

plexus®

The Health & Happiness Company



2020 PRODUCT CATALOGUE
CANADA EDITION



Hello, and welcome to the future of health and happiness.

From day one, our mission at Plexus has been to enhance the lives of those around us through health and happiness. That mission has propelled us forward, motivating and inspiring everything we do, from developing new products to expanding opportunities.

Our Research and Development Team works tirelessly to stay on the cutting-edge of product and technological innovation. Our efforts have resulted in revolutionary products that adapt to meet the daily needs of you and your family. This year we expanded our Weight Management product line with the introduction of Lean Vegan and the addition of Plexus Slim Hunger Control to the Canadian market. Both Lean Vegan and Slim Hunger Control provide new and unique solutions for individuals looking for daily support in achieving their weight management* goals. Our entire product lineup is centred around helping you on your journey toward a happier, healthier life. Whatever your goals may be, we strive to help you reach them.

But Plexus is more than life-changing products; it's also a game-changing opportunity. The only thing better than finding health and happiness for yourself is sharing it with others. So what's holding you back, because we're here to help. When we work together, the future looks even brighter.

From the One Plexus Family,

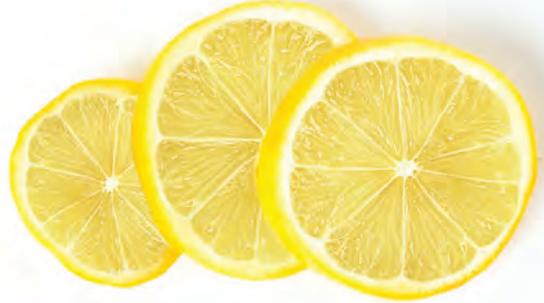
Tarl Robinson — CEO

*Along with a healthy lifestyle that includes calories reduction and physical activity.

PRODUCT PHILOSOPHY

True health, from the inside out.

Our ever-evolving product line is centered around the idea that real health and happiness come from within. We're committed to making high quality, safe, effective products using the best possible ingredients from only the best sources. Each Plexus® product is:



Pure.

Our products are independently screened and certified to be free of harmful levels of contaminants like heavy metals and pesticides. In recent years, we've evolved our product line to include products that are Non-GMO, Gluten Free, and 100% Vegetarian. What's more, we go to great lengths to ensure that our sourcing and manufacturing facilities follow Good Manufacturing Practices (GMP) and adhere to Health Canada guidelines. Quality assurance is our priority, every step of the way.

Potent.

From the ingredients we choose to the formulas we develop, everything we do is to create products with one end goal in mind: your health and happiness.

Guaranteed.

We want you to see the difference for yourself, so we offer you the chance to try our products with a 60-day money back guarantee. If you're not 100% satisfied with your results, you can request a full refund within 60 days of the purchase date, less shipping.** When it comes to your health and happiness, we don't compromise. You shouldn't either.

**** This guarantee can only be used once per product and excludes certain promotional items. If you have purchased a Plexus product direct from your Ambassador, your Ambassador will issue a refund to you.**

WEIGHT MANAGEMENT

Create healthy habits, not restrictions.

Plexus® offers safe and effective weight management solutions to help you look and feel your best. Our products take a whole-body wellness approach to help you manage your weight* and maintain a healthy lifestyle. It's not just about how your jeans fit, but how your dreams fit.

Slim Hunger Control



NPN 80092506

Less Hunger. More Control.™*

Plexus Slim® Hunger Control is specially formulated to help to temporarily increase satiety and help you manage your weight*.

BENEFITS

- Helps you to manage your weight*
- Provides support for healthy glucose metabolism
- Helps to temporarily increase the feeling of fullness when taken 90 minutes prior to a meal

FEATURES

- Delicious blood orange, lemon, and lime flavour
- Only 20 Calories
- No artificial sweeteners, flavours, or preservatives
- Gluten Free, 100% Vegetarian, Non-GMO

30 PACKETS

(Also available in a 3-Day Trial Pack)

PAIRS WELL WITH:

 Lean, Block



Slim

NPN 80078152

This Is How Healthy Happens!

Slim is the famous, great-tasting pink drink mix that contains ingredients that help support healthy glucose metabolism. It can also help maintain healthy blood pressure levels – it's just what your body needs to complement a weight management program.

