE:** Adults take 2 capsules daily. For additional support, take up to 2 capsules twice daily.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin C (ascorbic acid)	90 mg	100%
Royal Agaricus Mushroom ( <i>Agaricus blazei</i> Murril) fruiting body extract (containing beta-glucan)	500 mg	†
Turkey Tail Mushroom ( <i>Coriolus versicolor</i> ) fruiting body extract (containing polysaccharides)	400 mg	†
<b>Superfood Antioxidant Blend</b>	100 mg	†
Coffee bean extract, green tea leaf extract, broccoli sprout concentrate, onion bulb extract, apple fruit extract, quercetin (from Japanese sophora flower extract), acerola fruit extract, tomato fruit concentrate, broccoli floret/stems concentrate, açai palm fruit concentrate, basil leaf concentrate, cinnamon bark concentrate, garlic clove concentrate, oregano leaf concentrate, turmeric rhizome concentrate, carrot root concentrate, elderberry fruit concentrate, mangosteen fruit concentrate, camu-camu fruit concentrate, blackberry fruit concentrate, blackcurrant fruit extract, blueberry fruit extract, raspberry fruit concentrate, spinach leaf concentrate, chokeberry fruit concentrate, kale leaf concentrate, sweet cherry fruit concentrate, bilberry fruit extract, brussels sprout bud concentrate		
Andrographis ( <i>Andrographis paniculata</i> ) aerial parts extract (min. 50% andrographolides)	60 mg	†
Black Rice ( <i>Oryza sativa</i> ) seed extract (containing cyanidin-3-glucosides)	50 mg	†

**Other Ingredients:** Hypromellose (vegetarian capsule), rice flower, silicon dioxide, and medium chain triglyceride powder.

**Distributed By:** Plexus Worldwide® Scottsdale, AZ 85258  
480-998-3490 plexusworldwide.com

## Featured Ingredients:

**Superfood antioxidant blend –** Scientifically validated blend of 29 fruits, vegetables, and herbs shown to reduce free radicals and promote cellular metabolism within the human body.\*

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



# Sleep Gummies



Just one bad night of sleep can mean that a bad day lies ahead. Plexus Sleep helps you wake up feeling renewed, recharged, and ready to go, so you can rise and shine every day!

**DIRECTIONS:** Adults take 1 gummy 30 – 60 minutes before bedtime. For best results, use nightly and allow for more than 6 hours of sleep.

## Supplement Facts

Serving Size 1 Gummy  
Servings Per Container 30

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	2 g	1% <sup>‡</sup>
Dietary Fiber	2 g	7% <sup>‡</sup>
Total Sugars	0 g	†
Includes 0g Added Sugars		0% <sup>‡</sup>
<b>Prebiotic Blend</b>	1.7 g	†
Short-chain fructooligosaccharides (FOS), oligofructose		
<b>Tranquil Blend</b>	78.5 mg	†
Ashwagandha root and leaf extract (min. 10% withanolide glycosides), gamma-amino butyric acid (GABA), L-tryptophan, lemon balm leaf extract		
Melatonin	5 mg	†

<sup>‡</sup>Percent Daily Values are based on a 2,000 calorie diet.  
<sup>†</sup>Daily Value (DV) not established.

## Benefits:

- Helps you fall asleep faster and stay asleep longer, so you can wake up feeling renewed, recharged, and ready to go
- Promotes quality, restorative sleep and supports a healthy sleep cycle to help keep your body and mind performing at their best
- Helps maintain a balanced microbiome, which also supports quality sleep and a healthy immune system

## Features:

- 5 mg of melatonin per gummy to help regulate sleep and wake cycles, promoting healthy sleep patterns and helping combat occasional sleep disruptions from stress, travel, or other lifestyle factors\*
- 1.7 grams of gut-healthy prebiotic fiber FOS (fructo-oligosaccharides) per gummy to feed beneficial bacteria in the digestive tract, helping the body balance the microbiome nightly during quality, restful sleep
- Tranquil blend that contains ashwagandha (an adaptogenic herb) along with GABA, lemon balm extract, and L-tryptophan to complement your body's natural sleep processes by supporting feelings of overall well-being
- Sugar-free mixed berry flavor
- No artificial colors, flavors, sweeteners, preservatives, dairy, gluten, or GMO ingredients

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

# Hydrate



Available in Lemon lime, Acai Berry Packets.  
Or Acai Berry Canister

Getting enough water each day should not have to feel like a chore or leave you thirsting for more. Plexus Hydrate Lemon Lime is the ultimate convenient hydration solution your body needs for optimal performance and balance!

**Directions:** Mix 1 level scoop with 12-16 fl. oz. (350-470 mL) of cold water.

<b>Nutrition Facts</b>	
40 servings per container	
<b>Serving size</b>	<b>1 Scoop (about 4 g<sup>o</sup>)</b>
Amount Per Serving	
<b>Calories</b>	<b>10</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Calcium 70mg	6%
Potassium 200mg	4%
Vitamin C 170mg	190%
Magnesium 50mg	10%
Zinc 10.2mg	90%
Chloride 70mg	4%
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, and iron.</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Benefits:

- Fortified drink mix with balanced electrolytes to help you hydrate better than water alone
- Delivers fluids and electrolyte minerals for hydration
- Helps replace electrolytes lost from physical activity
- Healthy hydration and electrolyte replenishment to support optimal wellness and performance
- Can be used with other Plexus® mixes to support a well-rounded daily wellness routine
- Hydration for activity, wellness, sun exposure, and travel

## Features:

- Contains electrolyte minerals plus aloe vera, tart cherry, coconut water powder, sea salt, watermelon juice, zinc, and vitamin C
- Each serving provides 190% of the daily value of vitamin C, which is more than 2 whole oranges (based on the USDA.gov nutrient database for 1 raw orange of 154 g)
- Only 10 calories
- Good source of magnesium
- Excellent source of vitamin C and zinc
- Sweetened with stevia leaf extract
- Gluten free, vegan, and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

## Featured Ingredients:

- **Magnesium citrate** – Magnesium is a cofactor in hundreds of metabolic reactions in the body. It is required for cellular energy metabolism, nerve conduction, and ion transport.
- **Potassium citrate** – Potassium is both a mineral and an electrolyte your body needs to work properly. It helps your nerves to function and muscles to contract. It also helps your heartbeat stay regular.
- **Tart cherry fruit powder** – Tart cherry powder is rich in polyphenols and demonstrates antioxidant properties.
- **Coconut (Cocos nucifera) water powder** – Coconut water is the liquid found in a young green coconut and should not be confused with coconut milk. Coconut water is used in various parts of the world to help with rehydration.

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

# Iron Woman



IronWoman is a unique iron supplement, featuring a precision probiotic designed specifically for women's needs. IronWoman supports iron levels with advanced absorption and gentle delivery.

## Benefits:

- Helps maintain iron stores and improve iron status in women
- Helps alleviate iron deficiency and associated tiredness from fatigue
- Helps ensure adequate iron intake to support healthy cellular function and hormone synthesis
- Supports formation of red blood cells and hemoglobin

## Features:

- Includes vitamin C, cysteine, and most importantly, *Lactiplantibacillus plantarum* – a type of precision probiotic to improve iron absorption and support wellness and an active lifestyle
- Uses a form of iron called, ferrous fumarate at a level that is effective and gentle on the stomach
- Gluten free, vegan, and non-GMO

**SUGGESTED USE:** Adults take one capsule daily. For teens 13 years and older, take 1 capsule daily under the direction of a health care practitioner.

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	15 mg	17%
Iron (as ferrous fumarate)	10 mg	56%
Cysteine	100 mg	†
<i>Lactiplantibacillus plantarum</i>	1 billion CFU	†

†Daily Value (DV) not established

**Other Ingredients:** Microcrystalline cellulose, hypromellose (vegetarian capsule), vegetable juice (color), silicon dioxide, and medium chain triglyceride powder.

# Joyōme Illuminating Day Serum



Helps visibly rewind the signs of aging with six clinically demonstrated anti-aging key ingredients. Packed with premium peptides, Joyōme dramatically reduces the look of unwanted wrinkles formed by facial expressions including crow's feet, forehead lines, and smile lines. It also reduces the appearance of oversized pores, dark circles and under eye puffiness while plumping and hydrating your skin to leave it looking brighter and beautifully luminous all day long.

#### How to Use/Mode d'emploi

After cleansing, apply three pumps to the face, neck, and eye area in the AM—avoiding direct contact with eyes. For the best results, use with Intensive Overnight Repair.

Après avoir nettoyé la peau, appliquez trois doses sur le visage, le cou et sur tout le contour des yeux dans la matinée, en évitant le contact direct avec les yeux. Pour un résultat optimal, utilisez ce produit avec le Réparateur intensif de nuit.

#### Warning/Mise en garde

Avoid eye area.

Éviter le contour des yeux.

