

plexus[®]

Protein+

A delicious option to nourish yourself.

Plexus Protein+™ is a convenient and healthy powder mix that is packed with protein, vitamins, minerals, and full of flavour to support your active lifestyle and health goals. Nourish your body and enjoy each moment of your on-the-go lifestyle.

NPN 80116678 & NPN 80117383



Never settle for subpar nutrition. Your body deserves better.

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

Hello, Plexus Protein+!

Plexus Protein+ helps you to stay on track with your daily nutrition and healthy lifestyle. Available in two delicious flavours — chocolate and vanilla — to choose from, Protein+ empowers you with a healthy on the go option that nourishes you so you can simplify your daily routine and achieve your goals.



On-the-go nutrition, no sacrifice required.

With a healthy protein mix, this simple and nutritious option is an easy choice. Each time you enjoy a delicious protein shake, you receive these benefits and more:

- **Nutrition** — Protein+ delivers vitamins, minerals and 21 grams of protein to help maintain proper muscle function and tissue formation to support your active lifestyle and your overall wellness.
- **Digestion support** — It also features dietary fibre and digestive enzymes that help digest protein and keep you on track.
- **Giving back** — Nourish yourself, help someone else. Through the Nourish One® Initiative, Plexus Worldwide™ will make a financial donation to Mary's Meals for every bag of Protein+ sold in Canada. A global movement that feeds over 2 million children a daily meal at school, believing that every child deserves an education – and enough to eat. 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.

Protein+ primary benefits

- Helps maintain proper muscle function and tissue formation
- Excellent source of protein for the maintenance of good health
- Helps maintain the body's ability to metabolize nutrients
- Supports energy production
- Helps to maintain eyesight, skin and immune function
- Helps to maintain normal electrolyte balance

Protein+ primary features

- 15 servings
- 21 grams of whey protein per serving
- 21 vitamins and minerals
- Digestive enzymes that helps digest proteins
- Essential amino acids and branched chain amino acids for the maintenance of good health
- 5 grams of fibre
- Gluten free and non-GMO
- No artificial colours, flavours, sweeteners, or preservatives

Who should use Plexus Protein+™?

Adults who are tired of settling for unhealthy food on the go or making nutrition an afterthought, Plexus Protein+ is an excellent source of protein, vitamins and minerals you need for overall wellness in a convenient, satisfying, and effective protein mix you have always craved without the excess carbohydrates and added sugars.

Here's how it works:

Purchase Protein+

Choose your favourite whey protein flavour — chocolate or vanilla or both.

Enjoy satisfying nutrition

Adults blend or stir 2 scoops with 250 mL of water or milk of choice, up to twice daily. Take with food, a few hours before or after taking other medications or natural health products.

Say goodbye to unhealthy options

Nourish your body with the protein, vitamins, and minerals it needs, and say hello to a simplified routine while achieving your health goals.



Frequently Asked Questions



What is Plexus Protein+™?

Plexus Protein+ is a protein powder mix that is a nutritious source of protein, easily absorbable vitamins and minerals, and fibre.

When is the best time to take Plexus Protein+?

Anytime! Protein+ is perfect for a satisfying shake on-the-go.

How do I mix Plexus Protein+?

Adults blend or stir 2 scoops with 250 mL of water or milk of choice, up to twice daily. Take with food, a few hours before or after taking other medications or natural health products. Protein+ is also delicious blended with ice and fruit.

How many servings of Plexus Protein+ can I take per day?

Use Plexus Protein+ up to twice a day.

What protein is used for Plexus Protein+?

Whey protein.

How does Plexus Protein+ help maintain muscle?

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

What is the protease enzyme blend in Plexus Protein+, and how is it beneficial to me?

The protease enzyme blend in Plexus Protein+ includes digestive enzymes derived from *Aspergillus niger* and *Aspergillus oryzae*, which contribute to digestive health.

Are there vitamins or minerals in Plexus Protein+?

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 Protein+?

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

Why are easily absorbable ingredients important?

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

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

Up to 39% of the population cannot use absorbed folic acid. Plexus Protein+ 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 it allowed to take Plexus Protein+ 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 Protein+ be used by children under the age of 18?

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

Does Plexus Protein+ 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.

Is Plexus Protein+ gluten free and non-GMO?

Yes.

Frequently Asked Questions

Is there caffeine or any other stimulants in Plexus Protein+™?

No.

What is used to sweeten Plexus Protein+?

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

Can I take Plexus Protein+ with other Plexus products?

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

Through the Nourish One® initiative, how many meals are donated to Mary's Meals per bag of Protein+ sold?

Every bag of Plexus Protein+ sold contributes a donation equivalent to 9 meals to Mary's Meals. \$1.00 USD helps provide at least 9 meals to children in impoverished countries around the world.



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.

Protein+ Whey:

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 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 — A form of supplemental protein powder made from a specific source, which contains 80% protein content. Protein concentrates are the most popular proteins supplements on the market.

Whey protein isolate — A purified version of a protein concentrate powder that contains 90% or more protein.

