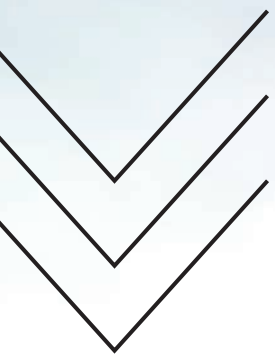


plexus



RESET

90-DAY GUIDE



The Plexus Reset™ System

A 3-day nutritionally supported fast that helps reset your metabolism

Sometimes, you need a little help to get yourself back in balance and refocus your attention on the things that serve your overall well-being. The 3-day Plexus Reset is about getting your body ready for establishing healthy habits, so you can move toward more energy, establish a healthy gut, manage your weight, and feel fit.

It's uniquely designed to promote a metabolic reset that will help recondition your body, positioning you for a healthy lifestyle and healthy weight management.

Some research studies suggest that fasting programs, along with calorie control, provide some of the most effective ways to regulate metabolic changes and support the body's optimal health by allowing it to experience a "reboot" while you reset for healthy habits.

The products in the Plexus Reset deliver the nutrients your body needs during this "reboot" phase, along with a program that's been designed to mimic fasting-like support. The program products offer a simple daily routine that's achievable and realistic.

Initially, the Reset might feel challenging, but it's important to note that it's helping your body learn to use food as fuel and burn fat as a preferred source of energy. As you complete the 3 days, pay attention to how your body feels and how your overall sense of well-being changes.

Plexus Reset offers a core pillar to support healthy cellular energy, providing you with focus for weight management and renewed enthusiasm that you're heading on the right path for your overall well-being.

Healthy Living

The Plexus® Difference

OUR PRODUCT PHILOSOPHY

Our approach to formulating nutritional supplements focuses on these four key factors:

Effective levels of bioavailable ingredients

All our formulations start by selecting the right amount of ingredients you need and ingredient forms your body can more easily absorb. We blend these ingredients with the best of science to create products that deliver results.

Clean standards

We adhere to strict sourcing and ingredient standards.

Co-developed with experts

We collaborate with leading experts in integrative medicine and holistic health.

Scientific rigor

We evaluate our product formulations for safety and efficacy. We continually work to leverage the latest innovations in science and research to deliver cutting-edge products that perform.

Join Plexus Pivotal™

NUTRITION, MOVEMENT, AND MOTIVATION

Plexus Pivotal unlocks the power of Plexus® products, making it simple to establish and maintain a long-term healthy lifestyle, even during your Plexus Reset™.



Before the Reset:

- ▶ Tips to maximize Reset results
- ▶ Ways to personalize your Reset experience



During the Reset:

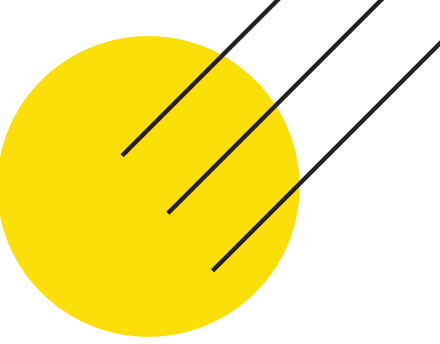
- ▶ Inspiration and motivation
- ▶ Forum to ask questions
- ▶ Community support and accountability



After the Reset:

- ▶ Tips for transitioning to post-Reset success
(with gut health, weight management, or skincare focus)
- ▶ Healthy lifestyle coaching
- ▶ Recipe and meal planning tips *(including grocery lists)*
- ▶ Exercise/movement plans *(fun and easy to do)*
- ▶ Long-term success

