



plexus

RESET

3-day nutritionally supported fast that helps reset your metabolism

KEY BENEFITS

- Promotes fat loss[^]
- Supports healthy cellular metabolism for healthy weight management
- Helps restore balance to your system with optimal nourishment

FEATURES

- **Hydrate:** Balanced electrolytes to help you hydrate better than water alone
- **Lean Whey:** Protein to support and maintain lean muscle, satisfy hunger, and promote satiety
- **Slim Hunger Control:** A product that helps signal satiety, helping you feel full longer with polydextrose, a calorie-smart prebiotic fiber^{*}
- **Collagen Bone Broth:** A calorie-smart broth to fuel your body with collagen protein
- **Smart Snack:** A clean snack that provides protein to support lean muscle and fiber to support digestive health
- **Active:** Long-lasting, clean energy without jitters^{*}
- **Collagen Soup:** Calorie-smart broth packed with collagen protein to fuel your body
- **Restore:** A product that helps restore your body to a natural state of homeostasis and supports your body's natural defenses against environmental toxins and stressors^{*}





CLINICAL STUDY

Plexus® sponsored a third-party clinical trial to analyze the benefits of Plexus Reset™. Here's what the average participant experienced:

- **WEIGHT LOSS:** Lost a little over 5 lbs (not water weight!) and nearly 1% body fat.[^]
- **METABOLISM RESET:** Experienced a metabolic reset, going from burning a fairly equal mix of carbohydrates and fat (~50/50) to burning mostly fat (80%).[^]
- **REDUCED MEASUREMENTS:** Lost just under an inch from both their waist and hip areas.[^]
- **IMPROVED BODY COMPOSITION:** Improved body weight and body composition, without changes in retained body water.[^]

HOW TO USE:

1. Choose your start date, complete your Plexus Reset, and receive support from Plexus, including daily motivational texts.
2. Join Plexus Pivotal™, a free online community hosted by nutrition and movement experts who offer support before, during, and after your Reset with nutrition, movement, and motivation.
3. Complete a Plexus Reset every 30 days or whenever your body and mind need a reset. (Not recommended for use more than once per month)



GLUTEN
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[^]Participants in the Plexus Reset clinical trial lost an average of 5.36 pounds, 1% body fat, and about 2 cm from waist and hip areas in 3 days. Individual results will vary based on starting point and commitment to program. Weight regain after Plexus Reset can be avoided by following a structured, reduced-calorie diet and exercise program.

*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.

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