

plexus.

# Lean

A delicious solution to nourish yourself  
and lose weight<sup>^</sup>.

When you want to eat healthy and lose weight, meal planning takes time, and convenient (often unhealthy) food is everywhere you turn. Plexus Lean™ is a delicious and nutritious meal replacement shake that makes it easy to eat right on the go without sacrificing satisfaction or taste.



## Never settle for subpar nutrition. Your body deserves better.

If you are overwhelmed by all it takes to eat healthy, those burgers, chips, and fries begin to look pretty appealing. But they will only leave you feeling unsatisfied between meals or derail your progress toward your goals. Don't settle for subpar nutrition. You deserve a convenient and delicious solution that helps you fuel up and stay nourished on the go. You deserve Plexus Lean.

## Hello, Plexus Lean!

Plexus Lean takes the guesswork out of healthy eating so you can stay on track with your daily nutrition, lose weight<sup>^</sup>, and be proud of the results you have earned. With whey and plant-based protein options and 2 delicious flavors — chocolate and vanilla — to choose from, Lean empowers you with healthy go-to options that fuel you up so you can form positive eating habits you actually love.



## On-the-go nutrition, no sacrifice required.

With a healthy meal option this simple, proper nutrition is an easy choice. Each time you enjoy a delicious meal replacement shake, you receive these benefits and more:

- **Weight management** — With protein and fiber, Lean helps you control hunger and cut more calories. Replace 2 meals per day for weight loss and 1 meal per day for weight management.<sup>^</sup>
- **Nutrition and digestion support** — Lean nourishes your body with protein, vitamins, and minerals to keep you feeling your best; it also features dietary fiber and digestive enzymes to support healthy digestion and keep you on track.
- **Giving back** — Nourish yourself, help someone else. Through our Nourish One Initiative, every purchase of Plexus Lean triggers a monetary donation equivalent to 10 meals\* to Feeding America®, the nation's largest domestic hunger-relief organization. With 15 servings per bag, your purchase makes a real impact in the fight against hunger.

## Why your body needs protein:

Proteins are biological molecules made of chains of amino acids. The body uses amino acids to produce its own proteins, which act as structural components of muscle and other tissues. Proteins also participate in a wide range of essential processes that include enzyme function, cell growth, and cell signaling.

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

\*Every bag of Plexus Lean sold contributes a donation equivalent to 14 meals to Feeding America, providing at least 1.5 million meals annually. \$1 helps provide at least 10 meals secured by Feeding America on behalf of local member food banks.

## Lean primary benefits

- Delivers a complete, nutritious meal in the form of a delicious shake
- Helps cut calories and lose weight<sup>^</sup> while providing healthy nutrition
- Satisfies and helps control hunger with protein and fiber
- Supports gut and digestive health with prebiotic fiber and digestive enzymes
- Helps support and maintain lean muscle

## Lean primary features

- 15 meals or 30 on-the-go snacks
- Excellent source of protein (Lean Whey includes 21 grams of rBGH-free<sup>≈</sup> whey protein of 30 grams of protein when prepared as directed; Lean Vegan includes 21 grams of vegan protein from pea, rice, almond, and ancient grains)
- Complete amino acid profile, including essential branched chain amino acids like leucine, isoleucine, and valine
- Contains 5 grams of dietary fiber, including prebiotic fiber, to support digestion and gut health
- Enhanced with easily absorbable forms of 21 vitamins and minerals, including methylated folate, calcium, zinc, vitamins A, C, and E, and more
- Contains plant-based Omega-3 fatty acids
- Does not contain soy or gluten
- No artificial colors, flavors, sweeteners, or preservatives
- Delicious chocolate and vanilla flavor options

## Who should use Plexus Lean™?

If you are tired of settling for unhealthy food on the go or making nutrition an afterthought, Plexus Lean is the perfect way to discover the convenient, satisfying, and effective nutrition you have always craved.

Here's how it works:

### Purchase Lean

Choose your favorite flavor and protein — chocolate and vanilla in both whey and plant-based protein options.

### Enjoy satisfying nutrition

Replace 2 meals per day for weight loss or 1 meal per day for weight management.<sup>^</sup>

### Say goodbye to unhealthy meal options

Nourish your body with the protein and nutrients it needs, and say hello to the results you want.



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

<sup>≈</sup>No significant difference has been shown between milk derived from rBGH/bST-treated and non-rBGH/bST-treated cows.

## Frequently Asked Questions



### What is Plexus Lean™?

Plexus Lean is a complete meal replacement that is a great source of nutrition, including protein, easily absorbable vitamins and minerals, and prebiotic fiber.

### When is the best time to take Plexus Lean?

Anytime! Plexus Lean is perfect for a satisfying meal on the go or a tempting between-meal snack. Use Plexus Lean as a meal replacement twice a day for weight loss<sup>A</sup>, once a day for weight maintenance, or anytime as a delicious snack.