Vitamin and mineral blend:

Potassium — Potassium is both an electrolyte and essential mineral important that can be a factor in the regulation of fluid balance. It is also important for cell membrane function and is involved in processes for helping your nerve impulses fire, muscle contraction, including your heart muscle.

Phosphorus — Phosphorus is the second most abundant mineral in the body. Most of it is associated with calcium in our bones. Standard diets are abundant in phosphorus/phosphates obtained from meat, eggs, and dairy, but the predominant form of phosphorus in plants (phytate) are not absorbable to humans.

Calcium — Calcium is the most abundant mineral in our body. Calcium citrate is a highly absorbable form of calcium. Calcium is essential for the development and maintenance of strong bones and teeth. Calcium also helps the heart, nerves, muscles, and other body systems work properly.

Fungal protease (from *Aspergillus niger*, *Aspergillus oryzae*) — Natural enzymes derived from *Aspergillus oryzae* and *Aspergillus niger* that have been added to help prevent gastrointestinal issues some may experience when ingesting high amounts of whey protein.

Magnesium (as magnesium hydroxide) — Magnesium is one of the most abundant minerals in the human body, with half of magnesium located in the bones and teeth. Magnesium is an essential mineral, electrolyte, and is present in all cells in the body. Magnesium helps in tissue formation and helps to maintain proper muscle function including the heart muscle. This mineral supports energy metabolism, tissue formation and bone development. For bones and teeth, it supports the development and maintenance of these tissues. Magnesium also helps to maintain normal electrolyte balance.

Vitamin C (as ascorbyl palmitate) — Vitamin C is an essential water-soluble vitamin that promotes a wide range of functions in the human body, including helping to maintain immune function and providing antioxidants to help protect cells against the oxidative damage caused by free radicals, and to help decrease the adverse effects of free radicals on normal physiological functions. It is also needed to help in the development and maintenance of bones, cartilage, teeth and gums and helps in collagen formation. Vitamin C supports connective tissue formation and helps in wound healing. Ascorbyl palmitate is a fat-soluble form of vitamin C, which is better absorbed than ascorbic acid, the water-soluble form.

Iron (as iron (II) phosphate) — 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. Ferric orthophosphate is an absorbable form of iron that does not have an unpleasant taste that is common with other forms of iron.

Vitamin E (as d-alpha tocopherol) — Vitamin E is an essential fat-soluble vitamin that is an antioxidant. Vitamin E helps protect cells from free radical damage and helps to protect the fats in body tissues from oxidation. As an antioxidant, this vitamin helps in the maintenance of good health.

Zinc (as zinc citrate) — Zinc is an essential trace mineral that acts as a cofactor in approximately 300 different enzyme reactions. Zinc is involved in several functions in the body. Zinc helps in tissue / connective tissue formation, and in energy metabolism. This mineral also helps to maintain immune function and healthy skin, bones, hair, and nails.

Ingredient Glossary

Manganese (as manganese (II) citrate) — Manganese is an essential trace mineral that helps activate and synthesize important enzymes and nutrients that contributes to the formation and maintenance of bones. Manganese citrate is a highly bioavailable form of manganese.

Vitamin B2; Synonyms: Riboflavin (as riboflavin 5'-phosphate) — Vitamin B2 is a co-enzyme; Vitamin B2 is a factor in energy metabolism and tissue formation.

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.

Vitamin B6; synonyms: pyridoxine (as pyridoxal 5-phosphate and pyridoxine hydrochloride) — Vitamin B6 is a cofactor for enzymes that are involved in impacting the metabolism of protein, fats, and carbohydrates. It is also a factor in energy metabolism and tissue formation.

Vitamin B1; Synonyms: Thiamine (as thiamine mononitrate) — Vitamin B1 is a cofactor in numerous enzymes in our bodies; Vitamin B1 plays a role in certain metabolic reactions and functions as a co-enzyme in energy production and carbohydrate metabolism.



Vitamin A (ascorbyl palmitate) — Vitamin A is a fat-soluble vitamin involved in a range of functions in the body. Once inside the body, our body only converts as much vitamin A from beta-carotene as it needs.; Vitamin A is a fat-soluble vitamin that plays an important role in bone and tooth development, development and maintenance of vision (including night vision), immune function and maintaining healthy skin and membranes.

Folate (as L-5-Methyltetrahydrofolate, calcium salt) — Folate is an essential water-soluble B vitamin. Folate is essential for helping the body to maintain its ability to metabolize nutrients. Folate plays a key role in maintaining the formation of red blood cells. With regards to pregnancy and fetal health, this vitamin helps support normal early development of the fetal brain and spinal cord. Additionally, Folate is known to help reduce the risk of neural tube defects when taken daily at least 3 months before becoming pregnant and during the early stages of pregnancy. Folic acid must be converted to its active forms to be used by the body.

Vitamin D (as cholecalciferol) — 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. There are several forms of vitamin D but the form primarily utilized by the human body is cholecalciferol (vitamin D3).

