

plexus[®]

HydroPlex

Electrolytes for a replenished you.

Maintaining important nutrients and proper electrolyte balance each day can be time-consuming and tedious. Plexus HydroPlex™ is the ultimate convenient way to help replenish the electrolytes you need for optimal performance — all in a refreshing, guilt-free powder mix you look forward to daily!



Don't let a single drop of ambition go to waste.

When you feel depleted, it is difficult to pursue your passions, interests, and dreams. Without proper electrolyte balance, every cell in your body struggles to perform at its best — leaving you thrown off by fatigue, dizziness, dry mouth, dry skin, and more. To help balance your electrolytes, water alone may not be enough. You need a convenient way to transform regular water into the perfect way for you to maintain electrolyte balance, helping you be at your best every day.

Hello, Plexus HydroPlex!

Maintaining important nutrients and electrolytes is vital for your health. That is why you need help from a brand with trustworthy products that are easy to use and are proven to work. Plexus HydroPlex is a powder mix you can enjoy on the go or at home, featuring a proprietary blend of electrolytes, antioxidants, minerals, and vitamin C that delivers essential nutrients in every sip.

Replenish yourself. Revitalize your day.

Electrolytes are essential minerals that are vital to many key functions in the body and can be lost from regular activity, sun exposure, travel, or even occasional digestive irregularity. Plexus HydroPlex is a convenient way to help replenish and balance your lost electrolytes. Whether you are on the job, on the town, on the go, or on a break, you can enjoy these benefits and more:

- **Optimal performance** — Electrolytes, like magnesium, support the normal function of your body's muscles and heart and tissue formation.
- **Optimal protection** — Antioxidants help protect cells against the oxidative damage caused by free radicals.
- **Optimal balance** — Maintaining electrolyte balance is necessary so you can feel better!

Did you know?

- Nearly 65% of your entire body is made up of water.¹
- Two-thirds of that water is found inside your cells.
- Electrolyte minerals such as sodium, calcium, potassium, chloride, and magnesium are needed for the body to maintain good health.
- Electrolytes, like sodium, potassium, and chloride, help the body maintain fluid balance and keep the cells in our bodies working properly.²
- Electrolytes are dietary minerals that carry an electric charge when dissolved in fluid.
- When you exercise, you sweat and lose electrolytes. An electrolyte imbalance, whether too much or too little, can be detrimental to your health.³
- According to the American College of Sports Medicine, on average people lose 2 to 6 % of their body weight during exercise sessions through sweating.⁴

Sources:

1. Klaw, Jennifer. 2019. "Hydration: Through the Lens of Fitness and Health." American Fitness 37 (2): 22–33. <https://blog.nasm.org/hydration-through-the-lens-of-fitness-and-health>

2. <https://www.merckmanuals.com/en-ca/home/hormonal-and-metabolic-disorders/electrolyte-balance/overview-of-electrolytes#:~:text=Electrolytes%20are%20minerals%20that%20carry,base%20balance%20and%20water%20balance.>

3. <https://www.healthline.com/health/food-nutrition/how-to-prevent-an-electrolyte-imbalance>

4. <https://www.piedmont.org/living-better/signs-you-have-an-electrolyte-imbalance#:~:text=Intense%20exercise%20is%20the%20most,during%20exercise%20sessions%20through%20sweating>

HydroPlex primary benefits and features

- Helps maintain normal electrolyte balance and deliver electrolytes for the maintenance of good health
- Helps replenish electrolytes that can be lost from regular activity
- Helps maintain proper muscle function, including the heart muscle
- Helps maintain immune function
- Helps maintain the body's ability to metabolize nutrients
- Contains antioxidants that help protect cells against the oxidative damage caused by free radicals
- Can be used with other Plexus® mixes to support a well-rounded daily wellness routine
- Contains electrolyte minerals plus aloe vera, tart cherry, coconut water powder, sea salt, watermelon juice, zinc, and vitamin C
- Naturally sweetened with stevia leaf extract
- Gluten free, vegan, and non-GMO
- No artificial colours, flavours, sweeteners, or preservatives

Who should use Plexus HydroPlex™?

Losing important nutrients and maintaining proper electrolyte balance from regular activity can be time-consuming and tedious. This refreshing blueberry-*açaí*-flavoured powder mix is the convenient way to help restore your electrolytes. HydroPlex is formulated to be a healthy choice for adults — and is also a healthier alternative to sugar-filled sports drinks, offering a better way to replenish electrolytes.



Here's how it works:

Purchase Plexus HydroPlex

Grab your canister and add HydroPlex to your monthly subscription order.

Mix with water and drink up

Enjoy this delicious powder mix that is naturally sweetened with stevia leaf extract anywhere and anytime. Adults mix 1 scoop (3.9 g) with 470 mL of cold water. Take with food a few hours before or after taking other medications or natural health products.

Feel the difference

Replenish your body with the electrolytes it needs for optimal wellness and performance each day.



Frequently Asked Questions

What sets Plexus HydroPlex™ apart?

The sports and hydration industry continuously grows, but the “better-for-you” powder mix market is not always aligned. Despite the popularity, many contain excessive (or unnecessary) sugars and calories. HydroPlex takes the important goal and introduces a healthier option with essential electrolytes but also adds antioxidants, minerals, and vitamin C in every sip from a company you can trust!

Who should take HydroPlex?