**Ingredients:** Water, Glycerin, Glyceryl Stearate SE, Dimethicone, Squalane, Niacinamide, Isosorbide Dicaprylate, Magnolia Glauca Flower Water, Isopentylidol, Tetrahexyldecyl Ascorbate, Behenyl Alcohol, Acetyl Hexapeptide-8, Acetyl Tetrapeptide-5, Hyaluronic Acid, Glycosphingolipids, Glycolipids, Sodium Hyaluronate, Silanetriol, Cichorium Intybus (Chicory) Root Oligosaccharides, Magnesium Carboxymethyl Beta-Glucan, Haematococcus Pluvialis Extract, Vaccinium Macrocarpon (Cranberry) Fruit Extract, Anthemis Nobilis Flower Oil, Jasminum Officinale (Jasmine) Oil, Lavandula Angustifolia (Lavender) Oil, Origanum Majorana Leaf Oil, Santalum Album (Sandalwood) Oil, Vanilla Planifolia Fruit Extract, Cananga Odorata Flower Oil, Rubus Fruticosus (Blackberry) Seed Oil, Trifolium Pratense (Clover) Flower Extract, Ricinus Communis (Castor) Seed Oil, Panthenol, Bisabolol, Caprylic/Capric Triglyceride, Tocopheryl Acetate, Dimethiconol, Lysolecithin, Hydrogenated Castor Oil, Sclerotium Gum, Xanthan Gum, Pullulan, Silica, Polyactic Acid, Bismuth Oxychloride, Ethylhexyl Hydroxystearate, Citric Acid, Sodium Phytate, 3,4-Dihydroxybenzoic Acid, Ethoxydiglycol, Butylene Glycol, Phenoxyethanol, Ethylhexylglycerin

## Benefits:

- Visibly reduces expression lines, like crow's feet and smile lines
- Plumps and hydrates, leaving skin feeling soft, smooth, and hydrated
- Reduces the appearance of enlarged pores
- Diminishes the appearance of dark circles and puffiness
- Improves the appearance of skin firmness and elasticity
- Enhances brightness and radiance
- Helps control oil for a luminous matte finish
- Quenches and rehydrates thirsty skin

## Features:

- Scientifically demonstrated levels of 6 key ingredients to visibly correct the signs of aging
- Argireline Peptide relaxes and softens the appearance of expression lines like forehead and smile lines and crow's feet
- Patent-pending Microbiome Balancing Complex to defend against age-accelerating environmental aggressors
- First-to-market HydraLipid Delivery System‡ that enhances the absorption of key ingredients
- Clean formulation without GMOs, BHA, BHT, ethanolamines, hydroquinone, parabens, phthalates, propylene glycol, sulfates, synthetic fragrances, and others on our Absolutely Not List of over 1,300 ingredients
- Multi-benefit formula simplifies your skincare routine

## Featured Ingredients:

- **Argireline peptide** – Relaxes and softens the appearance of crow's feet, forehead creases, and other expression lines.
- **Hyaluronic acid (HA)** – Supercharged, bioavailable form of HA draws moisture deep into the skin for a plump, volumized look.
- **Red clover extract** – Minimizes the appearance of pores by reducing oil accumulation and pore debris.
- **Niacinamide** – Radiance-boosting B vitamin
- **Eyeseryl peptide** – Reduces the appearance of dark circles and undereye puffiness.
- **Ceramides** – Enrich and hydrate the skin to reduce the appearance of wrinkles
- **Fructooligosaccharides (FOS)** – Prebiotic that occurs naturally in several plants such as asparagus, wheat, Jerusalem artichokes, and rye.

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



# Joyōme Intensive Overnight Repair



A powerful, ultra-hydrating serum that delivers multiple anti-aging benefits. Designed to enhance the absorption of five key ingredients, skin feels firmer and smoother, lines and wrinkles visibly reduced, and the appearance of age spots and redness is diminished. Our patent-pending Microbiome Balancing Complex also replenishes your skin's moisture barrier to defend against environmental age accelerators. Now, that's a good night!

#### How to Use/Mode d'emploi

After cleansing, apply three pumps to the face, neck, and eye area in the PM—avoiding direct contact with eyes. For the best results, use with Illuminating Day Serum.

Après avoir nettoyé la peau, appliquez trois doses sur le visage, le cou et sur tout le contour des yeux dans la soirée, en évitant le contact direct avec les yeux. Pour un résultat optimal, utilisez ce produit avec le Sérum illuminateur de jour.

#### Warning/Mise en garde

Avoid eye area.

Sunburn Alert: This product contains an alpha hydroxy acid (AHA) that may increase your skin's sensitivity to the sun and particularly the possibility of sunburn. Use a sunscreen and limit sun exposure while using this product and for a week afterwards. Use only as directed. If irritation persists, discontinue use and consult a physician.

Éviter le contour des yeux.

Mise en garde contre les coups de soleil: Ce produit contient un acide alpha-hydroxylé (AHA) pouvant rendre votre peau plus sensible au soleil et plus sujette aux coups de soleil. Utilisez un écran solaire et limitez votre exposition au soleil lorsque vous utilisez ce produit et pendant la semaine suivante. Utilisez uniquement comme indiqué. En cas d'irritation persistante, cessez de l'utiliser et consultez un médecin.

**Ingredients:** Water, Potassium Azeloyl Diglycinate, Glycerin, Dicaprylyl Ether, Caprylic/Capric Triglyceride, Isosorbide Dicaprylate, Glyceryl Monostearate, Butyrospermum Parkii (Shea Butter), Phytic Acid, Rosa Damascena Flower Water, Dimethyl Isosorbide, Steareth 21, Cetyl Alcohol, Hydroxyphenyl Retinoate, Palmitoyl Tripeptide-38, Lactic Acid, Magnesium Carboxymethyl Beta-Glucan, Vaccinium Macrocarpon (Cranberry) Fruit Extract, Cichorium Intybus (Chicory) Root Oligosaccharides, Bakuchiol, Hibiscus Sabdariffa Flower Extract, Brassica Oleracea Italica (Broccoli) Seed Oil, Sodium Hyaluronate, Rosa Rubiginosa Seed Oil, Rosa Damascena Flower Oil, Allantoin, Tocotrienols (Tocomin), Myrciaria Dubia Fruit Extract, 3,4-Dihydroxybenzoic Acid, Lysolecithin, Hydrogenated Castor Oil, Tocopherol, Elaeis Guineensis Oil, Squalane, Ricinus Communis (Castor) Seed Oil, Hydroxypropyl Cyclodextrin, Dimethicone, Sclerotium Gum, Pullulan, Silica, Glyceryl Distearate, Bismuth Oxochloride, Ethylhexyl Hydroxystearate, Sodium Hydroxide, Sodium Phytate, Xanthan Gum, Ethoxydiglycol, Phenoxyethanol, Ethylhexylglycerin

## Benefits:

- Visibly reduces deep lines and wrinkles
- Reveals tighter, firmer, and more lifted looking skin
- Gently resurfaces for smoother, more radiant-looking skin
- Diminishes the appearance of age spots
- Reduces the appearance of redness for more even tone
- Helps replenish and defend skin's moisture barrier
- Lushly moisturizes

## Features:

- Scientifically demonstrated levels of 5 key ingredients to visibly correct the signs of aging
- Unique Retinol Ester delivers anti-aging benefits of retinoid without the irritation
- Patent-pending Microbiome Balancing Complex to defend against age-accelerating environmental aggressors
- First-to-market HydraLipid Delivery System<sup>†</sup> that enhances the absorption of key ingredients
- Clean formulation without GMOs, BHA, BHT, ethanolamines, hydroquinone, parabens, phthalates, propylene glycol, sulfates, synthetic fragrances, and others on our Absolutely Not List of over 1,300 ingredients
- Multi-benefit formula simplifies your skincare routine

## Featured Ingredients:

- **Retinoid ester** – Potent, bioavailable, and nonirritating form of retinoid renews plumpness and softens the appearance of fine lines and wrinkles without irritation.
- **Matrixyl peptide** – Helps skin appear smooth, firm, and filled.
- **Azeloglicina** – Minimizes the appearance of age spots and brightens skin tone.
- **Lactic acid** – Gently exfoliates dull surface cells to reveal brilliant skin below.
- **Bakuchiol** – Conditions and visibly enhances skin clarity.

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

# Joyōme Collagen Complex



Features a unique beauty blend of highly bioavailable types I and III collagen, ceramides, biotin, prebiotics, and antioxidant-rich superfoods which combine to address the signs of aging in 3 key ways.

**Directions:** Adults mix 2 level scoops with your favorite beverage and drink daily.

## Supplement Facts

Serving Size 2 Scoops (about 7 g<sup>o</sup>)  
Servings Per Container 30

	Amount Per Serving	% DV
Calories	25	
Protein	5 g	
Vitamin C (ascorbic acid)	90 mg	100%
Vitamin E (as d-alpha-tocopheryl acetate)	60 mg	400%
Biotin	2,500 mcg	8,333%
Sodium	25 mg	1%

### Beauty Blend 5,437 mg †

Collagen Complex (hydrolyzed bovine and fish oligopeptides), fructooligosaccharides, wheat\*\* seed extract (source of ceramides), lucuma fruit powder, pomegranate fruit extract, asparagus shoot, okra pod, coffee fruit extract, quercetin (from Japanese sophora flower extract), acerola fruit juice, camu-camu fruit juice, açai palm fruit, mangosteen fruit

†Daily Value (DV) not established.

**Other Ingredients:** Silicon dioxide and natural flavor.

**Contains: Fish (salmon) and Wheat\*\***

**NOTE: Do not exceed suggested daily serving.** Not recommended for use by individuals under 18. As with any dietary supplement, consult your physician prior to use if you are pregnant, nursing, have or suspect a medical condition, or are taking medication. Do not use if inner safety seal under the cap is broken or missing. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place.

## Benefits:

- Advanced formula – Supports your skin structure with the collagen it needs, boosts your body's ability to make more collagen naturally, and reduces collagen breakdown
- Glow brightly and beautifully – Comprehensive skincare that reduces fine lines and wrinkles, helps increase skin elasticity, helps improve skin moisture content, and cultivates the confidence that comes from filter-free, flawless skin
- On-the-go essentials – Fits easily into your daily skincare routine with convenient single-serving packets

## Features:

- Results in as little as 15 days
- Highly bioavailable types I and III collagen peptides
- Wild-caught marine and grass-fed bovine hydrolyzed collagen
- Contains superfoods and superfruits
- Provides potent photoprotective antioxidants to help minimize visible skin damage caused by environmental factors
- Neutral flavor that can be added to any beverage
- Contains FOS
- No artificial colors, flavors, sweeteners, or preservatives
- Dairy free, gluten free, and non-GMO

## Featured Ingredients:

- **Hydrolyzed types I and III collagen** – Highly bioavailable collagen from wild-caught marine and grass-fed bovine sources to help support the skin structure and reduce fine lines and wrinkles.
- **Fructooligosaccharides (FOS)** – The same prebiotic found in our age-defying serums.
- **Vitamin C** – Promotes antioxidant activity, defends against the oxidative effects of free radicals, and helps support collagen production.
- **Vitamin E** – Essential nutrient and abundant antioxidant that provides photoprotective benefits to help defend the skin against damage caused by environmental aggressors.
- **Biotin** – Promotes healthy skin, hair, and nails.
- **Ceramides** – Lipids, or fats, found naturally in the skin that help enhance hydration, keeping your skin looking supple and plump, while reducing the appearance of dryness, crow's feet, and wrinkles.
- **Superfood blend** – Powerful blend of antioxidant-rich superfoods, including açai palm fruit, lucuma fruit powder, pomegranate fruit extract, asparagus shoot, camu-camu fruit juice, and other natural sources of antioxidants, phytonutrients, flavonoids, and polyphenols, that help defend the skin against damage caused by free radicals.