Many people like to have a serving of Plexus Lean as their breakfast since it is quick and convenient. Shake up Lean in the morning for a perfectly satisfying start to your day. You can also try Plexus Lean as an afternoon snack to ward off the dreaded crash between lunch and dinner.

### How do I mix Plexus Lean?

Just add 2 level scoops with nonfat milk (or milk of choice) and shake quickly until blended to desired consistency. Lean is also delicious mixed with water or blended with ice and fruit. For a snack, add 1 scoop with 4-6 fl. oz. of nonfat milk.

### How many servings of Plexus Lean can I take per day?

Use Plexus Lean as a meal replacement twice a day for weight loss<sup>A</sup>, once a day to maintain a healthy weight, or anytime as a delicious snack.

### What protein is used for Plexus Lean?

The Lean family has a protein option for everyone. Lean Whey uses ultrapure rBGH-free<sup>≈</sup> whey protein, while Lean Vegan uses an ultrapure plant-based protein blend from pea, rice, and ancient grains (amaranth, quinoa, buckwheat, millet, and chia).

### How does Plexus Lean help maintain muscle?

Protein is essential for maintaining muscle. When prepared as directed, Plexus Lean is an excellent source of protein, including essential branched chain amino acids like leucine, isoleucine, and valine for muscle support.

### What is the prebiotic and protease enzyme blend in Plexus Lean, and how is it beneficial to me?

The prebiotic and protease enzyme blend in Plexus Lean includes guar gum, a prebiotic fiber that supports the microbiome, and digestive enzymes derived from *Aspergillus niger* and *Aspergillus oryzae*, which contribute to digestive health.

### What is a prebiotic? How does it work?

Your gut is full of microbes. Some of them are beneficial; some of them are unwanted. Prebiotics are nondigestible soluble fibers that make their way through your digestive system and help feed beneficial microbes so they can thrive. These fibers, like guar gum, are derived from the seeds of the Indian cluster bean, cyanopsis tetragonolopus. Prebiotics act as a fertilizer, selectively feeding good microbes in the gut and assisting in their growth.

### Are there vitamins or minerals in Plexus Lean?

There are 21 easily absorbable vitamins and minerals, including folate (L-methylfolate calcium), calcium, zinc, vitamins A, C, and E and more!

### Will I experience any side effects when I start taking Plexus Lean?

Experiencing side effects with Plexus Lean is not common. However, certain people who are not used to products rich in protein or fiber may experience temporary gas and bloating. One way to prevent this is to start with a smaller amount — like 1 scoop per day — and then gradually increase your intake over 1 to 3 weeks. Your body should adjust to the additional fiber and protein over time.

### Can Plexus Lean help me lose weight?

When combined with a reduced-calorie diet and regular exercise, Plexus Lean is a great addition to a weight loss plan. If you are trying to lose weight, it is recommended to replace 2 meals per day with Plexus Lean. It is packed with satiating protein and fiber so you are less tempted to make impulsive, unhealthy food choices.

### If I'm not trying to lose weight, will I still benefit from taking Plexus Lean?

Absolutely! Even if you are not looking to lose weight, Plexus Lean delivers protein that supports lean muscle growth and maintenance, vitamins and minerals necessary for a healthy lifestyle, and dietary fiber to support digestive health. Plus, it tastes great, mixes quickly, and is portable so it fits into your active lifestyle.

### Why are easily absorbable ingredients important?

The vitamins and minerals found in Plexus Lean are in easily absorbable forms, which means your body can use them more efficiently.

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

<sup>≈</sup>No significant difference has been shown between milk derived from rBGH/bST-treated and non-rBGH/bST-treated cows.



## Frequently Asked Questions

**Why is there folate (L-methylfolate calcium) instead of folic acid?**

Up to 39% of the population cannot use absorbed folic acid. Plexus Lean™ is formulated with the most easily absorbable form that everyone can use. Folic acid is a form of vitamin B9, also known as folate. It is vital for making red blood cells, the synthesis and repair of DNA and RNA, and aiding cell division and growth.

**Is Plexus Lean safe?**

Yes, Plexus Lean is safe. It contains no stimulants, artificial flavors, colors, or preservatives and does not contain soy and gluten.

**Is it safe to take Plexus Lean while pregnant or breastfeeding?**

If you are pregnant or nursing, you should consult your physician prior to beginning any new supplementation, diet, or exercise program.

**Can Plexus Lean be used by children under the age of 18?**

Plexus Lean is not recommended for use by children under 18 because the product was formulated to meet the nutritional needs of adults.

