

# Smart Snack

## The wise choice for smart snacking

Snacks that help you power through the day should be simple to find, simply made, and simply delicious! Plexus Smart Snack features a sensational vanilla matcha flavour and is rich in fibre to keep your energy flowing through the day!



## Overindulgence? Over it!

The demands of a busy lifestyle often leave little room for smart snacking, and convenience typically comes at the cost of excess sugar and calories, which leave you sluggish and hungry for more. Enjoying snacks that offer a good source of fibre can help you feel energized and sway you from the desire to eat unhealthy snacks. You deserve nutritious options that fit easily into your daily routine and support your vision of better health!

## Your Choice for Traveling Light

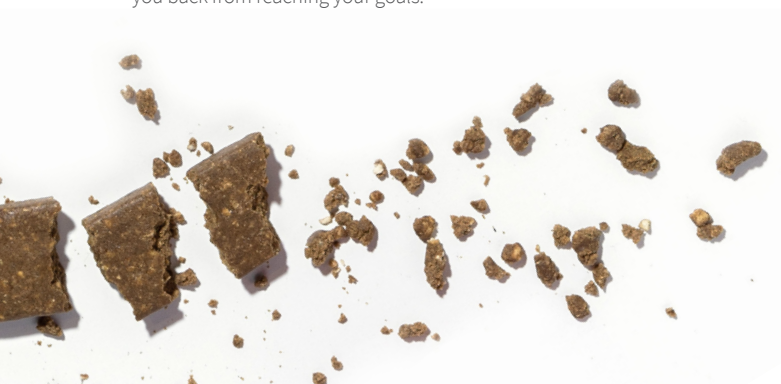
Smart Snack was formulated to align with your commitment to healthy eating. This vanilla matcha snack is a very high source of fibre that you can enjoy anywhere as a part of the Plexus Reset™ — a supported fast that delivers protein, energy, electrolytes, vitamins and minerals that your body needs so that you can achieve your health goals.

## Convenience Meets Care.

Every Smart Snack features 7 grams of fibre to help keep you fueled and energized between meals.

### Enjoy these great benefits and more:

- **Focus on fibre** — Keep your wellness goals in focus with a good source of fibre.
- **Easy, on-the-go snacking** — Make sugar an afterthought with a boost of energy.
- **Love a calorie-smart option** — Enjoy a delightful snack that won't hold you back from reaching your goals.



## Did You Know?

- Fibre selectively feeds beneficial gut microbes and supports a healthy microbiome.
- Snacks can provide energy in the middle of the day.<sup>1</sup>
- A snack between meals can decrease your hunger and keep you from overeating at mealtime.<sup>1</sup>

## Smart Snack Primary Benefits and Features

- Source of energy
- Very high source of fibre
- Features a delicious vanilla bar with a hint of matcha
- No added sugars, gluten free, non-GMO
- No artificial colours, flavours, sweeteners, or preservatives
- Only 120 calories per bar

Sources:

1. <https://medlineplus.gov/ency/patientinstructions/000338.htm>

## Who Should Use Plexus® Smart Snack?

Smart Snack is perfect for anyone looking for snack alternatives that help them stay dedicated to Health and Happiness.

Here's how it works:

### **Purchase Plexus Reset™**

Purchase Reset and choose your start date.

### **Take it with you**

Keep Smart Snack in your purse, backpack, gym bag, or office drawer and enjoy the boost in energy when desired.

### **Support your goals for better nutrition**

Fuel your body and get the most out of your wellness routine.

## Frequently Asked Questions

### **When should you take Smart Snack?**

Smart Snack is a great energy-fueling snack to be enjoyed when desired.

### **Does the matcha used in Smart Snack provide any caffeine?**

Trace levels of caffeine may be present but in a dietarily insignificant amount that will not lead to the effects being felt.

### **Does Smart Snack contain any common food allergens?**

Smart Snack contains milk and tree nuts (coconut), which can be an allergen.

### **Is Smart Snack gluten free and non-GMO?**

Yes! Smart snack is gluten free and non-GMO.

### **Is it safe to have Smart Snack if you are pregnant or breastfeeding?**

Being a part of the Plexus Reset, due to its calorie-restrictive nature, it is not advised to use this product while pregnant or breastfeeding.



## Ingredient Glossary

### Smart Snack

#### Nutrition Facts Valeur nutritive

Serving Size (34 g)  
Portion (34 g)

% Daily Value\* / % valeur quotidienne\*

**Calories 120**

|                                       |             |
|---------------------------------------|-------------|
| <b>Fat / Lipides</b> 4 g              | <b>5 %</b>  |
| Saturated / saturés 3 g               | <b>15 %</b> |
| + Trans / trans 0 g                   |             |
| <b>Carbohydrate / Glucides</b> 18 g   |             |
| Fibre / Fibres 7 g                    | <b>25 %</b> |
| Sugars / Sucres 4 g                   | <b>4 %</b>  |
| <b>Protein / Protéines</b> 8 g        |             |
| <b>Cholesterol / Cholestérol</b> 5 mg | <b>2 %</b>  |
| <b>Sodium</b> 55 mg                   | <b>2 %</b>  |
| Potassium 100 mg                      | <b>2 %</b>  |
| Calcium 50 mg                         | <b>4 %</b>  |
| Iron / Fer 0.5 mg                     | <b>3 %</b>  |

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Agave inulin, Soluble tapioca fibre, Whey protein isolate, Xylitol, Oats, Whey protein crisps (Whey protein concentrate, Rice flour, Tapioca starch, Calcium carbonate, Sunflower lecithin), Cocoa butter, Whole milk powder, Coconut flour, Dried Coconut, Natural flavour, Vanilla bean, Salt, Stevia, Matcha powder.

**CONTAINS: Milk, Tree Nuts (coconut)**

**Whey protein isolate:** Whey protein isolate (WPI) is a purified version of a protein concentrate powder that contains 90% or more protein.

**Tapioca Starch:** This dietary fiber derived is derived from tapioca and not immediately absorbed in the small intestine. It remains available for bacterial fermentation in the colon.

**Oats:** Oat fibre is a dietary fibre source.

**Whey crisps (whey protein isolate, whey protein concentrate, tapioca starch, calcium carbonate, sunflower lecithin):** Whey crisps are made using a proprietary extrusion process that combines whey protein isolate (WPI) and whey protein concentrate (WPC) to enhance the protein content of food. The crisp texture and composition of this ingredient is ideal for nutritional snack bar applications.

**Cocoa butter:** Also known as cacao butter, this lipid extract comes from cacao beans (*Theobroma cacao*). It is typically used in place of oil in recipes to suspend sugar particles.

**Whole milk powder:** This ingredient is dehydrated milk obtained by the removal of water from pasteurized milk, which may have also been homogenized.

**Coconut flour:** Coconut is the fruit of coconut palm (*Cocos nucifera*). Coconut flour is powdered coconut flesh commonly used as a replacement for grain-based flours.

**Dried coconut:** This ingredient is dehydrated coconut flesh sourced from the fruit of coconut palm (*Cocos nucifera*). In application, dried coconut provides flavor and texture.

**Natural flavour:** 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.

**Vanilla bean:** This is the fruit of the vanilla plant (*Vanilla planifolia*). Vanilla bean provides flavour and aroma when used in application.

**Matcha powder:** Matcha powder, from green tea (*Camellia sinensis*), has been used for centuries in East Asia for its antioxidant values and potential health-promoting properties. Matcha is traditionally sourced from green tea leaves that are grown in the shade prior to harvest, which turns the leaves a darker shade of green.