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

# Joyōme Revitalizing Daily Cleanser



## Benefits:

- 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
- Conditions and primes the skin so that every product applied thereafter penetrates and works better

Radiate confidence with refreshingly clean skin. Gently washes away dirt, oil and makeup, leaving your skin feeling soft, smooth and hydrated. This revitalizing formula is infused with cranberry extract to gently exfoliate, while natural prebiotics reduce moisture loss and is pH formulated to support a balanced and healthy skin microbiome.

## Features:

- Synergistically designed to work with Illuminating Day Serum and Intensive Overnight Repair to optimize results
- Gentle enough to use every day
- No harsh cleansers
- Refreshing cranberry and mandarin natural scent
- Meets Joyōme consciously clean standards

## Featured Ingredients:

- **Cranberry fruit extract** – Fruit extract rich in natural protease enzymes that gently exfoliates to remove impurities.
- **Rejuvenating Siberian ginseng root and rhodiola rosea extract** – Source of plant-based antioxidants that helps visibly distress your skin.
- **Hydrolyzed jojoba esters** – Emollient agent that helps enhance skin moisturization and supports the skin microbiome, leaving your skin feeling smooth and soft.

# Lean Whey



Available in Chocolate, and Vanilla.

With 21 grams of satisfying, muscle-maintaining protein per serving, along with 21 bioavailable vitamins and minerals (including folate from L-methylfolate calcium), Lean Whey gives you the fuel and nutrition you need to stay full, eat less, and lose weight.

## Benefits:

- Delicious whey meal replacement
- Supports weight loss
- High in protein and a good source of fiber to help control hunger
- Supports gut and digestive health with prebiotic fiber and digestive enzymes
- Helps you cut calories and lose weight while providing healthy nutrition
- Helps support and maintain lean muscle
- Healthy glucose metabolism

## Features:

- 21 grams of rBGH-free protein per serving to support lean muscle
- 30 grams of protein when prepared as directed
- Complete amino acid profile, including essential branched chain amino acids like leucine, isoleucine, and valine
- Supports gut and digestive health with prebiotic fiber, polydextrose, and digestive enzymes
- Contains bioavailable forms of 21 vitamins and minerals
- Highly bioavailable folate (L-methylfolate calcium)
- Contains digestive enzymes to aid in the digestion of whey protein
- 5 grams of fiber per serving, including prebiotic fiber to support digestive health
- Does not contain soy or gluten
- No artificial colors, flavors, sweeteners, or preservatives

## Featured Ingredients:

- **rBGH-free ≈ whey protein** – A combination of rBGH-free whey concentrate and isolate that delivers a complete amino acid profile to fuel your body and support lean muscle.
- **Prebiotic fiber, polydextrose** – Polydextrose is a large plant-based polysaccharide. Unlike starch however, the carbohydrates in polydextrose are uniquely linked together, making them resistant to our digestive enzymes.

Nutrition Facts			
15 servings per bag			
Serving size		2 Scoops (about 40g <sup>1</sup> )	
Amount per serving	Powder	as prepared w/ 8 fl. oz. Nonfat Milk	
Calories	140	230	
	% DV*	% DV*	
Total Fat	3g	4%	3.5g
Saturated Fat	1.5g	8%	1.5g
Trans Fat	0g		0g
Polyunsaturated Fat	0g		0g
Monounsaturated Fat	1g		1g
Cholesterol	50mg	17%	60mg
Sodium	130mg	6%	230mg
Total Carbohydrate	12g	4%	24g
Dietary Fiber	5g	18%	5g
Soluble Fiber	5g		5g
Total Sugars	3g		15g
Includes Added Sugars	1g	2%	1g
<b>Protein</b>	<b>21g</b>	<b>42%</b>	<b>30g</b>
Vitamin D	1mcg	6%	3.7mcg
Calcium	155mg	10%	480mg
Iron	4mg	20%	4.2mg
Potassium	305mg	6%	715mg
Vitamin A	90mcg	10%	247mcg
Vitamin C	13.5mg	15%	13.5mg
Vitamin E	2.5mg	15%	2.5mg
Thiamin	0.25mg	20%	0.4mg
Riboflavin	0.4mg	30%	0.7mg
Niacin	7mg	45%	7.4mg
Vitamin B6	0.3mg	20%	0.4mg
Folate	91mcg DFE	25%	96mcg DFE

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



# Lean Vegan



Available in Chocolate, and Vanilla.

When you want to eat healthy and lose weight, meal planning takes time, and unhealthy food is everywhere you turn. Plexus Lean Vegan is a sweet and satisfying plant-based meal-replacement shake that makes it easy to eat right on the go without sacrificing nutrition or taste.

## Benefits:

- Delivers a complete, nutritious meal in the form of a delicious plant-based shake
- Promotes weight loss<sup>^</sup> while providing healthy nutrition
- Satisfies and helps control hunger with protein and fiber
- Supports gut and digestive health with prebiotic fiber and digestive enzymes
- Helps support and maintain lean muscle
- Use twice a day for weight loss<sup>^</sup> or once a day for weight maintenance

## Features:

- 15 meals or 30 on-the-go snacks
- 21 grams of vegan protein from pea protein and almond protein
- Contains all 9 essential amino acids plus digestive enzymes
- Contains 7 grams of dietary fiber, including prebiotic fiber, to support digestion and gut health
- Powered with easily absorbable forms of vitamins and minerals, including methylated folate, calcium, zinc, vitamins A, C, and E, and more
- Contains plant-based omega-3 fatty acids
- Vegan
- No artificial colors, flavors, sweeteners, or preservatives
- No soy, gluten, or dairy
- High in protein and fiber
- Delicious natural chocolate flavor

## Featured Ingredients:

- **Plexus protein blend** – Protein from pea protein and almond protein.
- **Prebiotic fiber, polydextrose**– Polydextrose is a large plant-based polysaccharide. Unlike starch however, the carbohydrates in polydextrose are uniquely linked together, making them resistant to our digestive enzymes.

Nutrition Facts			
15 servings per bag			
Serving size		2 Scoops (about 40g <sup>o</sup> )	
Amount per serving	as prepared w/ 8 fl. oz. Water	as prepared w/ 8 fl. oz. Almond Milk	
Calories	140	180	
	% DV*	% DV*	
Total Fat	3g	6g	4%
Saturated Fat	0.5g	1g	3%
Trans Fat	0g	0g	
Polyunsaturated Fat	0g	1g	
Monounsaturated Fat	1g	3g	
Cholesterol	0mg	0mg	0%
Sodium	220mg	380mg	10%
Total Carbohydrate	12g	13g	4%
Dietary Fiber	7g	8g	25%
Soluble Fiber	5g	5g	
Total Sugars	1g	1g	
Includes Added Sugars	1g	1g	2%
<b>Protein</b>	<b>21g</b>	<b>23g</b>	<b>36%</b>
Vitamin D	1mcg	3mcg	6%
Calcium	60mg	510mg	4%
Iron	6.8mg	7.6mg	40%
Potassium	145mg	225mg	4%
Vitamin A	90mcg	197mcg	10%
Vitamin C	13.5mg	13.5mg	15%
Vitamin E	2.5mg	11mg	15%
Thiamin	0.3mg	0.3mg	25%
Riboflavin	0.4mg	0.5mg	30%
Niacin	3.8mg	4.1mg	25%
Vitamin B6	0.3mg	0.3mg	20%

<sup>o</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# MegaX



## Benefits:

- Provides support for a healthy heart
- Supports brain health
- Supports healthy lipid levels already in the normal range
- Helps with stress management

## Features:

Broad spectrum plant-based Omega that delivers the heart-healthy benefits of fish oil, without the unpleasant aftertaste. Omega-3 fatty acids are super healthy and support everything from your heart to your brain and even help manage stress.

- Delivers broad spectrum of Omega fatty acids
- Contains Ahiflower® Oil which contains Omega-3 stearidonic acids
- Formulated with sustainably sourced ingredients
- Free of contaminants, mercury from fish or PCB's
- Easy to swallow and no fishy aftertaste
- Gluten Free
- Non-GMO

**SUGGESTED USE:** Adults take 2 softgels daily.

## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 30

	Amount Per Serving	% DV
Calories	10	
Total Fat	1 g	1% <sup>‡</sup>
<b>Plant-Based Omega Blend</b>	1,046 mg	†
Ahiflower® <i>Buglossoides arvensis</i> seed oil, avocado oil, pomegranate seed oil, sea buckthorn fruit oil, raspberry seed oil		
Total omega 3-fatty acids	300 mg	†
Alpha Linolenic Acid (ALA)	200 mg	†
Stearidonic Acid (SDA)	100 mg	†
Total omega-6 and omega-9 fatty acids	300 mg	†
Total omega-5 and omega-7 fatty acids	100 mg	†

<sup>‡</sup>Percent Daily Values are based on a 2,000 calorie diet.

<sup>†</sup>Daily Value (DV) not established.

**Other Ingredients:** Gelatin, vegetable glycerin, purified water, and mixed tocopherols from sunflower (antioxidant to preserve freshness).

## Featured Ingredients:

- **Ahiflower Oil** - A flower seed oil rich in omega-3
- **Pomegranate Seed Oil** - Rich in puniolic acid, a beneficial fatty acid with structural resemblance to conjugated alpha-linolenic and linoleic acids.
- **Avocado Oil** - High in oleic acid

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

# MegaKids Microbiome



Support kids' Health and Happiness, with MegaKids Microbiome, a convenient, nutritious, and enjoyable way to ensure kids get nutrients they need, every day. Enriched with 1 gram of gut-healthy prebiotic fiber, MegaKids Microbiome supports a thriving gut microbiome.

## Benefits:

- Supports healthy brain and cognitive development
- 1 gram of gut-healthy prebiotic fiber per serving
- Convenient, nutritious, and enjoyable way to ensure your kid receives DHA on a daily basis
- Enriched with a unique blend of brain-nurturing ingredients
- Nutrients to support growing, healthy kids
- Supplements many nutrient gaps in kids' diets
- Provides lutein, an important nutrient that helps support cognitive function in kids
- Dietary DHA intake is associated with cognitive function and behavior in young kids
- Good source of choline
- No fishy taste!