BENEFITS

- Helps you manage your weight*
- Supports healthy glucose metabolism
- Helps maintain healthy blood pressure levels
- Helps support cardiovascular health
- Helps the body metabolize carbohydrates and fats

FEATURES

- Includes delicious raspberry, lemon, and watermelon flavours
- Only 5 calories
- No artificial preservatives
- Gluten Free, 100% Vegetarian, Non-GMO

30 PACKETS

(Also available in a 7-Day Trial Pack)

PAIRS WELL WITH:

 VitalBiome™, Bio Cleanse

Block

NPN 80074657

Your Choices, Made Better.

Block is designed to help maintain healthy blood glucose levels and reduce the glycemic index of foods. Block is taken at the start of your meal and goes to work immediately, so you can enjoy more and worry less.

BENEFITS

- Helps reduce the glycemic index of ingested food
- Provides support for healthy blood glucose levels
- Helps to maintain the body's ability to metabolize nutrients

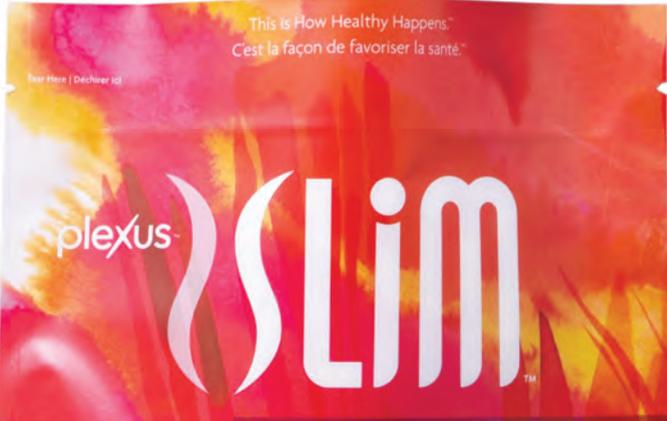
FEATURES

- Key ingredients: Proprietary Brown Seaweed Blend, White Kidney Bean Extract, Chromax® Chromium Picolinate
- No artificial colours, flavours, or preservatives
- Gluten Free, 100% Vegetarian, Non-GMO

60 CAPSULES

PAIRS WELL WITH:

 Slim Hunger Control, Lean



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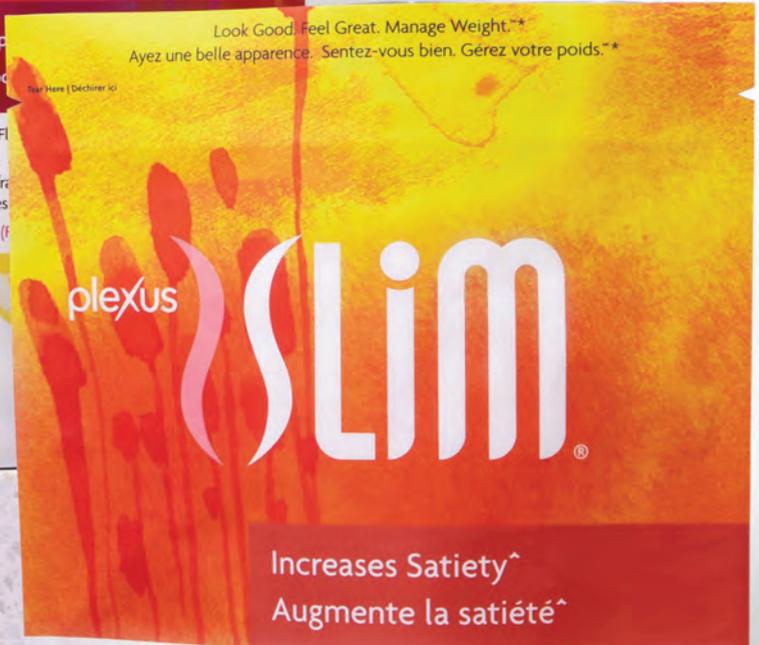
plexus **SLIM**

This is How Healthy Happens.
C'est la façon de favoriser la santé.

Provides Support
Aide à métabolisme



Refreshing Natural Flavour
Only 5 Calories
Arômes naturels rafraîchissants
Seulement 5 calories
30 Packets/sachets (Powder/Poudre)



Tear Here | Déchirer ici

plexus **SLIM**

Look Good. Feel Great. Manage Weight.
Ayez une belle apparence. Sentez-vous bien. Gérez votre poids.