**Does Plexus Lean contain any common food allergens (dairy, egg, peanut, soy, shellfish, tree nut, fish, and wheat)?**

Whey protein is a by-product of milk. Although the whey we use contains very little lactose, it would not be suitable for those who have a dairy allergy. Plexus Lean Whey does not contain egg, peanut, soy, shellfish, tree nut, fish, or wheat allergens. Plexus Lean Vegan does not contain dairy, egg, peanut, soy, shellfish, tree nut, fish, or wheat.

**Is Plexus Lean gluten free and non-GMO?**

Yes.

**Is there caffeine or any other stimulants in Plexus Lean?**

No.

**What is used to sweeten Plexus Lean?**

Plexus Lean is free from artificial sweeteners. We use stevia leaf extract, natural flavors, and organic sustainably grown coconut sugar to create each delicious shake.

**Can I take Plexus Lean with other Plexus products?**

Absolutely! Lean is a great addition to any Plexus® regimen. We highly recommend using it with our other products, including Slim Hunger Control, MetaBurn, Balance, Active, and Hydrate.



Ingredient Glossary

**Protein** — Proteins are biological molecules made of chains of amino acids. The body uses amino acids to produce its own proteins, which act as structural components of muscle and other tissues, and participate in a wide range of essential processes that include enzyme function, cell growth, and cell signaling.

Lean Whey:  
Lean Whey Milk Chocolate

Nutrition Facts			
14 servings per bag		2 Scoops (40 g*)	
Serving size			
Amount per serving	Powder	w/ 8 fl. oz. Nonfat Milk	
<b>Calories</b>	<b>170</b>	<b>250</b>	
	% DV*	% DV*	
<b>Total Fat</b>	6 g	6 g	8%
Saturated Fat	2 g	2 g	10%
Trans Fat	0 g	0 g	
Polyunsaturated Fat	1 g	1 g	
Monounsaturated Fat	2.5 g	2.5 g	
<b>Cholesterol</b>	35 mg	40 mg	12%
<b>Sodium</b>	140 mg	250 mg	11%
<b>Total Carbohydrate</b>	14 g	26 g	9%
Dietary Fiber	5 g	5 g	18%
Total Sugars	5 g	17 g	
Includes Added Sugars	3 g	3 g	6%
<b>Protein</b>	15 g	24 g	48%
Vitamin D	1.25 mcg	4.2 mcg	6%
Calcium	130 mg	420 mg	35%
Iron	3.25 mg	3.3 mg	20%
Potassium	250 mg	630 mg	15%
Vitamin A	90 mcg	240 mcg	25%
Vitamin C	12 mg	12 mg	15%
Vitamin E	2.5 mg	2.5 mg	15%
Thiamin	0.25 mg	0.36 mg	30%
Riboflavin	0.4 mg	0.9 mg	70%
Niacin	9.9 mg	19 mg	120%
Vitamin B6	0.3 mg	0.4 mg	25%
Folate	102 mcg DFE	114 mcg DFE	30%
Vitamin B12	0.25 mcg	1.5 mcg	60%
Biotin	25 mcg	30 mcg	100%
Pantothenic Acid	0.35 mg	1.25 mg	25%
Phosphorus	90 mg	340 mg	25%
Iodine	47 mcg	103 mcg	70%
Magnesium	35 mg	65 mg	15%
Zinc	2.1 mg	3 mg	25%
Selenium	10 mcg	18 mcg	35%
Copper	0.6 mg	0.6 mg	70%
Manganese	1 mg	1 mg	45%
Molybdenum	20 mcg	25 mcg	60%

**Ingredients:** Whey protein blend (whey protein concentrate, whey protein isolate), hydrolyzed guar gum, sunflower oil powder, organic coconut palm sugar, cocoa powder (processed with alkali), natural flavors, sunflower lecithin, medium chain triglyceride oil powder, flaxseed powder, xanthan gum, guar gum, sea salt, protease enzyme blend (*Aspergillus niger*, *Aspergillus oryzae*), vitamin and mineral blend (magnesium (magnesium hydroxide), vitamin C (ascorbic acid, ascorbyl palmitate), vitamin E (d-alpha tocopherol), iron (ferric orthophosphate), zinc (zinc citrate), niacin (niacinamide), iodine (potassium iodide), vitamin A (beta carotene, retinyl palmitate), manganese (manganese citrate), copper (copper citrate), biotin (d-biotin), selenium (L-selenomethionine), molybdenum (molybdenum glycinate), riboflavin (riboflavin 5-phosphate), vitamin D3 (cholecalciferol), vitamin B6 (pyridoxal-5 phosphate, pyridoxine hydrochloride), pantothenic acid (calcium d-pantothenate), thiamin (thiamin mononitrate), folate (L-methylfolate calcium), vitamin B12 (methylcobalamin)), and stevia leaf extract.

**Contains:** Milk

**Whey protein** — The main constituents of milk protein are casein and whey fractions. Whey is the soluble protein remaining after casein has been coagulated during the cheese-making process. Whey is a complete protein source, abundant in essential amino acids, particularly branch chain amino acids like leucine. Whey protein is a highly digestible and highly absorbable source of amino acids, which is why it is often the protein of choice for athletes who supplement protein in their diet for their recovery needs.