A Day in the Life of the Reset



The Reset system is designed to make healthy living as easy as **I-2-3!**

- Start off the day right with the key electrolytes and minerals in Hydrate.
- For breakfast, enjoy a protein-packed Lean Whey shake.
- In the late morning, have Slim Hunger Control to help promote feelings of fullness and reduce cravings.*
- For lunch, heat up a warm cup of Collagen Bone Broth to give your body the numerous benefits of collagen and the satisfaction it wants.
- In the afternoon, enjoy a balanced Smart Snack bar and a serving of Active for a clean energy boost to get through your busy day.*
- For dinner, have a bowl of Collagen Soup. Maybe add in a sprinkle of fresh herbs like basil.
- Don't forget to have your Restore before bed to help bring your body to a natural state of homeostasis and support your body's natural defenses against environmental toxins and stressors.*

If you need to add a snack:

- Enjoy a small piece of fruit, such as an apple, pear, or orange.
- Eat non-starchy vegetables, such as cucumbers, carrots, or celery.
- Grab a small handful (5-8) of raw almonds.

Additional tips:

- Keep lightly active with walks or low-intensity yoga.
- Drink plenty of lemon water to help keep your body hydrated and help eliminate waste.
- Target at least 8 hours of sleep each night to allow your body time to repair and restore.
- Do some self-care. Get a massage, soak in an Epsom salt bath, or take the day off to relax.

*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.



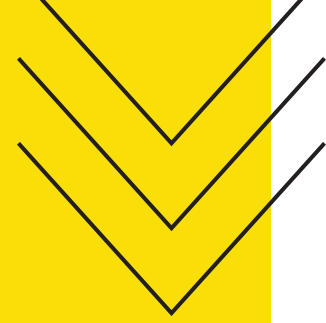
Your Reset is complete!

SUCCESS! YOU DID IT!

You have started experiencing tangible results. Now is the time to take your success to the next level.

Whether your goal is weight management or a healthy lifestyle, take stock of where you are so that you can determine the next steps in your Plexus® journey.

Remember, there is no “on” or “off” for your lifestyle! Stay strong in your commitment to healthy living, and know we are here to support you every step of the way.



Revisit Your Goals and Establish a Clear “Why”

Look at the list below and identify what you hope to accomplish. Focusing on goals and your “why” can help you navigate through periods of stress, challenges, or even lower motivation. Keep your goals handy, and continue to track your progress as you create and maintain your new lifestyle.

PHYSICAL CHANGES

- Glowing skin
- More confidence
- More youthful appearance

MOOD AND MINDSET

- More outgoing
- More productive
- Improved positivity
- More laughter
- Better stress management
- More in control
- Improved confidence
- Positive self-image

FOOD BEHAVIORS

- Healthier relationship with food
- Mindful eating
- More intuitive eating
- Reduced food cravings
- Better nutrition balance in meals

SLEEP AND ENERGY

- Improved sleep quality
- Restful sleep
- Improved feelings of energy

ACTIVITY

- Consistent exercise routine
- Increased strength and fitness
- More exercise “personal bests”
- More time outside
- More active with family and friends
- New activities
- Off the sidelines and into the game

DAY 4 AND BEYOND

Transitioning to healthy habits

Once your 3 days are done, it's important to reintroduce foods mindfully and slowly. This allows you to see how your body reacts to each choice. Build your diet around foods that feel right and then stick to it. Focus on moderation, not elimination, and make deliberate choices. After all, once you know better, you have the chance to choose better and feel better! Plexus® products are here to support you in this transition to a new, healthier lifestyle.



Gut Health

The TriPlex system, which includes Slim, ProBio 5®, and Bio Cleanse®, includes a combination of ingredients that help weed, seed, and feed your gut and build a solid foundation to help promote true health from within, so you can feel your best every day.*



Weight Management

The Weight Loss Basics is designed to help you maximize your efforts and break through barriers so you can be your own success story.*



Skincare

Beauty Basics promotes healthy, radiant, and younger-looking skin with beautifully simple routines for a true inner and outer wellness journey.

*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.

Plexus® products and Plexus Pivotal™ are your “easy button” to help you build on those new habits so that you can continue to look and feel your best! Now it's time to find ways to keep up all the great habits you have started to help ensure you stay in top shape!

