



# Restore

Restore the best version of you.

Support your body's natural detoxification and repair processes at the cellular level as you help your liver comfortably cleanse heavy metals and toxins, while also supporting cellular rejuvenation and healthy weight management. <sup>^\*</sup>



## The Toll of Toxins

Environmental stressors are everywhere: in the food you eat, the skincare products you use, and the cleaning solutions you have around your house. Several parts of your body — most notably the liver — work to clean out heavy metals and toxins. But when your body's natural system is overwhelmed with too many of these unfriendly substances, your liver may not be able to function optimally, your otherwise healthy metabolism can suffer, and your overall health and happiness can get off track. In short, your body needs all the support it can get when it comes to detoxing, so you can keep moving toward whole-body health.

## Detox and Metabolism Support

Restore supports your body at a cellular level as it works to detox, promote liver function, and support a healthy metabolism. Restore features 3 carefully crafted proprietary blends that work together to help you feel like the best version of you: Cellular Detox Support, Digestive Support, and Appetite Control. Together, these blends help you maximize your detox efforts while also supporting healthy cellular rejuvenation and weight management. <sup>^\*</sup>

## Targeted Support and Protection

Restore features powerful ingredients that help offer functional support.

Enjoy the great benefits these blends provide:

- Cellular Detox Support Blend — Spirulina, spinach, and aloe leaf help support liver function as it works to detox the body, while also providing powerful antioxidants.

- Digestive Support Blend — Ginger root and peppermint leaf aid in digestion and soothe the digestive tract, for a more comfortable cleanse.
- Appetite Control Blend — Hibiscus flower powder, yeast hydrolysate, magnolia bark, and berberine hydrochloride tap into the gut-brain axis to target hunger hormones, aid in appetite control, and help curb stress-related cravings to maximize your weight management efforts.

## Did You Know?

- Everyday life is filled with environmental stressors that can disrupt your body's natural state of homeostasis. Examples include crowded environments, Mother Nature, and even the noise from your alarm clock.
- The liver performs over 500 vital functions, including digesting proteins, storing minerals, regulating blood sugar, making vitamins, and filtering toxins from the blood.<sup>1,2</sup>
- One of the liver's main jobs is to produce bile, a chemical that converts fat into fuel the body can use.<sup>1</sup>
- The gut and the brain communicate about hunger through hormones like ghrelin and leptin. Decreased ghrelin levels and increased leptin levels can help you control stress-related cravings and keep your appetite in check.

### Sources

1. <https://www.medstarhealth.org/blog/liver-health#:~:text=It%20regulates%20blood%20sugar%2C%20makes,very%20important%20to%20heart%20health>
2. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/liver-health>

<sup>^\*</sup>When combined with a reduced calorie weight loss diet plan. Individual results will vary.

<sup>^</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.

## Restore Primary Benefits and Features

- Supports your body's natural detoxification processes\*
- Aids in cellular rejuvenation and healthy aging\*
- Includes powerful antioxidants to help optimize the body's repair mechanisms from environmental stressors\*
- Helps control appetite and curb stress-related cravings\*
- Promotes digestive comfort while cleansing\*
- Gluten free, vegan, and non-GMO with no artificial colors, flavors, sweeteners, or preservatives

## Who Should Use Restore™?

Restore is excellent for anyone who wants to support their body's natural detoxification and repair processes in order to support whole-body health. It is also beneficial for those who want to increase antioxidant support, bolster liver function, or support weight management by targeting hunger hormones through the gut-brain axis.\*

## Here's How It Works:

Purchase Plexus Restore™

Add Restore to your daily Health and Happiness routine.

### Sip and support

Finish each day with a cool, refreshing Restore, or serve it warm to help you unwind.

### Restore the best version of you

Use consistently to support the liver in performing optimally as it processes toxins, heavy metals, and other environmental stressors in the body.\*



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## Frequently Asked Questions

### What flavor is Restore?

Restore is a delicious lemon berry flavor – now improved!