**Whey protein concentrate** — Whey Protein Concentrates (WPC) have a very good amino acid profile, with high proportions of available lysine and cysteine. They are typically described in terms of their protein content (percentage protein in dry matter), ranging from 35 – 80%. Whey protein concentrates are among the most popular proteins supplements on the market.

Lean Whey Creamy Vanilla

Nutrition Facts			
15 servings per bag		2 Scoops (about 39g*)	
Serving size			
Amount per serving	Powder	as prepared w/ 8 fl. oz. Nonfat Milk	
<b>Calories</b>	<b>140</b>	<b>230</b>	
	% DV*	% DV*	
<b>Total Fat</b>	3.5g	3.5g	4%
Saturated Fat	1g	1.5g	8%
Trans Fat	0g	0g	
Polyunsaturated Fat	0g	0g	
Monounsaturated Fat	1.5g	1.5g	
<b>Cholesterol</b>	55mg	60mg	20%
<b>Sodium</b>	120mg	220mg	10%
<b>Total Carbohydrate</b>	11g	23g	8%
Dietary Fiber	5g	5g	18%
Soluble Fiber	5g	5g	
Total Sugars	3g	15g	
Includes Added Sugars	1g	1g	2%
<b>Protein</b>	21g	30g	60%
Vitamin D	1mcg	3.7mcg	20%
Calcium	150mg	475mg	35%
Iron	2.6mg	2.6mg	15%
Potassium	165mg	575mg	10%
Vitamin A	90mcg	247mcg	25%
Vitamin C	13.5mg	13.5mg	15%
Vitamin E	2.5mg	2.5mg	15%
Thiamin	0.25mcg	0.4mg	35%
Riboflavin	0.4mg	0.7mg	50%
Niacin	7mg	7.5mg	45%
Vitamin B6	0.3mg	0.4mg	25%
Folate	91mcg DFE	96mcg DFE	25%
Vitamin B12	0.25mcg	1.7mcg	70%
Pantothenic Acid	0.35mcg	0.35mcg	6%
Phosphorus	110mg	370mg	30%
Iodine	48mcg	135mcg	90%
Magnesium	34mg	65mg	15%
Zinc	2.2mg	3.2mg	30%
Selenium	18mcg	23mcg	40%
Manganese	1mg	1mg	45%
Molybdenum	36mcg	36mcg	60%
Choline	0mg	45mg	8%

**Ingredients:** Protein blend (whey protein concentrate, milk protein isolate, whey protein isolate), polydextrose, natural flavors, sunflower oil, organic coconut palm sugar, sunflower lecithin, guar gum, xanthan gum, protease enzyme blend (from *Aspergillus niger* and *Aspergillus oryzae*), sea salt, vitamin and mineral blend (magnesium (magnesium hydroxide), vitamin C (ascorbic acid, ascorbyl palmitate), vitamin E (d-alpha tocopherol), iron (ferric orthophosphate), zinc (zinc citrate), manganese (manganese citrate), riboflavin (riboflavin 5-phosphate), vitamin B6 (pyridoxal-5 phosphate), pantothenic acid (calcium d-pantothenate), thiamin (thiamin mononitrate), vitamin A (retinyl palmitate), folate (L-methylfolate calcium), vitamin D3 (cholecalciferol), vitamin B12 (methylcobalamin)), and stevia.

**CONTAINS:** Milk

**Whey protein isolate** — Whey Protein Isolate (WPI) is a more purified form, typically containing more than 90% protein (on a dry matter basis). WPI is growing rapidly in sports nutrition, where the fat and other non-protein constituents are undesirable.

**Polydextrose** — Polydextrose is a large plant-based polysaccharide. Unlike starch however, the carbohydrates in polydextrose are uniquely linked together, making them resistant to our digestive enzymes. Because polydextrose is not digested and partially fermented in the gut, it has an energy value of only 1 kcal/gram. Thus, polydextrose is effective in helping to reduce calorie intake and its intake is also associated with increased prebiotic activity. Polydextrose is a source of dietary fiber that helps you feel fuller and eat less. In a blinded, randomized placebo-controlled study, researchers found that pre-meal supplements containing the dose of polydextrose reduced subject's desire to eat before prior to the following meal and was still lower prior to the next meal later in the day.