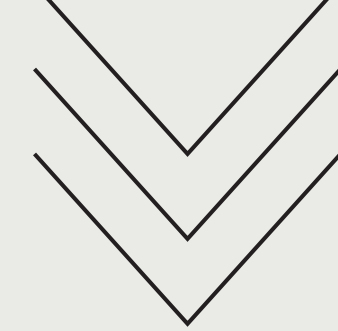
In addition to your Plexus product routine, the food you eat is one of the most important aspects of maintaining a healthy lifestyle. Continue to use the Lean meal replacement shakes, along with all the other products that you have been enjoying, to help maintain your habits and support your new, healthy lifestyle.

Looking for more guidance for your meals? Plexus Pivotal offers lots of meal planning, recipes, and other nutrition hacks to help you make healthy, happy food choices that serve your body well. Be sure to visit the Facebook group, and join the community conversations to learn more!

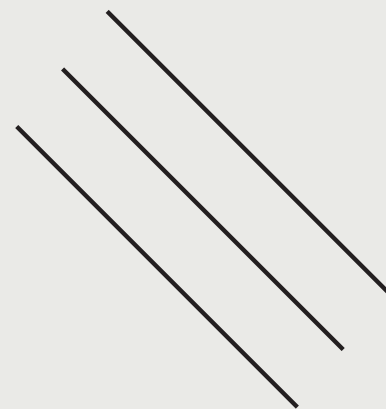


90 Healthy Days to Build a Lifetime of Healthy Habits

Sample Day



- **Stay consistent** with your Plexus® product routine.
- Eat every 4-6 hours with **no unplanned snacking** between.
- If you choose to snack, whenever possible, **choose fruits**, non-starchy vegetables, nuts, or seeds in moderation. Some easy-to-prepare, smart snack options are: carrots with hummus, cheese with apple slices, almonds with unsweetened dried fruit, hard-boiled eggs with bell pepper slices, or celery with nut butter.
- Supplement 1-2 meals a day with Lean meal replacement shakes to **satisfy hunger** and deliver **key nutrition**.
- **Drink plenty of fluids**, including water, throughout the day.
- **Avoid eating** after 7:00 p.m. or 3 hours before bed.



EARLY MORNING
Bio Cleanse®
Active

MORNING
Lean meal replacement shake
MetaBurn

MID-MORNING
Balanced snack



MID-DAY
Slim

AFTERNOON
Healthy, balanced meal
or Lean shake

MID-AFTERNOON
Balanced snack
Hydrate



EVENING
Healthy, balanced meal

EVENING SNACK
If hungry before bed, drink ½ cup of non-dairy or dairy milk blended with 1 scoop of Lean with berries.

BEDTIME
ProBio 5®

Options to customize and boost your Lean meal replacement shake:

1 Lean meal replacement shake (Choose your favorite flavor.)

2 ⅓ cup of veggies like spinach, kale, or pumpkin, or a scoop of Plexus Greens™

3 ¼ cup of fruits like dark berries or green apple

4 1 tablespoon of healthy fat like coconut cream, almond butter, or pecans, or half an avocado

5 6-8 oz. of liquid like water, almond milk, rice milk, or coconut milk

6 Flaxseeds, chia seeds, or coconut flakes for an extra nutrient boost

7 Spices like cinnamon, ground ginger, or nutmeg, as well as extracts like vanilla, almond or peppermint for added flavor

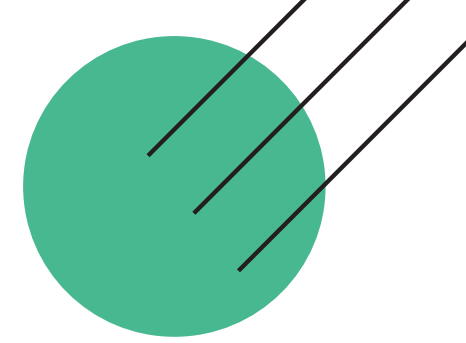
BE SURE TO VISIT YOUR PIVOTAL DASHBOARD EACH WEEK FOR MORE GREAT TIPS AND RECIPE IDEAS!