Increases Satiety[^]
Augmente la satiété[^]

Provides Support for Healthy Glucose Metabolism
Refreshing - Natural Flavours
Fournit un support pour un métabolisme de glucose sain
Rafraîchissant - Saveurs naturelles
30 Packets/sachets (Powder/poudre) | NPN 80092506



plexus **Block**
Take Control
Prenez les commandes
Helps Reduce the Glycemic Index of Digestion
Helps Support Healthy Blood Glucose Levels
Aide à réduire l'indice glycémique des aliments
Aide à favoriser des taux sains de glycémie
NPN 80037657
60 Capsules/gélules



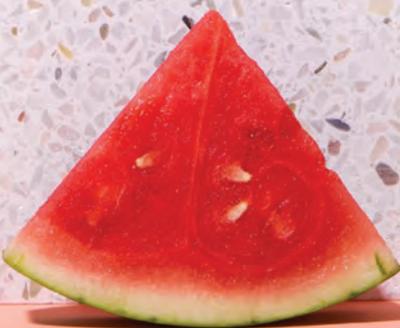
HUNGER CONTROL
CONTRÔLE DE LA FAIM

Recommended Use(s)
Suivez les recommandations
pour tous les détails



plexus **SLIM**

Look Good. Feel Great. Manage Weight.
Ayez une belle apparence. Sentez-vous bien. Gérez votre poids.





With Nourish One™, a meal for you means a meal* for a hungry child in need. Learn more at plexusworldwide.ca/nourish-one.

Also now available in **Vegan!**



WEIGHT MANAGEMENT



“Adding Lean shakes into my daily routine has helped me change my life, I feel amazing! I am able to do more, making me feel ALIVE in a way I haven't felt in years.”^{**}”

- Michelle B.

Lean Whey

A “Whey” Better Meal Replacement.

Plexus Lean™ Whey is the nutritious and satisfying meal replacement or snack, with 15 grams of rBGH-free whey protein, 24 grams of protein when mixed as directed, and 5 grams of fiber to keep you feeling satisfied.

BENEFITS

- Supports weight loss[^]
- Helps support and maintain strong muscle
- Satisfies and controls hunger with high protein and fiber

FEATURES

- Provides 15 grams of rBGH-free whey protein, 24 grams of protein when mixed as directed, to maintain strong muscle
- Great tasting Creamy Vanilla or Milk Chocolate flavours
- Good source of fiber
- 24 vitamins and minerals, like Folate (L-methylfolate)
- Non-GMO, free from artificial flavours, colours, and sweeteners
- Free from soy and gluten allergens
- Great in smoothies, muffins, parfaits and more!

14 MEALS

PAIRS WELL WITH:

 Slim Hunger Control, Block

Lean Vegan

Lean Up. Fuel Up.



Plexus Lean Vegan is a premium, 100% vegan meal replacement that packs 20 grams of pea, rice and ancient grains protein, 23 vitamins and minerals to help you feel energized and satisfied so you can power through your day.

BENEFITS

- Supports weight loss[^]
- Satisfies and controls hunger with protein and fiber
- Helps cut calories and lose weight[^] while providing healthy nutrition in a complete meal
- Helps support and maintain strong muscle

FEATURES

- 20 grams of vegan protein from pea, rice, and ancient grains
- Powered with 23 vitamins and minerals, like Folate (L-methylfolate), Calcium, Zinc, Vitamins A, C, E, and more
- Contains plant-based Omega-3 fatty acids
- 100% Vegan, free from artificial flavours, colours, and sweeteners
- Great in smoothies, muffins, parfaits and more!

14 MEALS

PAIRS WELL WITH:

 Slim Hunger Control, Block

[^]As part of an energy-reduced diet.

^{**}All other benefits expressed in this testimonial are the individual's personal opinion. Individual results will vary.

[^]Every bag of Plexus Lean sold contributes a donation equivalent to 14 meals to Mary's Meals. 1.00 USD helps provide at least 10 meals to children in impoverished countries around the world.

NUTRITION

Live Healthy. Love Life.

We all know getting the right nutrition can make a big difference in how we feel. But it isn't always easy to get the vitamins and minerals we need to feel our best, and sometimes our busy lifestyles leave us feeling tired and burnt out. Plexus' nutrition products help meet the demands of your busy, active lifestyle by filling in the nutritional gaps and supporting energy, immunity, digestion, and overall health from the inside out.

VitalBiome™

NPN 80080594

Keep your gut in Balance.

Plexus VitalBiome delivers 8 diverse probiotic strains that helps reduce feelings of gastrointestinal discomfort associated with irritable bowel syndrome and promote beneficial gut flora to improve your health and overall comfort.