## Features:

- 1 gram gut-healthy prebiotic fiber per serving
- Includes DHA (omega-3), choline, and lutein
- Provides 50 mg of sustainably sourced, vegetarian DHA (long-chain omega-3 fatty acid)
- Tropical punch flavor
- Gluten free, vegetarian, and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

**Directions:** For children 2 years of age and older, tear open stick and mix with 4 fl. oz. of water once or twice daily, or as directed by your pediatrician or health care practitioner. Powder can also be mixed with food or drink of choice.

## Supplement Facts

Serving Size 1 Stick  
Servings Per Container 30

	Amount Per Serving	% DV for Children 1 through 3 Years of Age	% DV for Adults and Children 4 or more Years of Age
Calories	10		
Total Carbohydrate	2 g	1%**	1%†
Dietary Fiber	1 g	7%**	4%‡
Total Sugars	less than 1 g	†	†
Includes less than 1 g Added Sugars		2%**	1%‡
Choline (as choline bitartrate)	82.5 mg	41%	15%
Guar gum	1,500 mg	†	†
DHA (docosahexaenoic acid) [from marine algae ( <i>Schizochytrium</i> sp.)]	50 mg	†	†
Lutein [from marigold ( <i>Tagetes erecta</i> )]	2.5 mg	†	†

\*\*Percent Daily Values are based on a 1,000 calorie diet.

‡Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

**Other Ingredients:** Natural flavors, citric acid, stevia leaf extract, silicon dioxide, and sodium caseinate (a milk derivative).

## Featured Ingredients:

- **Docosahexaenoic acid (DHA) (from algae)** – Very long chain omega-3 polyunsaturated fatty acid (VLCFA); DHA is a critical nutrient for brain development.
- **Lutein** (from tagetes erecta or marigold) – Antioxidant that belongs to the carotenoid group; lutein is important for maintaining eye health.
- **Choline (as choline bitartrate)** – Essential nitrogen-containing nutrient needed for proper brain health and necessary for healthy cell membranes.
- **Prebiotic fiber** – Food ingredients that promote the growth of beneficial bacteria in the gut.
- **Hydrolyzed guar gum** – Indigestible prebiotic fiber that has been shown to enhance the growth of helpful gut microbes Bifidobacterium and Lactobacillus spp.

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

# 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.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

	Amount Per Serving	% DV
<b>Proprietary Blend</b>	567 mg	†
N-acetyl L-tyrosine, green tea leaf extract (min. 95% total polyphenols & 45% EGCG), caffeine (from green tea leaf extract & guaraná seed extract), <i>Rhodiola rosea</i> root extract (min. 3% rosavins & 2% salidroside), L-theanine, grains-of-paradise seed extract (min. 12% 6-paradol), forskohlii root extract (min. 40% forskolin), AstraGin® (astragalus root extract & Asian ginseng root extract), guaraná seed extract, 5-HTP (from <i>Griffonia simplicifolia</i> seed extract)		

†Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (vegetarian capsule), microcrystalline cellulose, dicalcium phosphate, silica, and medium chain triglyceride powder.

## Benefits:

- Clinically demonstrated to help you lose weight
- Helps reduce hunger
- Supports healthy glucose metabolism
- Supports enhanced satiation and satiety
- Supports hydration when mixed with water

## Features:

- Contains less caffeine than a cup of coffee
- Gluten free, vegetarian, and non-GMO
- No artificial colors

## Featured Ingredients:

- **Grains of paradise (*Aframomum melegueta*)** – Also known as alligator or Guinea pepper, this West African plant related to the ginger family is commonly used as a spice and contributes metabolism-enhancing benefits.
- **L-theanine and caffeine** – Commonly found in green tea, they support an increased sense of alertness and a healthy mood
- **Rhodiola (*Rhodiola rosea*)** – Low-growing perennial plant with yellow flowers used as an adaptogen to help support a healthy mood.

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



# Nerve



## Benefits:

- May help reduce occasional nerve discomfort

## Features:

- Contains key ingredients: Acetyl L-Carnitine, Alpha Lipoic Acid, and Horse Chestnut Extract
- Gluten Free
- Vegetarian

Specially formulated combination of vitamins, minerals, herbs, and amino acids to help support healthy nerve cells and nervous system. Don't let occasional nerve discomfort get in the way of having a good day every day – get Plexus Nerve.

**SUGGESTED USE:** Adults take 1 capsule twice daily with or without food.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

	Amount Per Serving	% DV
Thiamin (as thiamin hydrochloride)	10 mg	833%
Riboflavin	2.5 mg	192%
Niacin (as niacinamide)	12.5 mg	78%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	5 mg	294%
Folate	333 mcg DFE (200 mcg folic acid)	83%
Vitamin B <sub>12</sub> (as methylcobalamin)	500 mcg	20,833%
Biotin	500 mcg	1,667%
Zinc (as zinc amino acid chelate)	5 mg	45%
Copper (as copper citrate)	125 mcg	14%

**Proprietary Blend** 262 mg †  
Acetyl L-carnitine, alpha lipoic acid,  
horse chestnut seed extract,  
butcher's broom root powder, quercetin

†Daily Value (DV) not established.

**Other Ingredients:** Rice flour, hypromellose (vegetarian capsule), silicon dioxide, magnesium amino acid chelate, magnesium stearate, and titanium dioxide.

Gluten free and vegetarian

## Featured Ingredients:

- **Acetyl L-Carnitine** Found in most cells of our bodies
- **Quercetin** A powerful flavonoid found in many plants and foods
- **Horse Chestnut Extract** An extract derived from Aesculus hippocastanum tree bark

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

# ProBio 5



ProBio 5 is formulated to promote an optimal gut health environment to help balance intestinal yeast. This unique blend of enzymes and probiotics helps the gut maintain a healthy digestive environment.

**SUGGESTED USE:** Adults take 1 capsule daily at bedtime. Up to 4 capsules can initially be taken at bedtime, until desired results are achieved.

<b>Supplement Facts</b>		
Serving Size 1 Capsule		
Servings Per Container 60		
	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	2.5 mg	147%
<b>Enzyme Blend</b>	200 mg	†
Proteases, cellulase, serrapeptase		
<b>Probiotic Blend</b>	100 mg	†
<i>Bacillus coagulans</i> <sup>‡</sup> , <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus plantarum</i> , <i>Saccharomyces boulardii</i> (2 billion CFUs) <sup>^</sup>		
Grape seed extract	25 mg	†

†Daily Value (DV) not established

**Other Ingredients:** Gelatin, water, and brown rice powder.

<sup>‡</sup>Chitosanase is an enzyme produced by *Bacillus coagulans*.  
<sup>^</sup>*Saccharomyces boulardii* is a source of yeast.

Gluten Free. No artificial colors.

## Benefits:

- Helps keep intestinal yeast in balance
- Helps support a healthy intestinal tract
- Supports healthy digestion
- Helps improve natural response to imbalance
- Promotes healthy bacteria counts and pH levels in the gut
- Source of antioxidants
- Contains vitamin C to support immune function

## Features:

- Delivers 2 billion CFU per capsule at time of manufacture
- Gluten free
- No artificial colors

## Featured Ingredients:

- **5 beneficial probiotics** – *Lactobacillus acidophilus*, *Bifidobacterium longum*, *Lactobacillus plantarum*, *Bacillus coagulans*, and *Saccharomyces boulardii*.
- **Enzyme blend** – Including proteases, cellulase, and serrapeptase.

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

# Reset

## Benefits:



### HYDRATE

- A delicious delivery of a proprietary blend of electrolytes, antioxidants, minerals, and vitamin C that delivers superior hydration in every sip
- Balanced electrolytes to help you hydrate better than water alone
- Hydration and electrolyte replenishment to support optimal wellness

### LEAN WHEY

- Protein to support and maintain lean muscle and help keep you full for longer
- A delicious meal replacement loaded with vitamins and minerals to fuel you through the day
- Prebiotic fiber, polydextrose, and digestive enzymes to support digestive health

### SLIM HUNGER CONTROL

- Helps signal satiety, helping you to feel full longer with Polydextrose, a calorie-smart prebiotic fiber\*
- Supports healthy glucose metabolism with the help of chromium, an essential trace mineral that assists with the transportation of glucose into cells\*
- Supports hydration by encouraging you to drink more water\*

### COLLAGEN BONE BROTH

- Fuel your body with this calorie-smart broth packed with collagen
- Provides essential building blocks to support your body with important amino acids
- Helps support healthy skin and soft tissues with an increased dietary intake of collagen

### SMART SNACK

- Provides protein to support lean muscle
- Supports digestive health and the gut microbiome

### ACTIVE

- Provides long-lasting, clean energy without jitters with green tea and yerba mate, in addition to enhanced mental clarity from L-theanine\*
- Reduces oxidative stress in the body with S7™ plant-based nutrient blend including turmeric, tart cherry, blueberry, kale and more\*
- Helps support immune function with vitamin C\*

### COLLAGEN SOUP

- Fuel your body with this calorie-smart soup packed with collagen
- Provides essential building blocks to support your body with important amino acids
- Helps support healthy skin and soft tissues with an increased dietary intake of collagen

### RESTORE

- Helps restore your body to a natural state of homeostasis\*
- Supports your body's natural defenses against environmental toxins and stressors\*
- Works at a cellular level to assist in healthy aging\*
- Supports gut health, good digestive function, liver function, and a healthy stress response\*
- Assists in weight management efforts by aiding in appetite control and helping to curb stress-related cravings\*

Whether you want to focus on healthy weight management, nurturing a balanced gut microbiome, or establishing wholesome eating habits, reaching your wellness goals is difficult when your body is out of balance. 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.

- Reimagine your health – Harness a whole-body wellness approach that focuses on enhanced physical health, a renewed commitment to nutritious eating, and the mental fortitude it takes to transform your habits
- Remove roadblocks – Experience clean, nutrient-dense products that offer the functional support you need to help remove roadblocks that may be standing between you and the results you deserve.
- Reset your course – Set the stage for your healthy lifestyle with the fresh start you need to maximize your Plexus® products results and propel your journey to Lasting Hope, Health, and Happiness.