HydroPlex is perfect for any adult seeking the general wellness benefits of replenishing or maintaining electrolytes lost from daily activity. It will provide our Ambassadors and Customers a way to support their Health and Happiness by reducing the distress of the loss of important nutrients — and give them a better alternative than unhealthy sugar-filled beverages with no added benefits.

What is the difference between Active and HydroPlex?

Active and HydroPlex are both fantastic products to support your health and wellness goals, in addition to your active lifestyle! Active focuses on supporting clean, long-lasting energy, enhancing cognitive performance, mental alertness, and energy production. We recommend adults drink Active once daily. Alternatively, HydroPlex focuses on replenishing or balancing electrolytes, specifically for activity, wellness, sun exposure, and travel. HydroPlex will help ensure your body is maintaining proper electrolytes to support optimal wellness.



Can I take HydroPlex with other products?

Yes! HydroPlex pairs well with all health and wellness goals, Plexus® products, and any health and wellness plans, like supporting your active lifestyle, supporting your weight management* goals, and even supporting your gut. HydroPlex can be mixed with other Plexus natural health products, like Active, Slim, and Slim Hunger Control. It could also be a nice boost for added flavour and benefits in your Lean shake!

Is there a limit to how many HydroPlex servings one can take in a day?

Yes, adults may use HydroPlex once daily.

Will you be able to feel a difference after drinking HydroPlex?

Outside of enjoying the refreshing blueberry- açai taste, you may not physically feel a difference immediately after drinking HydroPlex. That doesn't mean it isn't helping your body replenish electrolytes lost from daily activities.

Is it safe to consume while pregnant or breastfeeding?

If pregnant or nursing, consult your physician prior to use.

Is HydroPlex gluten free, vegan, and non-GMO?

Yes! HydroPlex is gluten free, vegan, and non-GMO.

Is there any caffeine in HydroPlex?

No, there is no caffeine content in HydroPlex.



Ingredient Glossary

MEDICINAL INGREDIENTS Each Scoop Contains:

Coconut water (<i>Cocos nucifera</i>) fruit	200 mg
Potassium (Potassium citrate monohydrate)	200 mg
Vitamin C (Ascorbic acid)	170 mg
Tart Cherry (<i>Prunus cerasus</i>) fruit 8:1 extract (QCE: 1,240 mg)	155 mg
Watermelon (<i>Citrullus lanatus</i> var. <i>lanatus</i>) fruit	100 mg
Calcium (Calcium citrate tetrahydrate)	67 mg
Magnesium (Magnesium citrate)	51 mg
Aloe vera leaf gel	20 mg
Zinc (Zinc citrate dihydrate)	10 mg

Non-Medicinal Ingredients: Blueberry and Acai (*Euterpe oleracea*) fruit flavours, sodium citrate, citric acid, sea salt, stevia leaf extract, silicon dioxide.

Calcium (calcium citrate tetrahydrate) — Calcium plays a role in maintenance of normal muscle contraction and nerve transmission.

Magnesium (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 (potassium citrate monohydrate) — Potassium is both a mineral and an electrolyte your body needs to work properly. It helps your nerves function and muscles contract. It also helps your heartbeat stay regular.

Sea salt (salt) — Natural source of sodium and chloride.

Sodium citrate — Sodium citrate is a sodium salt of citric acid, used in foods and beverages to enhance flavours or to adjust pH level.

Zinc (zinc citrate dihydrate) — Zinc is an essential trace mineral that acts as a cofactor in approximately 300 different enzyme reactions. It contributes to our total physical well-being. Zinc citrate is among the best forms of chelated zinc, being more absorbable than zinc sulfate, zinc acetate, zinc gluconate, or zinc oxide.

Vitamin C (ascorbic acid) — Vitamin C is an essential water-soluble vitamin that helps with a range of functions in the body, including providing antioxidant defense. Ascorbic acid is a water-soluble form of vitamin C.

Tart cherry (*Prunus cerasus*) fruit extract — Tart cherry powder is rich in polyphenols and demonstrates antioxidant properties.

Coconut (*Cocos nucifera*) water powder — Coconut is the fruit of coconut palm (*Cocos nucifera*). It is a palm tree native to the eastern tropical regions, grown in Asia, America, and Africa. Coconut water is the liquid found in a young green coconut and should not be confused with coconut milk.



Watermelon (*Citrullus lanatus* var. *lanatus*) fruit — Watermelon is considered a “functional food” and a popular fruit endowed with important nutritional and bioactive compounds, providing several health benefits. Watermelon contributes substantially to the antioxidant activity level of human diets. Watermelon juice has a refreshing taste, appealing aroma, and attractive colour.

Aloe vera leaf gel — Aloe vera contains antioxidants and polyphenols and is a superfood. The inner fillet of aloe vera is responsible for the plant’s benefits of enhancing the absorption of certain micronutrients.

Stevia leaf extract — Stevia is a perennial herb native to South America that has been used for centuries as a traditional herb and a natural sweetener. The extract is prepared from the sweet-tasting leaves and is standardized to Rebaudiosides, ensuring a clean sweet flavour that does not have the bitter off-notes associated with inferior stevia extracts. The extract is 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.



Ingredient Glossary



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

Citric acid — Citric acid can be found naturally in citrus fruits such as lemons and oranges. The citric acid in Plexus HydroPlex™ is non-GMO.

Silicon dioxide — Silica is one of the most abundant minerals on earth. In HydroPlex, the form used is a food-grade silica that is ultrapure and free of contaminants and helps powders mix more easily.