### What gives Restore its purple color?

The purple color of Restore comes naturally from the hibiscus flower powder. Hibiscus is a traditional herbal plant distributed in tropical and subtropical regions around the world. It is well known for its nutritional- and health-promoting properties, many of which are directly linked to its various antioxidant compounds.

### Is the Restore sold a la carte different than the stick packs in Reset?

While there was an update to improve the flavor of Restore with the launch of the gusset bag, the formula and benefits are the same for both delivery formats. The improved flavor will be launched in Reset soon.

### How long does it take Restore to work?

Everyone is different, and some may experience the benefits of Restore sooner than others. We recommend taking the product for 12 weeks to experience the full, intended benefits.

### Why should I take Restore?

Restore is excellent for anyone who wants to reestablish the natural state of balance within their body and support their body's natural defense against environmental toxins and stressors that can stand in the way of their overall wellness goals and progress.\*

In addition to detox support, Restore can be taken to aid in weight management. Heavy metals and toxins can have a negative effect on an otherwise healthy metabolism, which could disrupt weight management efforts. When taken twice a day, 30 minutes before meals, the proprietary blends in Restore can help maintain lean muscle and promote appetite control, helping reduce caloric intake by utilizing the gut-brain axis in order to achieve a flatter, slimmer tummy.^

### Can Restore be mixed with warm or cold water?

Yes! Restore can be enjoyed either warm or cold. For a refreshing way to end the day, mix with cold water and ice, or mix with warm water for a soothing tea-like experience!

### What are the benefits of the Cellular Detox Support Blend?

The Cellular Detox Support Blend is a combination of spinach, spirulina, and aloe vera. Along with supporting liver function, this blend works at a cellular level to assist in healthy aging and provides powerful antioxidants to help optimize the body's processes through natural energy and repair mechanisms.

This blend is the same one found in Restore within Reset, known as the Detox Defense Blend, but when taken for a prolonged period it offers further detox support for your body.

### What are the benefits of the Digestive Support Blend?

The Digestive Support Blend is made up of ginger root and peppermint leaf. Detox can sometimes be uncomfortable on your body, and this blend soothes the digestive tract. This allows your body to cleanse comfortably, supporting the gut and ensuring your body functions at its best.



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## Frequently Asked Questions

### What are the benefits of the Appetite Control Blend?

The Appetite Control Blend contains hibiscus flower powder, yeast hydrolysate, magnolia bark, and berberine hydrochloride. This blend curbs stress-related cravings and works on the gut-brain axis to target hunger hormones and help reduce appetite, so you can stay on track with your weight management efforts.\*

### How does Restore support healthy aging?

Plexus Restore works at the cellular level to assist in healthy aging by reducing the negative impact of oxidative stress. The powerful antioxidants in Restore help optimize the body's processes through natural energy and repair mechanisms.\*

### How is Restore different from Slim Hunger Control?

Restore targets hunger in a different way than Slim Hunger Control. While both work via the connection between the gut and brain, Restore's key ingredient decreases the secretion of ghrelin, increases leptin levels, and alters the expression of PYY/ NPY in the hypothalamus; these tell your brain that you do not feel hungry, which in turn helps reduce your caloric intake. Slim Hunger Control is specially formulated with polydextrose, which is a source of dietary fiber that helps you feel fuller and eat less. This supports the body's natural production of GLP-1, a hormone that helps regulate appetite and help you feel fuller longer. While Restore and Slim Hunger Control target different hunger hormones, when used in tandem they can work to ensure you feel satiated.\*

### How does Restore fit into my Plexus regimen?

Restore is safe to use in conjunction with all our Plexus products – so add it to your daily routine!

### Is Restore a daily supplement?

Yes, it is. Take 1 serving mixed with your choice of warm or cold water daily.

### When is the best time to take Restore?

If your goal is detox support, take Restore in the evening to support comfortable digestion. If your goal is weight management, take Restore 30 minutes before meals, twice a day.\*\*

### Can I expect any issues taking Restore?

Restore can potentially cause gastrointestinal distress, so please use as directed on the label.