Ingredient Glossary

Lean Vegan:

Lean Vegan Rich Chocolate

Nutrition Facts			
15 servings per bag		2 Scoops (about 40g*)	
Serving size			
Amount per serving		as prepared	as prepared
		w/ 8 fl. oz. Water	w/ 8 fl. oz. Almond Milk
<b>Calories</b>		<b>140</b>	<b>180</b>
		% DV*	% DV*
Total Fat	3.5g	4%	9%
Saturated Fat	0.5g	3%	5%
Trans Fat	0g		
Polysaturated Fat	0g		
Monounsaturated Fat	1g		
Cholesterol	0mg	0%	0%
Sodium	210mg	9%	16%
Total Carbohydrate	11g	4%	4%
Dietary Fiber	7g	25%	29%
Soluble Fiber	5g		
Total Sugars	2g		
Includes Added Sugars	1g	2%	2%
Protein	21g	36%	36%
Vitamin D	1mcg	6%	15%
Calcium	60mg	4%	40%
Iron	7.2mg	40%	45%
Potassium	210mg	4%	6%
Vitamin A	90mcg	10%	20%
Vitamin C	13.5mg	15%	15%
Vitamin E	2.5mg	15%	70%
Thiamin	0.3mg	25%	25%
Riboflavin	0.4mg	30%	40%
Niacin	3.7mg	25%	25%
Vitamin B6	0.3mg	20%	20%
Folate	100mcg DFE	25%	25%
Vitamin B12	0.25mcg	10%	45%
Biotin	7mcg	25%	30%
Pantothenic Acid	0.3mg	6%	6%
Phosphorus	200mg	15%	20%
Magnesium	64mg	15%	20%
Zinc	3.7mg	35%	35%
Copper	0.3mg	35%	35%
Manganese	1mg	45%	50%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Plant-based protein blend (pea protein, almond protein), polydextrose, natural flavors, cocoa powder (processed with alkali), organic coconut palm sugar, sunflower oil, protease enzyme blend (from *Aspergillus niger* and *Aspergillus oryzae*), vitamin and mineral blend (magnesium (magnesium hydroxide), vitamin C (ascorbyl palmitate), vitamin E (d-alpha tocopherol), iron (ferric orthophosphate), zinc (zinc citrate), manganese (manganese citrate), riboflavin (riboflavin 5-phosphate), vitamin B6 (pyridoxal-5-phosphate), pantothenic acid (calcium d-pantothenate), thiamin (thiamin mononitrate), vitamin A (retinyl palmitate), folate (L-methylfolate calcium), vitamin D3 (cholecalciferol), vitamin B12 (methylcobalamin)), stevia, guar gum, and xanthan gum.

**CONTAINS:** Tree nuts (almonds)

Gluten free, vegan, and non-GMO

No artificial colors, flavors, sweeteners, or preservatives



Lean Vegan Natural Vanilla

Nutrition Facts			
15 servings per bag		2 Scoops (about 40g*)	
Serving size			
Amount per serving		as prepared	as prepared
		w/ 8 fl. oz. Water	w/ 8 fl. oz. Almond Milk
<b>Calories</b>		<b>140</b>	<b>180</b>
		% DV*	% DV*
Total Fat	3g	4%	8%
Saturated Fat	0.5g	3%	5%
Trans Fat	0g		
Polysaturated Fat	0g		
Monounsaturated Fat	1g		
Cholesterol	0mg	0%	0%
Sodium	220mg	10%	17%
Total Carbohydrate	12g	4%	5%
Dietary Fiber	7g	25%	29%
Soluble Fiber	5g		
Total Sugars	1g		
Includes Added Sugars	1g	2%	2%
Protein	21g	36%	36%
Vitamin D	1mcg	6%	15%
Calcium	60mg	4%	40%
Iron	7.2mg	40%	45%
Potassium	145mg	4%	5%
Vitamin A	90mcg	10%	20%
Vitamin C	13.5mg	15%	15%
Vitamin E	2.5mg	15%	70%
Thiamin	0.3mg	25%	25%
Riboflavin	0.4mg	30%	40%
Niacin	3.8mg	25%	25%
Vitamin B6	0.3mg	20%	20%
Folate	100mcg DFE	25%	25%
Vitamin B12	0.25mcg	10%	45%
Biotin	7mcg	25%	30%
Pantothenic Acid	0.3mg	6%	6%
Phosphorus	200mg	15%	20%
Magnesium	55mg	15%	15%
Zinc	3.7mg	35%	35%
Copper	0.3mg	35%	35%
Manganese	1mg	45%	50%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Plant-based protein blend (pea protein, almond protein), polydextrose, natural flavors, organic coconut palm sugar, sunflower oil, protease enzyme blend (from *Aspergillus niger* and *Aspergillus oryzae*), vitamin and mineral blend (magnesium (magnesium hydroxide), vitamin C (ascorbyl palmitate), vitamin E (d-alpha tocopherol), iron (ferric orthophosphate), zinc (zinc citrate), manganese (manganese citrate), riboflavin (riboflavin 5-phosphate), vitamin B6 (pyridoxal-5-phosphate), pantothenic acid (calcium d-pantothenate), thiamin (thiamin mononitrate), vitamin A (retinyl palmitate), folate (L-methylfolate calcium), vitamin D3 (cholecalciferol), vitamin B12 (methylcobalamin)), guar gum, xanthan gum, and stevia.