# Slim Hunger Control



## Benefits:

- Supports fat burning
- Helps your body reduce abdominal fat
- Supports metabolism and aids in weight management
- Supports mood and focus
- Supports energy

Specially formulated with Polydextrose to help you feel full longer and shed extra pounds<sup>^</sup> reducing your desire to overeat. Enjoy less hunger and more control, delivered in a refreshing blood orange, lemon, lime or black cherry, lime blossom flavor with only 15 calories.

## Features:

- Delicious blood orange, lemon, lime citrus and black cherry, lime blossom flavors
- Only 15 calories
- 30 single-serve packets
- Gluten free, vegan, and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

## Supplement Facts

Serving Size 1 Packet  
Servings Per Container 30

	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	8 g	3% <sup>‡</sup>
Dietary Fiber	6 g	21% <sup>‡</sup>
Chromium (as chromium polynicotinate)	200 mcg	571%
Polydextrose	6,250 mg	†
<b>Plexus Slim® Blend</b>	531 mg	†
Green coffee bean extract (min. 50% chlorogenic acid and less than 2% natural caffeine), <i>Garcinia cambogia</i> fruit extract, alpha lipoic acid, white mulberry fruit extract		

<sup>‡</sup>Percent Daily Values are based on 2,000 calorie diet.  
<sup>†</sup>Daily Value (DV) not established.

## Featured Ingredients:

- **Polydextrose** – Calorie-smart soluble fiber that helps signal satiety, helping you feel full longer. Green coffee bean extract – Naturally derived extract that can help decrease the absorption of sugars.
- **Chromium polynicotinate** – Essential trace mineral that assists with the transportation of glucose into cells.



# Slim Hunger Control

BLACK CHERRY LIME BLOSSOM



## Benefits:

- Supports fat burning
- Helps your body reduce abdominal fat
- Supports metabolism and aids in weight management
- Supports mood and focus
- Supports energy

## Features:

- Delicious blood orange, lemon, lime citrus and black cherry, lime blossom flavors
- Only 15 calories
- 30 single-serve packets
- Gluten free, vegan, and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

Specially formulated with Polydextrose to help you feel full longer and shed extra pounds<sup>^</sup> reducing your desire to overeat. Enjoy less hunger and more control, delivered in a refreshing blood orange, lemon, lime or black cherry, lime blossom flavor with only 15 calories.

## Featured Ingredients:

- **Polydextrose** – Calorie-smart soluble fiber that helps signal satiety, helping you feel full longer. Green coffee bean extract – Naturally derived extract that can help decrease the absorption of sugars.
- **Chromium polynicotinate** – Essential trace mineral that assists with the transportation of glucose into cells.
- **Spirulina** - Rich in a range of vitamins and minerals essential for maintaining a healthy immune system, like vitamins E, C, and B6.

## Supplement Facts

Serving Size 1 Packet  
Servings Per Container 30

	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	8 g	3% <sup>‡</sup>
Dietary Fiber	6 g	21% <sup>‡</sup>
Chromium (as chromium polynicotinate)	200 mcg	571%
Polydextrose	6,250 mg	†
<b>Plexus Slim® Blend</b>	531 mg	†
Green coffee bean extract (min. 50% chlorogenic acid and less than 2% natural caffeine), <i>Garcinia cambogia</i> fruit extract, alpha lipoic acid, white mulberry fruit extract		

<sup>‡</sup>Percent Daily Values are based on 2,000 calorie diet.  
<sup>†</sup>Daily Value (DV) not established.

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

# Slim Hunger Control

## SWEET TEA



Specially formulated with Polydextrose to help you feel full longer and shed extra pounds<sup>^</sup> reducing your desire to overeat. Enjoy less hunger and more control, delivered in a refreshing blood orange, lemon, lime or black cherry, sweet tea, lime blossom flavor with only 20 calories.

### Benefits:

- Supports fat burning
- Helps your body reduce abdominal fat
- Supports metabolism and aids in weight management
- Supports mood and focus
- Supports energy

### Features:

- Delicious blood orange, lemon, lime citrus and black cherry, lime blossom and sweet tea flavors
- Only 20 calories
- 30 single-serve packets
- Gluten free, vegan, and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

### Supplement Facts

Serving Size 1 Packet  
Servings Per Container 30

	Amount Per Serving	% DV
Calories	20	
Total Carbohydrate	8 g	3% <sup>‡</sup>
Dietary Fiber	6 g	21% <sup>‡</sup>
Chromium	200 mcg	571%
(as chromium polynicotinate)		
Polydextrose	6,250 mg	†
<b>Plexus Slim® Blend</b>	531 mg	†
Green coffee bean extract (min. 50% chlorogenic acid and less than 2% natural caffeine), <i>Garcinia cambogia</i> fruit extract, alpha lipoic acid, white mulberry fruit extract		

<sup>‡</sup>Percent Daily Values are based on 2,000 calorie diet.  
<sup>†</sup>Daily Value (DV) not established.

### Featured Ingredients:

- **Polydextrose** – Calorie-smart soluble fiber that helps signal satiety, helping you feel full longer. Green coffee bean extract – Naturally derived extract that can help decrease the absorption of sugars.
- **Chromium polynicotinate** – Essential trace mineral that assists with the transportation of glucose into cells.

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

# Slim Microbiome Activating



Features a premium formula that contains ingredients clinically-demonstrated to improve your gut health by helping beneficial microbes thrive, supporting a healthy glucose metabolism, and promoting weight loss!

## Benefits:

- Promotes the growth of beneficial gut microbes
- Increases Lactobacillus up to 365 times and Bifidobacterium up to 290 times – contributing to overall health
- Clinically studied XOS prebiotic
- Supports healthy glucose metabolism
- Helps support cardiovascular health
- Helps maintain healthy blood pressure levels already in the normal range
- Supports hydration when mixed with water
- Clinically demonstrated to help you lose weight
- Increases the metabolism-enhancing Akkermansia microbes up to 250 times

## Features:

- Delicious raspberry, lemon, watermelon and black cherry, lime blossom flavors
- Only 5 calories
- 30 single-serve packets
- Gluten free, vegan, and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

## Supplement Facts

Serving Size 1 Packet  
Servings Per Container 30

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	2 g	<1% <sup>‡</sup>
Chromium (as chromium polynicotinate)	200 mcg	571%
Sodium	60 mg	3%
Xylooligosaccharide	1,000 mg	†
<b>Plexus Slim® Blend</b>	531 mg	†
<small>Green coffee bean extract (min. 50% chlorogenic acid and less than 2% natural caffeine), <i>Garcinia cambogia</i> fruit extract, alpha lipoic acid, white mulberry fruit extract</small>		

<sup>‡</sup>Percent Daily Values are based on 2,000 calorie diet.  
<sup>†</sup>Daily Value (DV) not established.

**Other Ingredients:** Citric acid, natural flavors, stevia leaf extract, fruit and vegetable juice with beet root extract (color), cellulose gum, and silicon dioxide.

## Featured Ingredients:

- **Xylooligosaccharides (XOS)** – Clinically demonstrated prebiotic that feeds beneficial microbes.
- **Green coffee bean extract** – Naturally derived extract that can help decrease the absorption of sugars and thereby supports a healthy glucose metabolism.
- **Chromium polynicotinate** – Essential trace mineral that assists with the transportation of glucose into cells.

# Slim Microbiome Activating SWEET TEA



## Benefits:

- Promotes the growth of beneficial gut microbes
- Increases Lactobacillus up to 365 times and Bifidobacterium up to 290 times – contributing to overall health
- Clinically studied XOS prebiotic
- Supports healthy glucose metabolism
- Helps support cardiovascular health
- Helps maintain healthy blood pressure levels already in the normal range
- Supports hydration when mixed with water
- Clinically demonstrated to help you lose weight
- Increases the metabolism-enhancing Akkermansia microbes up to 250 times

Features a premium formula that contains ingredients clinically-demonstrated to improve your gut health by helping beneficial microbes thrive, supporting a healthy glucose metabolism, and promoting weight loss!

## Features:

- Delicious raspberry, lemon, watermelon and black cherry, lime blossom, and sweet tea flavors
- Only 5 calories
- 30 single-serve packets
- Gluten free, vegan, and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

## Supplement Facts

Serving Size 1 Packet  
Servings Per Container 15

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	3 g	1%‡
Chromium (as chromium polynicotinate)	200 mcg	571%
Xylooligosaccharide	1,000 mg	†
<b>Plexus Slim® Blend</b>	531 mg	†
Green coffee bean extract (min. 50% chlorogenic acid and less than 2% natural caffeine), <i>Garcinia cambogia</i> fruit extract, alpha lipoic acid, white mulberry fruit extract		

‡Percent Daily Values are based on 2,000 calorie diet.  
†Daily Value (DV) not established.

## Featured Ingredients:

- **Xylooligosaccharides (XOS)** – Clinically demonstrated prebiotic that feeds beneficial microbes.
- **Green coffee bean extract** – Naturally derived extract that can help decrease the absorption of sugars and thereby supports a healthy glucose metabolism.
- **Chromium polynicotinate** – Essential trace mineral that assists with the transportation of glucose into cells.



# VitalBiome



A revolutionary probiotic with clinically-demonstrated ingredients that help improve your health and your mood! Its exceptional formula delivers diverse probiotic strains that reduce feelings of stress and tension.

## Benefits:

- Helps reduce feelings of stress, nervousness, and tension
- Helps reduce occasional gastrointestinal discomfort
- Stabilizes stress hormones and promotes relaxation
- Supports a healthy immune system

## Features:

- 7 billion CFU
- 8 clinically researched strains, including 2 psychobiotic strains
- Delayed-release capsules
- Gluten free, vegetarian, and non-GMO
- No artificial colors

## Featured Ingredients:

- **Lactobacillus helveticus** – A probiotic strain that helps enhance gut microbiome health, improve mood, and reduce feelings of stress and tension.
- **Bacillus coagulans LactoSpore®** – A probiotic strain that has been demonstrated by 11 clinical studies to reduce occasional gastrointestinal discomfort and benefit health.
- **Bifidobacterium longum** - A probiotic strain that is clinically shown to support mood.