### Does Restore contain common food allergens?

Restore does not contain any common food allergens.

### What additional comfort claims does Restore have?

Restore is gluten free, vegan, non-GMO and has no artificial colors, flavors, sweeteners or preservatives.

### What age is recommended for Restore?

Restore is for adults, 18 years and older.

### Can I take Restore if I'm pregnant, nursing, or if I have an existing medical condition?

We do not recommend you use Restore while pregnant or breastfeeding. Please consult with your health care practitioner prior to use if you have any preexisting medical conditions.



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# Ingredients Glossary

**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<sup>1</sup>)  
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.

**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 tamper-evident seal is broken or damaged. **Keep out of reach of children.** **Use only as directed.** Store in a cool, dry place.

<sup>1</sup>3.7 grams per scoop is an average. Individual scooping technique may yield slightly more or slightly less than 3.7 grams. This product is filled by weight, not volume. Some settling of the contents may occur during transit and cannot be avoided.

### Hibiscus flower powder:

Commonly named “red sorrel” or “roselle,” this traditional herbal plant is distributed in tropical and subtropical regions around the world. It is well known for its nutritional- and health-promoting properties, many of which are directly linked to its various antioxidant compounds, including flavonoids, anthocyanidins, and triterpenoids.

### Yeast hydrolysate (from *Saccharomyces cerevisiae*):

This is a natural ingredient derived from the enzymatic hydrolysis of yeast (*Saccharomyces cerevisiae*). It is used in dietary supplements and functional foods for its benefits in weight management and metabolic health. Yeast hydrolysate is rich in bioactive peptides and amino acids and has been shown to reduce body fat and improve body composition.\*

**Magnolia bark extract:** Magnolia and phellodendron barks are herbs used as traditional remedies for reducing stress.\*

### Berberine hydrochloride (from phellodendron bark extract):

Berberine, the main bioactive of *Phellodendron amurense* has demonstrated significant stress-reducing effects in pre-clinical models; these effects appear to be enhanced with co-ingestion of magnolia bark extract.\*

### Ginger root powder:

Ginger has been 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.\*

### Peppermint leaf powder:

The peppermint herb comes from the leaves of *Mentha piperita* and has a history of use in traditional herbal remedies to soothe an upset stomach.\*

### Spinach leaf concentrate:

In addition to its exceptional micronutrient content, spinach contains antioxidant carotenoids and polyphenols, which provide additional health benefits.\*

### Spirulina whole plant powder:

Spirulina, an alga, contains beneficial antioxidants that give it a bright blue-green color. It has been studied for a variety of beneficial health effects.\*

### Aloe vera inner leaf fillet powder:

Aloe vera contains antioxidants and polyphenols and is a superfood.

### Natural flavors:

Natural flavors are naturally occurring compounds that contribute to the unique flavor profiles found in foods. These various flavors are taken from essential oils, resins, essences, or extracts.

### Citric acid:

Naturally present in many fruits, particularly citrus fruits, citric acid contributes a mild sour flavor that complements the sweetness. Citric acid can be found naturally in citrus fruits such as lemons and oranges. It is often used to enhance the flavor of foods and beverages.

### Stevia leaf extract:

Stevia is a perennial herb native to South America that has been used for centuries as a traditional herbal remedy and a natural sweetener. The extract is prepared from the sweet-tasting leaf and then purified by filtration and crystallized into a compound that is typically 200 times sweeter than table sugar and has 0 calories. Plexus® uses a pure, non-GMO stevia rebaudiana leaf extract.

### Silicon dioxide:

This is added to the powder mixture to ease the flow of the material through the manufacturing equipment and to remove moisture to prevent the powder from clumping. Silica is one of the most abundant minerals on earth. The form used is a food-grade silica that is ultra pure and free of contaminants and helps powders mix more easily.

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