**CONTAINS:** Tree nuts (almonds)

**Pea (isolate and concentrate)** — Pea protein is a well digested and highly bioavailable plant-based protein. Pea protein has the added benefit of being a comprehensive plant-based protein source that avoids the potential allergen concerns associated with more commonly used soy-based protein sources. Pea protein is a “complete protein”- meaning it contains all 9 essential amino acids and has a high protein quality score of .93 (93% bioavailability) on the PDCAAS scale.

**Rice (isolate)** — Rice protein complements pea protein to ensure an optimally balanced protein composition that is entirely plant based.





## Ingredient Glossary



**Almond Protein**— complements pea protein to ensure an optimally balanced protein composition that is entirely plant-based. Almond protein powder provides superior texture and taste compared to other plant-based protein sources

**Amaranth** — Amaranth is an ancient grain and was a staple crop of the native people of South America. Commonly recognized by its distinct purple color in some species, amaranth is rich in the essential amino acid lysine, which is not found in adequate amounts in other cereal grains like corn and wheat.

**Quinoa** — An ancient grain in the same family of amaranth and native to northwest South America. The protein found in quinoa has all 9 essential amino acids and is considered a complete plant-based protein source.

**Buckwheat** — An ancient grain native to southeast Asia and an important staple in regions with poor soil quality.

**Millet** — An ancient grain and an important protein source in the semiarid regions of Asia and Africa. Millet protein is rich in essential amino acids except lysine. When millet is complemented by buckwheat and amaranth proteins, which are rich sources of lysine, it rounds out the protein nutritional profile.

**Chia** — An ancient grain native to central America. The protein found in chia seeds has all 9 essential amino acids and is considered a complete plant-based protein source.

**Hydrolyzed guar gum** — Partially hydrolyzed guar gum is a source of galactomannan fiber from cluster beans. It is an indigestible prebiotic fiber that has been shown to enhance the growth of helpful gut microbes *Bifidobacterium* and *Lactobacillus* spp.

**Polydextrose** — Polydextrose is a large plant-based polysaccharide. Unlike starch however, the carbohydrates in polydextrose are uniquely linked together, making them resistant to our digestive enzymes. Because polydextrose is not digested and partially fermented in the gut, it has an energy value of only 1 kcal/gram. Thus, polydextrose is effective in helping to reduce calorie intake and its intake is also associated with increased prebiotic activity. Polydextrose is a source of dietary fiber that helps you feel fuller and eat less. In a blinded, randomized placebo-controlled study, researchers found that pre-meal supplements containing the dose of polydextrose reduced subject's desire to eat before prior to the following meal and was still lower prior to the next meal later in the day.

### Vitamin and mineral blend:

**Vitamin A (as beta carotene and retinyl palmitate)** — Vitamin A is a fat-soluble vitamin. It is derived from 2 sources: preformed retinoids and provitamin carotenoids. Vitamin A is involved in a range of functions of the body; we need vitamin A for good vision and eye health, for a strong immune system, and for healthy skin and mucous membranes.

**Beta-carotene** — A precursor of vitamin A and a powerful carotenoid antioxidant. In the body, beta-carotene converts into vitamin A. Taking big doses of vitamin A could be toxic, but our body converts only as much vitamin A from beta-carotene as it needs. That means beta-carotene is considered a safe source of vitamin A.

## Ingredient Glossary

**Vitamin C (as ascorbic acid and ascorbyl palmitate)** — Vitamin C is an essential water-soluble vitamin that has a wide range of functions in the human body. These include energy production; antioxidants; maintenance of connective tissue (tendons, cartilage, ligaments, and blood vessels); skin, muscle, and bone health; minor wound healing; brain and nerve function; immune health; and helping with iron absorption. Ascorbyl palmitate is a fat-soluble form of vitamin C, which is better absorbed than ascorbic acid, the water-soluble form, and easy to be incorporated into cell membranes, protecting them from oxidative damage. It offers all the benefits of ascorbic acid.

**Iron (as ferric orthophosphate)** — Iron is an essential mineral found in the body. Most of the body's iron is found in the hemoglobin of red blood cells, where it is necessary for its function of transporting oxygen throughout the body. Iron is also important for metabolism, where it works as a cofactor for aerobic enzymes and a charge carrier in the mitochondria. Ferric orthophosphate is an absorbable form of iron that does not have an unpleasant taste that is common with other forms of iron.

**Vitamin D** — Vitamin D is a fat-soluble vitamin that has a variety of roles involving nearly every system of the body. The major function of vitamin D is to aid in the absorption of calcium and maintain normal blood levels of calcium and phosphorus. Vitamin D contributes to the reproductive system, the digestive system, the skeletal system, and the immune system function. There are several forms of vitamin D, and Lean Whey features D3 cholecalciferol and Lean Vegan features D2 ergocalciferol.

