

plexus®

# Restore

## Return to well-being.

Your body was designed to function efficiently, and it should be easy to find products that help support its return to a natural state of balance so you can move toward your wellness goals with the foundation you were meant to have.



## It's a Balancing Act.

The convenient options of the modern diet, along with environmental toxins and stressors, can hinder your progress toward your health goals, which leaves you feeling discouraged by the nominal results you see after giving your best effort. Restoring stability to your system is essential to supporting your body's natural defense against environmental toxins, promoting a healthy stress response and good digestive function, and so much more. You deserve trusted, simple-to-use products that focus on the complex inner workings of the body, so you can focus on achieving your ambitions.

## Make a Fresh Start.

Getting back to your body's natural state of homeostasis can feel impossible when you don't know where to start. Restore empowers you with 3 carefully crafted proprietary blends: cellular defense, digestion support, and appetite control. This convenient supplement mix helps restore balance to your body, maximize your results, and elevate your Hope, Health, and Happiness journey.\*

## Find Your Balance.

Restore features a delicious lemon berry flavor and powerful ingredients that help prime your body for optimal results.\*

### Enjoy these great benefits and more:

- **Functional support** — Help your body function at its best with support for gut health, good digestive function, liver function, and a healthy stress response.\*
- **Healthy protection** — Support your body's natural defense against environmental toxins with powerful antioxidants that also assist with healthy aging.\*
- **Maximized efforts** — Support your weight management goals with ingredients that aid in appetite control and help curb stress-related cravings.\*

## Did You Know?

- Environmental stressors are nearly impossible to avoid. There are pollutants in the air and contaminants or unfriendly chemicals in many everyday skincare, food, and home cleaning products.
- Everyday life is filled with environmental stressors that can disrupt your body's natural state of homeostasis. Examples include crowded environments, natural disasters, 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>
- Through the gut-brain axis (the link between your gut and brain), gut bacteria can send signals to your brain, and vice versa, which can affect how your body reacts to stress.<sup>3</sup>

### 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>
3. <https://guthealth.plexusworldwide.com/triplex>

\*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

- Includes 3 carefully crafted proprietary blends: Cellular Defense Blend, Digestion Support Blend, and Appetite Control Blend\*
- Supports your body's natural defense against environmental toxins and stressors\*
- Supports gut health, good digestive function, liver function, and a healthy stress response\*
- Assists in healthy aging, weight management efforts, and appetite control\*
- Provides powerful antioxidants that help optimize the body's processes through natural energy and repair mechanisms\*
- Contains digestion-soothing ginger root\*
- Gluten free, vegan, and non-GMO with no artificial colors, flavors, sweeteners, or preservatives

## Who Should Use Plexus 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.\*

Here's how it works:

### Purchase Plexus Reset™

Purchase your Reset and choose your system start date.

### Sip and support

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

### Reset your natural system function

Finish your Reset and set the stage for enhanced results on your Health and Happiness journey with Plexus®!



## Frequently Asked Questions

### How much water should you use with Restore?

12-16 fl. oz. of water is suggested to use when mixing Restore.

### What gives Restore its purple color?

The beautiful 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.

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

Both! 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 Defense Blend?

The Cellular Defense 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 provide powerful antioxidants to help optimize the body's processes through natural energy and repair mechanisms.\*

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

The Digestion Support Blend is made up of ginger root and peppermint leaf. This blend supports good digestive function and gut health, ensuring your body is functioning at its best.\*

### 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 supports a healthy stress response and helps temporarily suppress appetite, helping to keep you 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. Specifically, it works via the connection between the gut and brain, supporting a healthy stress response to avoid feeling hungry, while Slim Hunger Control is specially formulated with polydextrose, which is a source of dietary fiber that helps you feel fuller and eat less.\*

### Is Restore gluten free and non-GMO?

Yes! Restore is gluten free and non-GMO.

### Is it safe to have Restore if you are pregnant or breastfeeding?

As a part of the calorie-restrictive Plexus Reset, we do not recommend that you to use this product while pregnant or breastfeeding.

# Ingredient Glossary

## Restore

**Directions:** Mix 1 packet with 12 - 16 fl. oz. (350 - 470 mL) of cold water. Use in conjunction with the accompanying reduced calorie weight loss diet plan. Individual results will vary.

### Supplement Facts

Serving Size 1 Packet  
Servings Per Container 3

	Amount Per Serving	% DV
Calories	20	
Total Carbohydrate	4 g	1% <sup>‡</sup>
Total Sugars	0 g	†
Includes 0g Added Sugars		0% <sup>‡</sup>
Potassium	35 mg	<1%
<b>Appetite Control Blend</b>	<b>1,583 mg</b>	<b>†</b>
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>	<b>275 mg</b>	<b>†</b>
Ginger root powder, peppermint leaf powder		
<b>Cellular Defense Blend</b>	<b>176 mg</b>	<b>†</b>
Spinach leaf concentrate, spirulina whole plant powder, aloe vera inner leaf fillet powder		

<sup>‡</sup>Percent Daily Values are based on 2,000 calorie diet.  
<sup>†</sup>Daily Value (DV) not established.

**Other Ingredients:** Natural flavors, citric acid, stevia leaf extract, and silicon dioxide.

**Hibiscus flower powder:** Commonly named “red sorrel” or “roselle,” this a 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*):** A purified form of yeast processed by protein hydrolysis. Yeast hydrolysate has been studied to support weight management purportedly through assisting with appetite control.\*

**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 *Menthae piperitae* 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, it 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 zero calories. Plexus® uses a 100% 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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