BENEFITS

- Helps support intestinal health
- Helps reduce GI discomfort like bloating and gas caused by stress
- Helps reduce abdominal pain associated with IBS
- Helps relieve occasional constipation
- Helps promote favourable gut flora

FEATURES

- 7 billion active cells at time of expiration
- No artificial colours, flavours, or preservatives
- Gluten Free, 100% Vegetarian, and Non-GMO

30 CAPSULES

PAIRS WELL WITH:

-  Slim
-  Bio Cleanse

Bio Cleanse

NPN 80077572

Gentle Relief.

Plexus Bio Cleanse™ is specially formulated to contain magnesium that helps you manage those days when you feel unbalanced and uncomfortable. Use the power of magnesium to support your digestive system, leaving you feeling more like yourself again.

BENEFITS

- Helps to relieve irregularity
- Helps to relieve occasional constipation
- Helps to increase water in the intestine to increase fluidity

FEATURES

- Gluten Free and 100% Vegetarian
- Bioflavonoid Complex
- No artificial colours, flavours, or preservatives

120 CAPSULES

PAIRS WELL WITH:

-  Slim
-  VitalBiome





plexus
VitalBiome™
Daily Probiotic
Probiotique quotidien
7 Billion Active Cells*/8 Probiotic Strains
For Complete Intestinal and Digestive Health
7 milliards de cellules actives*/8 souches probiotiques
Pour une santé intestinale et digestive complète
NPN 80082594
30 Capsules/gélules

plexus
Bio Cleanse™
Gentle Relief
Soulagement en douceur
Helps to Relieve Irregularity
Aide à soulager l'irrégularité
NPN 80077572
120 Capsules/gélules



NUTRITION



“I began taking Ease when I found myself with back discomfort and I love the way it has helped; I’m back to my normal activities. I love the simplicity of Ease!***”

- Tanya B.

XFactor Plus

NPN 80076560

Your Daily Dose of Health.

Plexus XFactor Plus™ is so much more than your ordinary multivitamin—delivering premium nutrients available to help your body thrive, including 25 vitamins and minerals, and a high potency B vitamin complex. It’s the multivitamin-redefined.

BENEFITS

- Helps maintain immune function
- Helps to build strong bones and teeth and aids in connective tissue formation
- Helps to maintain proper muscle function, including the heart
- Provides antioxidants to protect cells against free radical damage

FEATURES

- No added preservatives or artificial flavours
- Gluten Free, 100% Vegetarian, Non-GMO, Yeast Free
- Free of Priority Allergens

60 CAPSULES

PAIRS WELL WITH:

-  Slim, Slim Hunger Control
-  VitalBiome™

Ease

NPN 80054989

Soothes Discomfort.

Plexus Ease™ capsules are designed to soothe away discomfort, like joint pain, due to an active lifestyle. With Ease, you will notice your discomfort easing away.

BENEFITS

- Turmeric is used in herbal medicine as an anti-inflammatory to help relieve joint pain
- Turmeric provides antioxidants for the maintenance of good health

FEATURES

- Provides a highly concentrated extract of New Zealand Green Lipped Mussel
- Gluten Free
- No artificial colours, flavours, or preservatives

60 CAPSULES

PAIRS WELL WITH:

-  Slim, Slim Hunger Control

Edge

NPN 80076784

Get Energized. Stay focused.

Plexus Edge™ is the solution to your personal energy crisis. Edge temporarily provides healthy, sustained energy and promotes mental focus.

BENEFITS

- Helps to temporarily increase energy and reduce fatigue
- Helps to temporarily improve sustained attention
- Helps to temporarily promote mental focus

FEATURES

- Contains clinically tested key ingredients: Energy-boosting Theacrine, jitter-busting L-Theanine, and naturally occurring caffeine (Coffea Arabica)
- Contains approximately 90 mg of caffeine – less than a standard cup of coffee
- Gluten Free, 100% Vegetarian, and Non-GMO
- No artificial colours, flavours, or preservatives

30 CAPSULES

PAIRS WELL WITH:

-  Slim, Slim Hunger Control

PERSONAL CARE

Do something for you every day.

Nature does wonders for your spirit, but it's likely to be very hard on your skin. From assaults by the searing sun, cold drying wind, and environmental irritants, your skin is under constant attack from the elements. At Plexus®, we understand that self-care is extremely important, but it can be difficult to balance internal and external elements. Our personal care product is designed to provide a unique solution to help renew and protect your body, which is simple to implement. With our personal care product, you can enjoy life to the fullest!