**Vitamin E (as d-alpha tocopherol succinate)** — Vitamin E is an essential nutrient and a powerful antioxidant, important for cell and tissue health, which may have a role in blood flow, immune function, and blood cell functioning and in protecting against cellular stress. There is a family of several naturally occurring compounds: 4 tocopherols (alpha, beta, gamma, and delta) with widely varying degrees of biological activity. The most active form is the "d" isomer of alpha-tocopherol. The succinate form of d-alpha tocopherol is used in Plexus products. Vitamin E in this product is derived from non-GMO sunflower oil.

**Vitamin B1; synonyms: thiamine (as thiamine mononitrate)** — Vitamin B1 plays a crucial role in certain metabolic reactions and functions as a coenzyme in energy production and carbohydrate metabolism. Every cell of the body requires vitamin B1 to form adenosine triphosphate. Vitamin B1 is also essential for the proper functioning of nerve cells.

**Vitamin B2; synonyms: riboflavin (as riboflavin 5-phosphate sodium)** — Vitamin B2 is important for body growth and red blood cell production. It is involved in the body's production of energy and immune health as well as the healthy growth of hair, skin, and nails and an important cofactor for formation of other B vitamins. Riboflavin-5-phosphate is the bioactive, tissue-ready form of riboflavin.

**Niacin; synonyms: vitamin B3 (as niacinamide)** — Niacin is required for cell respiration and helps release the energy in carbohydrates, fats, and proteins. It supports proper circulation, healthy skin, nervous system, and digestion. Nicotinamide is a nonflushing form of vitamin B3.

**Vitamin B6; synonyms: pyridoxine (as pyridoxal 5-phosphate and pyridoxine hydrochloride)** — Vitamin B6 is a cofactor for enzymes that are involved in more than 100 reactions impacting the metabolism of protein, fats, and carbohydrates. It is also involved in the synthesis of some neurotransmitters, helps maintain normal nerve function, and acts in the formation of red blood cells. Pyridoxal-5'-phosphate is an active form of B6.

**Folic acid; synonyms: folate, vitamin B9 (as L-methylfolate calcium)** — Folic acid is the supplemental form of folate, which is essential for cell replication and growth. Folic acid is important in the use of proteins (amino acids) and DNA synthesis. Folic acid also plays an important role in pregnancy. Dietary folate and folic acid both undergo conversion in the body to the active form tetrahydrofolate, and then finally into folate (L-methylfolate calcium) to be used in the body. Folate (L-methylfolate calcium) is the active form of folate.

**Vitamin B12 (as methylcobalamin)** — Vitamin B12 is needed for the function of all cells as it is required for normal cell growth and replication. Vitamin B12 also makes healthy blood cells and helps keep nerves working properly. Natural sources of this vitamin are only found in animal foods; vegetarians may not get enough vitamin B12. Methylcobalamin is a bioactive and easily absorbable form, immediately ready to be used by the body.

**Biotin; synonyms: vitamin B7 (as d-biotin)** — Biotin has an important role in metabolic function. It assists in metabolism of fatty acids and use of B vitamins. It is also important in energy-producing steps during metabolism in the body.

**Pantothenic acid; synonyms: vitamin B5 (as calcium d-pantothenate)** — Pantothenic acid has a role as a cofactor for enzymes involved in the metabolism of fats, carbohydrates, and proteins and in regulating the ability to cope with stress, due to its involvement in the synthesis of the neurotransmitter acetylcholine. It is also needed for the synthesis of cholesterol, vitamin D, and some hormones.



## Ingredient Glossary



**Calcium** — Calcium is the most abundant mineral in our body. It is essential for the development and maintenance of strong bones and teeth, where about 99% of the body's calcium is found. Calcium also helps the heart, nerves, muscles, and other body systems work properly.

**Magnesium (as magnesium hydroxide)** — Magnesium is one of the most abundant minerals in the human body, with half located in the bones and teeth. Magnesium is involved in over 300 enzymatic processes, contributes to energy production, and helps regulate levels of calcium, zinc, potassium, and other important nutrients in the body. Our magnesium is from a natural marine source, which also contains over 50 trace minerals from the Irish Sea.

**Zinc (as zinc citrate)** — Zinc is an essential trace mineral that acts as a cofactor in approximately 300 different enzyme reactions and contributes to our total physical and mental well-being, including immune system function, growth, bone strength, and cognitive function. Zinc citrate is among the best forms of chelated zinc, being more absorbable than zinc sulfate, zinc acetate, zinc gluconate, or zinc oxide.