Healthy Habit Hacks for Kitchen and Meal Prep

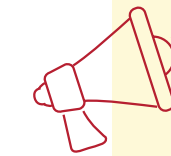
- **Portion** and prep your meals the night before.
- When you are at the grocery store, buy **fruits** or **vegetables** that you have never tried before.
- On Sunday, list your meals for the week and create a **shopping list**.
- Prep 3 **healthy snack** options and put them in a separate area of the fridge or cabinet so you know exactly where to go when you need them.
- **Avoid** unwanted temptations by storing kid snacks in a separate area.
- If you are going out to eat, look up the menu and decide what you are going to order ahead of time, so you stick with your **mindful planning**.
- Before reaching for a snack, have a cup of **water** or some **tea** to avoid confusing hunger for thirst.
- Create a daily **hydration** plan with milestones to ensure you get your fluids in (like 16 oz. by 10:00 a.m., 32 oz. by 12:00 p.m., etc.).



Meal Planning Made Simple



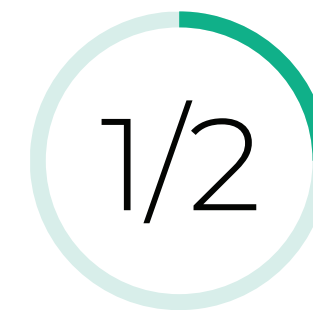
For your daily menu, try to choose foods that help you feel your best! Follow the balanced plate guidelines to help you create nutrient-dense, nourishing meals without calorie counting or deprivation.



Did you know?

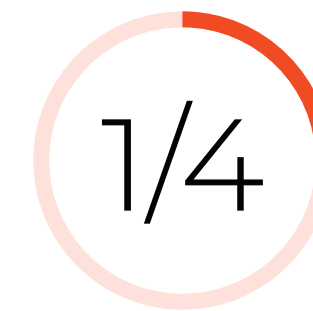
Research shows that individuals who meal plan consume more fruits and vegetables, are more likely to consume a healthy variety of foods, and have better overall diet quality.

Fill your plate with fuel



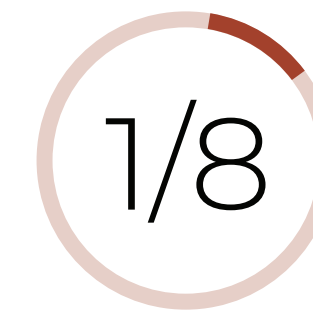
VEGETABLES

Choose non-starchy options like greens, broccoli, or asparagus.



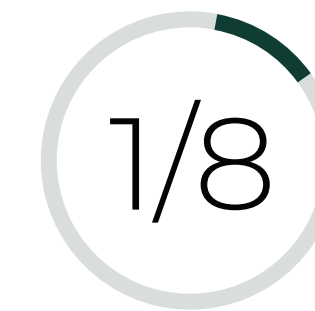
PROTEIN

Choose options like beans and lentils or non-vegan, lean protein choices such as wild fish, chicken, turkey, or beef.



GRAINS

Choose options like brown rice, quinoa, or sweet potatoes.



HEALTHY FATS

Choose options like seeds or nuts, nut butter, or oils like olive or avocado.

Fueling Your Body

You have jumpstarted your healthy lifestyle with Reset. Continue that journey with foods, supplements, and behavior that serve your body and build your healthy habits.

Here are a few ways to fuel your body with nutrient-rich foods:

WHOLE FOODS, INCLUDING LOTS OF FRUITS AND VEGETABLES

Choose whole foods! They are nutrient-dense and contain important vitamins, minerals, protein, fiber, and water that support a broad range of bodily functions.

WHOLE GRAINS

Whole grains are less processed than refined grains (like white bread) and have a greater amount of fiber, vitamins, minerals, protein, and antioxidants. The fiber in whole grains helps keep you fuller longer and can also support healthy digestion and deliver prebiotics for a balanced microbiome.