**Suggested Use:** Adults take 1 capsule daily.

Supplement Facts		
Serving Size 1 Capsule		
Servings Per Container 30		
	Amount Per Serving	% DV
<b>Probiotic Blend</b>	7 billion CFU*	
<i>Lactobacillus helveticus</i> (Rosell-52)		†
<i>Bacillus coagulans</i> (MTCC 5856) LactoSpore®		†
<i>Bifidobacterium lactis</i> (BI-04)		†
<i>Bifidobacterium longum</i> (Rosell-175)		†
<i>Saccharomyces boulardii</i>		†
<i>Bifidobacterium lactis</i> BI-07 (ATCC SD5220)		†
<i>Lactobacillus plantarum</i>		†
<i>Lactobacillus acidophilus</i> NCFM (ATCC 700396)		†
† Daily Value (DV) not established		

**Other Ingredients:** Brown rice flour, hypromellose (vegetarian capsule), and medium chain triglycerides.

**Contains:** Milk and Soy

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

# XFactor



Plexus XFactor is a multivitamin and antioxidant supplement for the well-being of your body.

**Suggested Use:** Adults take 2 capsules daily.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid and calcium ascorbate)	200 mg	222%
Vitamin D (as cholecalciferol)	25 mcg	125%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%
Thiamin (as thiamin hydrochloride)	3 mg	250%
Riboflavin	3 mg	231%
Niacin (as inositol hexanicotinate)	20 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	588%
Folate (as calcium-L-methylfolate)	680 mcg DFE	170%
Vitamin B12 (as methylcobalamin)	500 mcg	20,833%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
<b>Proprietary Blend</b>	390 mg	†
Aloe whole leaf and inner leaf blend, guar gum, blackcurrant fruit extract (min. 35% anthocyanins)		

†Daily Value (DV) not established.

**Other Ingredients:** Rice flour, hypromellose (vegetarian capsule), silica, and magnesium stearate.

## Benefits:

- Fills nutrient gaps with 10 key nutrients
- Delivers support for the body's functions and metabolism
- Potent antioxidant protection to combat free radicals

## Features:

- Features the bioactive folate (L-methylfolate calcium) form of folic acid
- Delivers 25 mcg of Vitamin D
- Gluten free and vegetarian
- No artificial colors

## Featured Ingredients:

- **Aloe Vera** Well known for its wide variety of health benefits.\*
- **New Zealand Black Currant A** highly powerful antioxidant.\*
- **Multivitamins** Contains 10 essential vitamins.

# XFactor Kids



2 powerful supplements—a multivitamin and a probiotic—join forces to create XFactor Kids, the delicious chewable that helps kids get what they need to reach their full potential. With 13 essential vitamins in highly bioavailable forms, XFactor Kids supports overall nutrition and healthy development in growing kids.

## Benefits:

- Supports healthy growth and development
- Supports growing bones, teeth, and muscles
- Supports immune health and brain function
- Supports digestive health
- 4 billion CFU at time of manufacture (per 2 tablets)
- Helps support intestinal yeast balance
- Supports digestive regularity

## Features:

- 2-in-1 formula (multivitamin and probiotic)
- Delivers highly bioavailable ingredient forms for superior absorption
- Tropical splash flavor
- Gluten free, vegetarian, and non-GMO
- No artificial colors, flavors, or sweeteners

**Suggested Use:** Children 2 – 3 years of age, take 1 chewable tablet daily. For children 4 years and up, take 2 chewable tablets daily.

<b>Supplement Facts</b>				
Serving Size 1 Tablet for children 2 – 3 years of age; 2 Tablets for children 4 years and up				
Servings Per Container 60; 30				
	Amount Per Tablet	% DV for Children 1 through 3 Years of Age	Amount Per 2 Tablets	% DV for Adults and Children 4 or more Years of Age
Calories	5		10	
Total Carbohydrate	less than 1 g	<1%*	1 g	<1%†
Total Sugars	0 g	†	0 g	†
Includes 0g Added Sugars		0%*		0%†
Sugar Alcohol	1 g	†	3 g	†
Vitamin A (as retinyl palmitate and 50% as beta-carotene)	450 mcg	150%	900 mcg	100%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	45 mg	300%	90 mg	100%
Vitamin D (as cholecalciferol)	10 mcg	67%	20 mcg	100%
Vitamin E (as d-alpha tocopherol)	7.5 mg	125%	15 mg	100%
Vitamin K (as phytonadione)	36 mcg	120%	72 mcg	60%
Thiamin (as thiamin mononitrate)	0.6 mg	120%	1.2 mg	100%
Riboflavin (as riboflavin 5'-phosphate sodium)	0.65 mg	130%	1.3 mg	100%
Niacin (as niacinamide)	7.25 mg	121%	14.5 mg	91%
Vitamin B6 (as pyridoxine hydrochloride and pyridoxal 5'-phosphate)	0.85 mg	170%	1.7 mg	100%
Folate (as calcium L-methylfolate)	100 mcg DFE	67%	200 mcg DFE	50%
Vitamin B12 (as methylcobalamin)	1.2 mcg	133%	2.4 mcg	100%
Biotin	15 mcg	188%	30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	2.5 mg	125%	5 mg	100%
<b>XFactor Kids Probiotic Blend</b>	2 billion CFU <sup>‡</sup>	†	4 billion CFU <sup>‡</sup>	†
<i>Lactobacillus rhamnosus</i> GG (ATCC 53103), <i>Bacillus subtilis</i> (DE111®), <i>Lactobacillus acidophilus</i> NCFM (ATCC 700396), <i>Bifidobacterium lactis</i> BI-07 (ATCC SD35220)				
Menaquinone (Vitamin K2)	1.5 mcg	†	3 mcg	†

**Other Ingredients:** Xylitol, erythritol, natural flavors, hydroxypropylcellulose, citric acid, stearic acid (vegetable-derived), beet powder (color), malic acid, and rice hulls.

## Featured Ingredients:

- **Folate (as calcium L-methylfolate)** – The most bioactive form of folate, a water-soluble B vitamin that is essential for cell replication and growth.
- **Vitamin D (cholecalciferol)** – Bioavailable form of this fat-soluble vitamin that contributes to calcium absorption, the digestive system, and immune system function.
- **Bacillus subtilis (DE111®)** – Well-studied probiotic spore that concentrates its actions on supporting immune function and digestive stability.\*
- Added color from a natural source.

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



# XFactor Plus



## Benefits:

- Supports immune function
- Supports healthy bones and muscle function
- Helps support healthy blood pressure levels already in the normal range
- Protects against free radical damage
- Supports energy-yielding metabolism
- Supports normal mental performance
- Supports thyroid function
- Supports eye health and night vision
- Promotes normal cognitive function
- Helps reduce physical symptoms of menopause, including hot flashes and occasional sleeplessness
- Helps brighten the skin and maintain healthy collagen levels
- Delivers highly bioactive and bioavailable forms of key ingredients for superior absorption

Your multivitamin should help you stay healthier and feel better. XFactor + does just that—with premium, bioavailable forms of key nutrients, a high-potency B vitamin complex, naturally occurring trace minerals, aloe vera, and our proprietary Microbiome Activating Complex. It's the multivitamin—redefined.

**SUGGESTED USE:** Adults take 2 capsules

## Supplement

Serving Size 2 Capsules  
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin A (as retinyl palmitate and 50% as beta-carotene)	900 mcg	100%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	90 mg	100%
Vitamin D (as cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha tocopherol)	15 mg	100%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	3.6 mg	300%
Riboflavin (as riboflavin 5'-phosphate sodium)	3.9 mg	300%
Niacin (as niacinamide)	16 mg	100%
Vitamin B6 (as pyridoxine hydrochloride and pyridoxal 5'-phosphate)	10.2 mg	600%
Folate (as calcium L-methylfolate)	400 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	240 mcg	10,000%
Biotin	300 mcg	1,000%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	100%
Calcium (as calcium citrate)	25 mg	2%
Magnesium (as magnesium hydroxide)	25 mg	6%
Zinc (as zinc citrate)	11 mg	100%
Selenium (as L-selenomethionine)	55 mcg	100%
Copper (as copper citrate)	0.9 mg	100%
Manganese (as manganese citrate)	2.3 mg	100%
Chromium (as chromium polynicotinate)	35 mcg	100%
Molybdenum (as molybdenum amino acid chelate)	45 mcg	100%
<b>Proprietary Blend</b> (containing 400 mg total polyphenols)	505 mg	†
Grape seed extract (min. 85% polyphenols and 60% proanthocyanidins), apple fruit extract (min. 60% polyphenols), cranberry fruit powder, blackcurrant fruit extract (min. 35% anthocyanins), Japanese knotweed root extract (min. 50% trans-resveratrol), sodium copper chlorophyllin		
Aloe vera inner leaf fillet powder	100 mg	†
Boron (as boron amino acid complex)	500 mcg	†
Vanadium (as vanadyl sulfate)	10 mcg	†
Menaquinone (Vitamin K2)	10 mcg	†

†Daily Value (DV) not established.

## Features:

- Contains 100% or more of the daily value of 19 vitamins and minerals
- Contains a high-potency, complete B vitamin complex
- Features polyphenols to support your gut microbiome
- Contains no binders that can slow absorption
- Gluten free, vegetarian, and non-GMO
- No artificial colors

## Featured Ingredients:

- **Aloe vera inner leaf fillet powder** – Superfood that contains antioxidants and polyphenols. The aloe vera in XFactor Plus comes from the inner leaf fillet. The inner fillet of aloe vera is responsible for the plant's benefits of enhancing the absorption of certain micronutrients.
- **Folate (as calcium L-methylfolate)** – Essential for cell replication and growth, assisting in the normal use of amino acids and proteins. Up to 40% of the U.S. population may have a genetic enzyme defect that makes it difficult for them to convert folic acid into active folate; that's why XFactor + uses the most bioactive form of folate: calcium L-methylfolate for optimum absorption.
- **Grape seed extract** – Derived from red grape seeds, it contains a vast array of health-promoting ingredients, such as polyphenols. Grape seed extract offers excellent cardiovascular and circulatory system support and helps maintain blood pressure and lipid

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



# Restore



Restore yourself to the best version of you! Plexus Restore supports natural detoxification by helping your liver cleanse heavy metals and environmental toxins, while also offering digestive support for more comfort. Plus, Restore can help target hunger hormones to reduce appetite, control stress-related cravings, and support your weight loss journey.