**Selenium (as L-selenomethionine)** — Selenium is an essential trace mineral and a constituent of the antioxidant enzyme glutathione peroxidase, which is necessary for neutralizing free radicals. Selenium exerts important positive effects on normal cell function and cell development. Selenium supports the health of the heart and immune system. Additionally, selenium supports thyroid function. L-selenomethionine consists of selenium chelated to the amino acid methionine and is biologically active in humans, providing a highly absorbable form of selenium.

**Copper (as copper citrate)** — Copper is an essential trace mineral for bone health, connective tissue health, cardiovascular health, lipid metabolism, neurological health, and skin health. Copper is also important for a natural antioxidant defense system. Copper activates a number of enzymes important to energy metabolism and assists in the formation of hemoglobin and red blood cells by facilitating iron absorption. Copper citrate is an easily absorbable form of copper.



**Iodine (as potassium iodine)** — Iodine is an essential mineral nutrient. Iodine is the primary component of thyroid hormones, which are responsible for the regulation of metabolism as well as protein synthesis and many enzymatic processes in the body. Thyroid hormone is important for early development with myelination of the developing nervous system. Potassium iodine is a common form of iodine that readily dissolves and is well absorbed.

**Manganese (as manganese citrate)** — Manganese is an essential trace mineral that helps activate and synthesize important enzymes and nutrients necessary for skeletal and connective tissue health and cellular integrity, energy production, and immune function. Manganese citrate is an easily absorbable form of manganese.

**Molybdenum (as molybdenum glycinate)** — Molybdenum is an essential trace mineral that is needed by the body to assist enzymes in the breakdown of fats and carbohydrates and to properly metabolize nitrogen. Molybdenum also supports the body's storage of iron and other cellular functions. Molybdenum glycinate is a nutritionally functional, highly absorbable form of molybdenum.

**Iodized sea salt** — Sea salt is a natural source of essential minerals sodium and chloride made from evaporated sea water. Sea salt contains traces of magnesium, calcium, and potassium as well. Iodine is an essential trace mineral necessary for thyroid function and synthesis of thyroid hormone.

**Potassium** — Potassium is an essential mineral important for the regulation of fluid balance, acid-base balance, and cell membrane function. It is involved in many physiologic processes, including nerve impulse firing and muscle contraction.

**Coconut palm sugar** — Palm sugar is a natural sugar derived from the sap of the flower bud stem of the coconut palm. According to the Sydney University Glycemic Index Research Service, coconut sugar has a glycemic index of 54, qualifying it as a low glycemic source of carbohydrate. Coconut palm sugar imparts a distinct caramel flavor with its sweetness to naturally enhance flavor while contributing to a balanced carbohydrate composition found in a complete meal.

## Ingredient Glossary

**Sunflower (*Helianthus annuus*) oil powder** — Sunflower oil is extracted from the seeds of the sunflower and is a neutral-tasting plant oil rich in healthful unsaturated fatty acids. Sunflower oil provides a healthy source of dietary fats necessary to round out the balanced nutritional composition of a complete meal.



**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. Plexus Lean's natural flavors are uniquely blended to provide a classic chocolate and creamy vanilla flavor.

**Flax (*Linum usitatissimum*) seed powder** — Flax seeds are an abundant source of plant-based omega-3 fatty acids and help to augment the healthy lipid profile in Plexus Lean™.

**Sunflower lecithin** — Lecithins are naturally occurring phospholipids that help emulsify and suspend lipids to improve texture and ensure all ingredients dissolve into liquid well. Sunflower lecithin is less allergenic than more commonly used soy-based lecithins.

**Xanthan gum** — Xanthan gum is a naturally occurring polysaccharide made from sugar fermentation. Small quantities help stabilize solutions that are mixtures of water-soluble and fat-soluble ingredients to ensure an even consistency.

**Protease enzyme blend** — Natural enzymes derived from

*Aspergillus oryzae* and *Aspergillus niger* that have been added to enhance the digestion of whey protein and to help prevent gastrointestinal issues some may experience when ingesting high amounts of whey protein.

**Stevia (*Stevia rebaudiana*) leaf extract** — Stevia is a perennial herb native to South America that has been used for centuries as a medicinal herb and a natural sweetener. The extract is prepared from the sweet-tasting leaves and is standardized to 99% Rebaudioside A. The extract is then purified by filtration and crystallized into a compound that is typically 200 times sweeter than table sugar and has zero calories. Plexus® uses a 100% pure, non-GMO Stevia rebaudiana.

**Medium chain triglyceride oil powder** — Medium chain triglycerides naturally occur in palm and coconut oil. These shorter chain fats help blend other lipids like the flax seed and sunflower oils.

**Cocoa powder (in the chocolate flavor only)** — Cocoa powder is the fermented and dried seed of the cocoa tree. Cocoa is a naturally rich source of antioxidants, particularly procyanidins and flavonoids. Cocoa is a natural source of flavor, contributing to the distinct chocolate taste the plant is known for.