VEGAN PROTEINS

Many plant foods and fruits, such as brown rice, cranberries, and algae like chlorella, or seeds like chia, flax, and hemp, contain protein. Some of the best sources of plant-based protein are legumes like peas, kidney beans, chickpeas, and snow peas.

COLORFUL VEGETABLES

The bright colors you see in vegetables like tomatoes, carrots, and red, yellow, and green peppers are due to beneficial antioxidant compounds called carotenoids. Specific carotenoids, like beta-carotene, lutein, zeaxanthin, and astaxanthin, can have a variety of benefits like supporting vision and helping fight free radical damage.



CRUCIFEROUS VEGETABLES

Cruciferous vegetables include cabbage, brussels sprouts, broccoli, and cauliflower. These types of vegetables contain vitamins, minerals, and unique phytonutrients like sulforaphane, a powerful antioxidant.

DARK, LEAFY GREENS

Deep green, leafy vegetables include kale, spinach, and collard greens. These are rich in vitamins and minerals, including vitamin K, which supports bone health, and iron which helps support red blood cell production.

BERRIES

Berries of all colors and kinds are typically rich sources of antioxidants such as vitamin C, which is why you may hear about some of them being referred to as superfruits. It's this ability to fight oxidizing free radicals that makes them super. Antioxidants called anthocyanins can be found in raspberries, blueberries, cranberries, cherries, and grapes. Anthocyanins are responsible for giving berries (and other fruit) their red, blue, and purple colors. Antioxidants are important to promote a healthy-looking glow!

BENEFICIAL CARBOHYDRATES

Carbohydrates help give your brain and body energy. Choose complex carbohydrates that provide additional nutritional benefits. Examples of beneficial carbs include sweet potatoes, legumes, quinoa, amaranth, and millet.

BENEFICIAL FATS

You need fat to help you absorb certain nutrients, such as fat-soluble vitamins (vitamins A, D, E, and K), and antioxidants like lycopene and beta-carotene. Fat gives your cells structure. Omega-3, a type of polyunsaturated fat, is important for nerve, brain, and heart function.

PROBIOTICS AND PREBIOTICS

Research shows how important gut health is to your overall well-being. Probiotics deliver beneficial bacteria to help support your digestive tract, while prebiotics, a form of dietary fiber, help feed the beneficial probiotics in your gut to keep them active so they can function at their best.



The Cravings Are **REAL**

Food cravings can feel very real and can be difficult to resist when you are in the moment, unless you have some tools ready to leverage. It's important to empower yourself before the cravings hit so you don't feel powerless to resist. It's also important to remember that a lifestyle doesn't have an "on" or "off" switch. It's a journey filled with choices. It's about progress and not perfection, so remember to give yourself some grace and then make the choice to get right back on track toward your goals.

Healthy habit hacks for tackling cravings

- **Drink** a glass of water with citrus to avoid confusing hunger for thirst.
- **Enjoy** a cup of hot or iced herbal tea.
- Ride the craving wave mindfully, taking time to **think** about how it starts small, like a wave, then begins to grow, before it eventually breaks on shore and is gone.
- **Keep** foods that you tend to crave out of the house so it's tougher to give into the urge.
- When you feel a craving hit, change your activity to see if you can **distract** your attention away from the urge to indulge.
- If you give into your craving, be mindful of portion size. Remember that it's about learning to live in balance, **not** deprivation.

CHECK INTO YOUR PIVOTAL DASHBOARD WEEKLY FOR MORE INFORMATION, RECIPES, AND TIPS TO HELP YOU BUILD YOUR OWN HEALTHY HABITS!

Activity

The energy you need for life, as well as exercise, comes from what you eat and drink. To perform at your body's peak level, you need to nourish your body, drink plenty of fluids, and keep it moving every day!