## Benefits:

- Helps your liver cleanse fat-soluble heavy metals, which can negatively impact healthy metabolism
- Antioxidants help protect cells as they donate electrons to neutralize free radicals, preventing them from harming cellular components.
- Formulated with digestive support in mind, for a more comfortable cleansing experience
- Supports weight loss with ingredients that work through the gut-brain axis to decrease ghrelin levels and increase leptin levels, helping to curb stress-related cravings

## Features:

**Directions:** Mix 1 scoop with 12 - 16 fl. oz. (350 - 470 mL) of water and drink up to twice daily. \*For maximum weight loss benefits - drink 1 serving 30 minutes before two main meals daily. Use in conjunction with a reduced-calorie weight loss diet plan. Individual results will vary.

## Supplement Facts

Serving Size 1 Scoop (about 3.7 g)  
Servings Per Container 30

	Amount Per Serving	
Calories	20	
Total Carbohydrate	4 g	1% <sup>†</sup>
Total Sugars	0 g	†
Includes 0g Added Sugars		0% <sup>‡</sup>
<b>Appetite Control Blend</b>	1,583 mg	†
Hibiscus flower powder, yeast hydrolysate (from <i>Saccharomyces cerevisiae</i> ), magnolia bark extract (min. 2% honokiol & 1% magnolol), berberine hydrochloride (from phellodendron bark extract)		
<b>Digestion Support Blend</b>	275 mg	†
Ginger root powder, peppermint leaf powder		
<b>Cellular Detox Support Blend</b>	176 mg	†
Spinach leaf concentrate, spirulina whole plant powder, aloe vera inner leaf fillet powder		

<sup>‡</sup>Percent Daily Values are based on a 2,000 calorie diet.  
<sup>†</sup>Daily Value (DV) not established.

**Other Ingredients:** Natural flavors, citric acid, stevia leaf extract, and silicon dioxide.

- **Cellular Detox Blend:** A combination of spinach, spirulina, and aloe vera that helps support liver function and works at a cellular level to assist in the body's natural detoxification process. Also provides powerful antioxidants and polyphenols.\*
- **Digestion Support Blend:** A blend of ginger root and peppermint leaf that supports a comfortable cleanse while promoting good digestive function and gut health.
- **Appetite Control Blend:** A blend of hibiscus flower powder, yeast hydrolysate, magnolia bark, and berberine hydrochloride to target hunger hormones through the gut-brain axis, curb stress-related cravings, and provide strong antioxidant power.



# Hydrate



Lemon Lime

Getting enough water each day should not have to feel like a chore or leave you thirsting for more. Plexus Hydrate Lemon Lime is the ultimate convenient hydration solution your body needs for optimal performance and balance!

## Nutrition Facts

20 servings per container	
<b>Serving size</b>	<b>1 packet (4.2 g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>10</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Calcium 70mg	6%
Potassium 200mg	4%
Vitamin C 170mg	190%
Magnesium 50mg	10%
Zinc 3mg	25%
Chloride 70mg	4%
Not a significant source of saturated fat, <i>trans</i> fat, cholesterol, dietary fiber, vitamin D, and iron.	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Ingredients:** Citric acid, potassium citrate, sodium citrate, magnesium citrate, calcium citrate, natural flavors, ascorbic acid (vitamin C), tart cherry fruit powder, coconut water powder, salt, watermelon juice powder, malic acid, stevia leaf extract, silicon dioxide, turmeric (color), aloe vera (inner leaf fillet) powder, spirulina extract (color), and zinc citrate.

**CONTAINS: Tree Nuts (coconut)**

## Benefits:

- Fortified drink mix with balanced electrolytes to help you hydrate better than water alone
- Delivers fluids and electrolyte minerals for hydration
- Helps replace electrolytes lost from physical activity
- Healthy hydration and electrolyte replenishment to support optimal wellness and performance
- Can be used with other Plexus® mixes to support a well-rounded daily wellness routine
- Hydration for activity, wellness, sun exposure, and travel

## Features:

- Contains electrolyte minerals plus aloe vera, tart cherry, coconut water powder, sea salt, watermelon juice, zinc, and vitamin C
- Each serving provides 190% of the daily value of vitamin C, which is more than 2 whole oranges (based on the USDA.gov nutrient database for 1 raw orange of 154 g)
- Only 10 calories
- Good source of magnesium
- Excellent source of vitamin C and zinc
- Sweetened with stevia leaf extract
- Gluten free, vegan, and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

## Featured Ingredients:

- **Magnesium citrate** – Magnesium is a cofactor in hundreds of metabolic reactions in the body. It is required for cellular energy metabolism, nerve conduction, and ion transport.
- **Potassium citrate** – Potassium is both a mineral and an electrolyte your body needs to work properly. It helps your nerves to function and muscles to contract. It also helps your heartbeat stay regular.
- **Tart cherry fruit powder** – Tart cherry powder is rich in polyphenols and demonstrates antioxidant properties.
- **Coconut (Cocos nucifera) water powder** – Coconut water is the liquid found in a young green coconut and should not be confused with coconut milk. Coconut water is used in various parts of the world to help with rehydration.

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



# Lean Whey



Chocolate

With 21 grams of satisfying, muscle-maintaining protein per serving, along with 21 bioavailable vitamins and minerals (including folate from L-methylfolate calcium), Lean Whey gives you the fuel and nutrition you need to stay full, eat less, and lose weight.

## Benefits:

- Delicious whey meal replacement
- Supports weight loss
- High in protein and a good source of fiber to help control hunger
- Supports gut and digestive health with prebiotic fiber and digestive enzymes
- Helps you cut calories and lose weight while providing healthy nutrition
- Helps support and maintain lean muscle
- althy glucose metabolism

## Features:

- 21 grams of rBGH-free protein per serving to support lean muscle
- 30 grams of protein when prepared as directed
- Complete amino acid profile, including essential branched chain amino acids like leucine, isoleucine, and valine
- Supports gut and digestive health with prebiotic fiber, polydextrose, and digestive enzymes
- Contains bioavailable forms of 21 vitamins and minerals
- Highly bioavailable folate (L-methylfolate calcium)
- Contains digestive enzymes to aid in the digestion of whey protein
- 5 grams of fiber per serving, including prebiotic fiber to support digestive health
- Does not contain soy or gluten
- No artificial colors, flavors, sweeteners, or preservatives

## Featured Ingredients:

- **rBGH-free ≈ whey protein** – A combination of rBGH-free whey concentrate and isolate that delivers a complete amino acid profile to fuel your body and support lean muscle.
- **Prebiotic fiber, polydextrose** – Polydextrose is a large plant-based polysaccharide. Unlike starch however, the carbohydrates in polydextrose are uniquely linked together, making them resistant to our digestive enzymes.

Nutrition Facts			
15 servings per bag			
Serving size		2 Scoops (about 40g <sup>3</sup> )	
Amount per serving	Powder	as prepared w/ 8 fl. oz. Nonfat Milk	
Calories	140	230	
	% DV*	% DV*	
Total Fat	3g	4%	3.5g
Saturated Fat	1.5g	8%	1.5g
Trans Fat	0g		0g
Polyunsaturated Fat	0g		0g
Monounsaturated Fat	1g		1g
Cholesterol	50mg	17%	60mg
Sodium	130mg	6%	230mg
Total Carbohydrate	12g	4%	24g
Dietary Fiber	5g	18%	5g
Soluble Fiber	5g		5g
Total Sugars	3g		15g
Includes Added Sugars	1g	2%	1g
<b>Protein</b>	<b>21g</b>	<b>42%</b>	<b>30g</b>
Vitamin D	1mcg	6%	3.7mcg
Calcium	155mg	10%	480mg
Iron	4mg	20%	4.2mg
Potassium	305mg	6%	715mg
Vitamin A	90mcg	10%	247mcg
Vitamin C	13.5mg	15%	13.5mg
Vitamin E	2.5mg	15%	2.5mg
Thiamin	0.25mg	20%	0.4mg
Riboflavin	0.4mg	30%	0.7mg
Niacin	7mg	45%	7.4mg
Vitamin B6	0.3mg	20%	0.4mg
Folate	91mcg DFE	25%	96mcg DFE

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



# Slim Hunger Control



## Benefits:

- Supports fat burning
- Helps your body reduce abdominal fat
- Supports metabolism and aids in weight management
- Supports mood and focus
- Supports energy

Specially formulated with Polydextrose to help you feel full longer and shed extra pounds<sup>^</sup> reducing your desire to overeat. Enjoy less hunger and more control, delivered in a refreshing blood orange, lemon, lime or black cherry, lime blossom flavor with only 15 calories.

## Features:

- Delicious blood orange, lemon, lime citrus flavor
- Only 15 calories
- 30 single-serve packets
- Gluten free, vegan, and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

## Supplement Facts

Serving Size 1 Packet  
Servings Per Container 30

	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	8 g	3% <sup>‡</sup>
Dietary Fiber	6 g	21% <sup>‡</sup>
Chromium (as chromium polynicotinate)	200 mcg	571%
Polydextrose	6,250 mg	†
<b>Plexus Slim® Blend</b>	531 mg	†
<small>Green coffee bean extract (min. 50% chlorogenic acid and less than 2% natural caffeine), <i>Garcinia cambogia</i> fruit extract, alpha lipoic acid, white mulberry fruit extract</small>		

<sup>‡</sup>Percent Daily Values are based on 2,000 calorie diet.  
<sup>†</sup>Daily Value (DV) not established.

## Featured Ingredients:

- **Polydextrose** – Calorie-smart soluble fiber that helps signal satiety, helping you feel full longer. Green coffee bean extract – Naturally derived extract that can help decrease the absorption of sugars.
- **Chromium polynicotinate** – Essential trace mineral that assists with the transportation of glucose into cells.