Body Cream

Combat Environmental Abuse.

Plexus Body Cream is uniquely designed to both moisturize and guard your skin from the abuse of the elements. This formula features nourishing and soothing ingredients such as Aloe Vera Gel and Lavender Oil.

BENEFITS

- Guards skin from the abuse of the elements
- Moisturizes the skin
- Improves the appearance skin texture and tone
- Non-greasy

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 and Activated Charcoal

89 mL





plexus

What if you could **change**

everything

**Plexus® fits your lifestyle.
Choose the pace that's perfect for you.**

Share Health & Happiness

Experience the products for yourself and share with a few friends to earn a little extra.²

The Opportunity to Help Pay for Your Products

Experience the opportunity to earn a little more to help cover the cost of your products. It's like getting a discount for your products!²

Build Your Own Business

Experience the opportunity, get a fast start bonus, build a team and generate additional income for you and your family.²

Plexus provides the opportunity to pick the pace that fits the lifestyle you're looking for.

**Become a Plexus Ambassador and
make a real difference in the world.**

Our Ambassadors are real women and real men with real families working to make a real difference in the world. You can too! Plexus makes it easy with proven products, a super supportive Plexus team cheering you on, and a powerful compensation plan.



Get Paid²



Change Lives



Have Fun

Here's a little inspiration to start your Plexus® journey.



Trips

Your success can earn you amazing trips to exciting destinations. Spend time with old friends and the new ones you've met along the way, and get training just for leaders!*



Be a Blessing

The Plexus Opportunity allows you to earn extra income so you can support your favourite charities and causes.†



Recognition

Enjoy the journey! Your One Plexus family is eager to cheer you on and celebrate your accomplishments! Are you ready to take the stage?‡



Be the Boss of You

Succeed by working hard, making your own schedule and choosing your own hours! Empower yourself. Empower others. Change your world. Work your business like the #boss you are. And meet lots of people doing the same thing.

How do I earn with Plexus?

Our earning opportunity gives Ambassadors 9 different ways to earn!‡

Our plan not only provides earning potential, but it also supports the company's culture of teamwork. Each month 50% of the company's commissionable volume is paid out to Ambassadors through these 9 different ways.‡

The diversified earning opportunity is unlike any other in Social Marketing.

It's possible to make 300.00 USD your first month by:

Sponsoring three of your friends who each buy a Welcome Pack. You also sell 300.00 USD (400.88 CAD) in products to six friends and family members, earning you Retail Commissions and Preferred Customer Bonuses.‡

$$\begin{array}{ccccccc}
 \mathbf{100.00^{USD}} & + & \mathbf{100.00^{USD}} & + & \mathbf{100.00^{USD}} & = & \mathbf{300.00^{USD}} \\
 \text{Complete Me+3} & & \text{Commissions and} & & \text{Achievement} & & \text{Earning 300.00 USD in} \\
 \text{in first 14 days for} & & \text{Preferred Customer} & & \text{Bonus}^{\ddagger} & & \text{your first month is} \\
 \text{an extra Bonus}^{\ddagger} & & \text{Bonuses}^{\ddagger} & & & & \text{within reach!}^{\ddagger}
 \end{array}$$

* Plexus makes no guarantees on income. Personal earnings will vary. Your success depends on your effort, commitment, skill and leadership abilities. In 2018, a typical participant in the Plan earned up to 500.00 CAD or less. Please see the Plexus Annual Income Disclosure Statement.

‡ All earnings/amounts in USD will be paid in Canadian dollars (CAD) according to the Plexus Foreign Exchange Rate Policy found in the Plexus Canada Policies and Procedures.

Lean: It's more than a shake, **it's a movement.**

Did you know millions of children in poverty-stricken communities face hunger? That's why we launched our Nourish One™ Initiative and are proud to partner with Mary's Meals – a global child hunger charity that feeds over 1.5 million children every school day. Through Nourish One, each bag of Plexus Lean™ you purchase helps to provide meals to children in need. A serving of Lean for you, means a meal* for them. It really is that simple. Join the movement, and spread health, happiness, and hope.



Visit your Ambassador's website to learn more about Plexus Worldwide™ and its amazing business opportunities.



FOLLOW US ON SOCIAL MEDIA

*Every bag of Plexus Lean sold contributes a donation equivalent to 14 meals to Mary's Meals. 1.00 USD helps provide at least 10 meals to children in impoverished countries around the world.
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