Here are some tips:

- ▶ **Set** a goal to move more tomorrow than you did today.
- ▶ Try a new **activity** (like running, tennis, or hula-hooping).
- ▶ **Join** a gym or local recreation group, or just plan time to get active with friends.
- ▶ Turn on music and **dance** while doing chores, or do squats while brushing your teeth.
- ▶ Keep your sneakers by the front door so it's easy to get outside and go for a **walk**.
- ▶ If you are doing a Reset, stick to low-intensity exercise like walking, **yoga**, or stretching.

CHECK OUT THIS WEEK'S NEW ACTIVITIES AND WORKOUT IDEAS IN THE PIVOTAL FACEBOOK GROUP OR IN YOUR WEEKLY PIVOTAL DASHBOARD.



Healthy Hacks to Soothe Stress and Improve Sleep



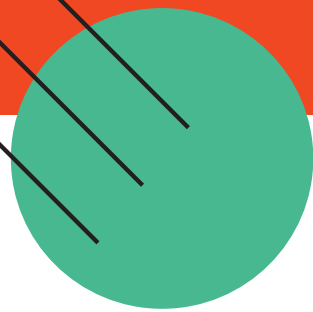
Stress affects everyone at one time or another, and it can trigger some behaviors like overeating, less sleep, and even negative self-talk. When you are anxious, it's hard to stay focused, and it impacts your overall feelings of well-being. Stress is a fact of life, so it's important to have some healthy hacks to help you manage through it and come out on the winning side.

Quality sleep also helps keep stress in perspective by allowing your mind and body time to refresh, restore, and recharge. Don't let busy family needs or to-do lists get in the way of sleep time. Follow these tips to minimize stress and prioritize restorative sleep.

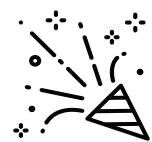
- Spend time in **nature** by going for a walk or hike, or just sitting in a garden.
- Try **meditation** to help center your mind and body.
- Ask for **support** from friends, family, or the Plexus Pivotal™ Facebook group.
- Start a gratitude **journal** and commit to writing in it daily.
- Create a **calm** space by dimming lights and turning on soft music 30 minutes before bedtime.
- Unwind and **relax** with warm herbal tea before bed.
- Turn off electronics an hour before bedtime to **minimize stress** and eliminate distractions.
- Create **calming rituals** like using essential oils, taking a warm bath, or reading a book to help slow your mind down and allow your body to wind down to be ready for sleep.



TRACK YOUR ACTIVITY IN YOUR PIVOTAL DASHBOARD, AND GET NEW WORKOUTS EACH WEEK TO HELP YOU KEEP THINGS FRESH!



Time to Reflect and Celebrate



Take the time to reflect on how you looked and felt 90 days ago. Think back on the goals you set for yourself and the “why” that drove your motivation. It’s time to recognize the changes, celebrate your accomplishments, and set new goals for the next 90 days!

PHYSICAL CHANGES

- Glowing skin
- More confidence
- More youthful appearance

MOOD AND MINDSET

- More outgoing
- More productive
- Improved positivity
- More laughter
- Better stress management
- More in control
- Improved confidence
- Positive self-image

FOOD BEHAVIORS

- Healthier relationship with food
- Mindful eating
- More intuitive eating
- Reduced food cravings
- Better nutritional balance in meals
- Less “hangry” in between meals

SLEEP AND ENERGY

- Improved sleep quality
- Restful sleep
- Improved feelings of energy

ACTIVITY

- Consistent exercise routine
- Increased strength and fitness
- More exercise “personal bests”
- More time outside
- More playtime with your kids
- New activities

HEALTHY
& HAPPY

Healthy and Happy

When you care for yourself from the inside out and take the time to nourish your body with whole foods, clean nutritional supplements, plenty of water, and quality sleep, you will be living your best life. Continue building on your healthy habits to turn 90 days into 180 and beyond for a lifetime of feeling good and truly living your best.

With Plexus[®], healthy is happy!

RESET

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