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





# Active



Starfruit Guava

Provides long-lasting energy without jitters with Green Tea and Yerba Mate, in addition to enhanced mental clarity from L-Theanine. Natural caffeine sources, Citrulline Malate and S7™, an antioxidant-rich blend of plant extracts, provides nitric oxide support for better daily performance and muscle recovery.

**Directions:** Adults mix 1 packet with 12-16 fl. oz. of water and shake immediately.

## Supplement Facts

Serving Size 1 Packet  
Servings Per Container 15

	Amount Per Serving	%DV
Calories	25	
Total Carbohydrate	5 g	2%†
Total Sugars	2 g	†
Includes 2 g Added Sugars		4%†
Vitamin A (as beta-carotene)	270 mcg	30%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	54 mg	60%
Vitamin E (as d-alpha tocopherol)	21 mg	140%
Thiamin (as thiamine hydrochloride)	1.5 mg	125%
Riboflavin	2.8 mg	215%
Niacin (as niacinamide)	20 mg	125%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride and pyridoxal 5'-phosphate)	1.7 mg	100%
Vitamin B <sub>12</sub> (as methylcobalamin)	4.8 mcg	200%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%

**Proprietary Blend** 1.5 g †  
Citrulline malate, L-theanine, caffeine (green tea leaf extract and yerba mate leaf extract), N-acetyl-L-tyrosine, ActiGin (Panax notoginseng root extract and Rosa roxburghii fruit extract), S7™ (green coffee bean extract, green tea leaf extract, turmeric rhizome extract, tart cherry, blueberry, broccoli, kale leaf), beet root juice powder, glycerophosphocholine

†Percent Daily Values are based on 2,000 calorie diet.  
‡Daily Value (DV) not established.

**Other Ingredients:** Natural flavors, honey powder, trehalose, citric acid, malic acid, stevia leaf extract, silicon dioxide, and monk fruit extract.

## Benefits:

- Provides clean, long-lasting energy
- Supports performance and mental clarity
- Enhances feeling of alertness
- Supports body's natural nitric oxide production
- Supports improved performance
- Helps support immune function

## Features:

- S7™ plant-based nutrient blend, including turmeric, tart cherry, blueberry, kale, and more
- Bioavailable forms of vitamins A, C, E, and B vitamins
- Natural peach mango flavor
- Gluten free and vegetarian
- No artificial colors, flavors, sweeteners, or preservatives

## Featured Ingredients:

- **Green tea and yerba mate** – Provides 100 mg of caffeine to support energy.
- **S7 – Blend of 7 plant-based** ingredients that support the body's natural nitric oxide production, including green coffee bean, green tea, turmeric, tart cherry, blueberry, broccoli, and kale.
- **Natural caffeine and ActiGin** – Standardized extract of Panax notoginseng (Tienchi ginseng) and Rosa roxburghii (chestnut rose) that helps support endurance.
- **L-citrulline malate and S7** – Help support nitric oxide production, which is associated with muscle recovery.

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



# Smart Snack



Snacks that help you power through the day should be simple to find, simply made, and simply delicious! Plexus Smart Snack features a sensational vanilla matcha flavor and ingredients that fill you with nutrition, not empty calories. You can satisfy your hunger and keep your wellness goals in sight.

<b>Nutrition Facts</b>	
3 servings per container	
<b>Serving size</b>	1 Bar (34g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
	% Daily Value*
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
Sugar Alcohol 3g	
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 63mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 106mg	<b>2%</b>

**Ingredients:** Agave inulin, soluble tapioca fiber, whey protein isolate, xylitol, oats, whey protein crisps (whey protein concentrate, rice flour, tapioca starch, calcium carbonate, sunflower lecithin), cocoa butter, whole milk powder, coconut flour, dried coconut, natural flavor, vanilla bean, salt, stevia, and matcha powder.

**CONTAINS:** Milk, Tree Nuts (coconut)

## Benefits:

- Provides protein to support lean muscle
- Supports digestive health and the gut microbiome

## Features:

- Contains 7 grams of protein per serving to help fuel your body with clean, lean nourishment
- Delicious vanilla flavor with a hint of matcha
- Features soluble prebiotic tapioca fiber to support gut health
- Gluten free and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

## Featured Ingredients:

- **Whey Protein Isolate (WPI)** – A more purified form of whey protein, typically containing more than 90% protein. WPI is growing rapidly in sports nutrition, where the fat and other non-protein constituents are undesirable.
- **Whey Crisps** – Made using a proprietary extrusion process combining Whey Protein Isolate (WPI) and Whey Protein Concentrate (WPC) to enhance the protein content of food. The crisp texture and composition of this ingredient is ideal for nutritional snack bar applications.
- **Soluble Tapioca Fiber** – A dietary fiber derived from tapioca not immediately absorbed in the small intestine and remains available for bacterial fermentation in the colon, where it acts as a prebiotic to support gut health.

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



# Collagen Bone Broth



## Benefits:

- Fuel your body with this calorie-smart broth packed with collagen
- Provides essential building blocks to support your body with important amino acids
- Helps support healthy skin and soft tissues with an increased dietary intake of collagen

Supporting your health with delicious, nutrient-dense foods shouldn't be a struggle. Collagen Bone Broth features a savory beef flavor and collagen protein to help satisfy your hunger and support your commitment to clean eating.

## Features:

- Equivalent to 20 grams of easily absorbed grass-fed bovine collagen per serving
- Savory beef flavor
- Gluten free and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

## Nutrition Facts

3 servings per container	
Serving size	1 packet (24 g)
Amount Per Serving	
<b>Calories</b>	<b>80</b>
	% Daily Value*
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 330mg	14%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 20g	
Not a significant source of saturated fat, trans fat, cholesterol, vitamin D, calcium, iron, and potassium.	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Ingredients:** Beef bone broth powder, natural flavors, carrot powder, onion powder, garlic powder, salt, and rosemary powder.

## Featured Ingredients:

**Beef bone broth powder** – The long-cooking process of bone broth allows small amounts of nutrients in the bones as well as collagen to leach into the water. Bone broth provides amino acids, which your body can use to build new collagen in your body.



# Collagen Soup



Nutrient-dense foods that taste great and support your wellness goals should never be hard to find.

Collagen Soup offers a zesty tomato herb flavor and is rich in collagen protein to help satisfy your hunger without breaking your commitment to clean eating.

Nutrition Facts	
3 servings per container	
Serving size	1 packet (33 g)
Amount Per Serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
Total Fat 0g	0%
Sodium 200mg	9%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 20g</b>	
Not a significant source of saturated fat, trans fat, cholesterol, vitamin D, calcium, iron, and potassium.	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Ingredients:** Hydrolyzed bovine collagen, tomato concentrate powder, and nutritional yeast. Contains 2% or less of: garlic powder, spices, guar gum, xanthan gum, citric acid, salt, silicon dioxide, and natural flavor.

## Benefits:

- Fuel your body with this calorie-smart soup packed with collagen
- Provides essential building blocks to support your body with important amino acids
- Helps support healthy skin and soft tissues with an increased dietary intake of collagen

## Features:

- Contains 20 grams of hydrolyzed grass-fed bovine collagen per serving
- Tomato herb soup that can be seasoned to taste
- Gluten free and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

## Featured Ingredients:

- **Hydrolyzed Bovine Collagen** – A type of collagen that can be easily absorbed in the bloodstream and distributed throughout the body when used to supplement the diet. Increased dietary intake of collagen supports healthy skin and soft tissues to help maintain their strength and elasticity.
- **Tomato Concentrate Powder** – Derived from dehydrated tomatoes, this powder adds depth and zest to foods like soups. Tomato products contain many health-related food components, including the carotenoid antioxidant responsible for their red color - lycopene.
- **Nutritional Yeast** – A deactivated yeast, often a strain of *Saccharomyces cerevisiae*, sold commercially as a food product to provide a nutty slightly yeasty, roasted flavor note and texture to dishes.





# Restore



Your body was designed to function efficiently, and it should be easy to find products that help support its return to a natural state of balance so you can move toward your wellness goals with the foundation you were meant to have.

## Benefits:

- Helps restore your body to a natural state of homeostasis\*
- Supports your body's natural defenses against environmental toxins and stressors
- Works at a cellular level to assist in healthy aging
- Supports gut health, good digestive function, liver function, and a healthy stress response
- Assists in weight management efforts by aiding in appetite control and helping to curb stress-related cravings\*

## Features:

- Includes 3 carefully crafted proprietary blends: Cellular Defense Blend, Digestion Support Blend, and Appetite Control Blend
- Delicious lemon berry formula can be served warm or cold
- Gluten free and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

## Featured Ingredients:

- **Spinach Leaf** – In addition to its exceptional micronutrient content, Spinach contains antioxidant carotenoids and polyphenols, which provide additional health benefits. The spinach leaf concentrate in Restore also helps support liver health and function.
- **Spirulina** – An alga containing beneficial antioxidants that give it a bright blue-green color. Spirulina has been studied for a variety of beneficial health effects. The spirulina in Restore also promotes natural defenses against environmental toxins.
- **Hibiscus Flower** – It is well known for its nutritional and health promoting properties, many of which are directly linked to its various antioxidant compounds, including as flavonoids, anthocyanidins, and triterpenoids.

## Supplement Facts

Serving Size 1 Packet  
Servings Per Container 3

	Amount Per Serving	% DV
Calories	20	
Total Carbohydrate	4 g	1% <sup>‡</sup>
Total Sugars	0 g	†
Includes 0g Added Sugars		0% <sup>‡</sup>
Potassium	35 mg	<1%
<b>Appetite Control Blend</b>	<b>2,134 mg</b>	†
Hibiscus flower powder, yeast hydrolysate (from <i>Saccharomyces cerevisiae</i> ), magnolia bark extract (min. 2% honokiol & 1% magnolol), berberine hydrochloride (from phellodendron bark extract)		
<b>Digestion Support Blend</b>	<b>275 mg</b>	†
Ginger root powder, peppermint leaf powder		
<b>Cellular Defense Blend</b>	<b>176 mg</b>	†
Spinach leaf concentrate, spirulina whole plant powder, aloe vera inner leaf fillet powder		

‡Percent Daily Values are based on 2,000 calorie diet.  
†Daily Value (DV) not established.

**Other Ingredients:** Natural flavors, citric acid, stevia leaf extract, and silicon dioxide.

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