Vitamin B12 (as methylcobalamin) — Methylcobalamin is a bioactive and advanced form, immediately ready to be used by our body, and is vegan friendly.; Vitamin B12 aids in red blood cell formation and helps in energy metabolism. Vitamin B12 is a water-soluble B vitamin. Vitamin B12 supports the metabolism of nutrients, thereby helping energy metabolism in the body. Vitamin B12 works to help make red blood cells and helps in the normal function of the immune system.



Ingredient Glossary



Polydextrose — Polydextrose is a large plant-based polysaccharide. However, unlike starch, 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/gr. 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 prior to the following meal and was still lower prior to the next meal later in the day.

Cocoa powder (in the chocolate flavour 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 flavour, contributing the distinct chocolate taste the plant is known for.

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.

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 sweetener. Coconut palm sugar imparts a distinct caramel flavour with its sweetness to naturally enhance flavour while helping to contribute to a more balanced carbohydrate composition.

Sunflower 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.

Sunflower lecithin — Lecithins are naturally occurring plant fats used to help ensure an even, balanced and smooth texture.

Guar gum — Guar gum is a naturally occurring polysaccharide derived from guar beans that is a soluble fiber. Due to its attraction to water, it is used in small quantities to both thicken and improve the texture of liquids.

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

Sea salt — Sodium is an essential electrolyte nutrient involved in the maintenance of normal cellular homeostasis and in the regulation of fluid and electrolyte balance. Its role is crucial for maintaining extra-cellular fluid volume because of its important osmotic action and is also important for muscle contractions and nerve transmission. Source of Chloride – after sodium, chloride is the most abundant electrolyte in our serum (blood) and plays a key role in the regulation of body fluids, pH, and electrolyte balance.

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.

Ingredient Glossary

Protein+ Whey Chocolate

MEDICINAL INGREDIENTS / INGRÉDIENTS MÉDICINAUX	
Each Scoop Contains / Chaque portion contient :	
Whey protein concentrate (Bos taurus) milk (80% whey protein) containing: Concentré de protéines de lactosérum (Bos Taurus) lait (80% de protéines de lactosérum) contenant :	12.17 g
Potassium	144.18 mg
Calcium	71.77 mg
Phosphorus / Phosphore	53.96 mg
Milk protein isolate (Bos taurus) milk (90% protein) Isolat de protéine de lait (Bos taurus) lait (90% de protéines)	0.591 g
Whey protein isolate (90% whey protein) containing: Isolat de protéine de lactosérum (90% de protéines de lactosérum) contenant :	0.585 g
Potassium	8.32 mg
Calcium	5.74 mg
Phosphorus / Phosphore	1.04 mg
Fungal protease (<i>Aspergillus flavus</i> var. <i>oryzae</i>) whole Protéase fongique (<i>Aspergillus Flavus</i> var. <i>Oryzae</i>) entier	75 mg 7,500 FCC HUT / 7 500 CABANE FCC
Magnesium (Magnesium hydroxide) / Magnésium (Hydroxyde de magnésium)	28.5 mg
Vitamin C (Ascorbyl palmitate) / Vitamine C (Palmitate d'ascorbyle)	6.75 mg
Iron (Iron (II) phosphate) / Fer (Phosphate de fer (II))	2 mg
Vitamin E (D-alpha tocopherol) / Vitamine E (D-alpha tocophérol)	1.25 mg AT
Zinc (Zinc citrate) / Zinc (Citrate de zinc)	1.1 mg
Manganese (Manganese (II) citrate) / Manganèse (Citrate de manganèse (II))	0.5 mg
Vitamin B2 (Riboflavin 5'-phosphate) / Vitamine B2 (Riboflavine 5'-phosphate)	0.2 mg
Pantothenic acid (Calcium D-pantothenate) / Acide pantothénique (D-pantothénate de calcium)	0.175 mg
Vitamin B6 (Pyridoxal 5'-phosphate) / Vitamine B6 (Pyridoxal 5'-phosphate)	0.15 mg
Vitamin B1 (Thiamine mononitrate) / Vitamine B1 (Mononitrate de thiamine)	0.125 mg
Vitamin A (Vitamin A palmitate) / Vitamine A (Palmitate de vitamine A)	45 mcg RAE
Folate (L-5-Methyltetrahydrofolate, calcium salt) / Folate (L-5-méthyltétrahydrofolate, sel de calcium)	27 mcg
Vitamin D (Cholecalciferol) / Vitamine D (Cholécalciférol)	0.5 mcg
Vitamin B12 (Methylcobalamin) / Vitamine B12 (Méthyl-cobalamine)	0.125 mcg

Non-Medicinal Ingredients: Polydextrose, alkalized cocoa powder, natural flavours, coconut palm sugar, sunflower oil, sunflower lecithin, guar gum, xanthan gum, sea salt, stevia leaf extract.

Protein+ Whey Vanilla

MEDICINAL INGREDIENTS / INGRÉDIENTS MÉDICINAUX	
Each Scoop Contains / Chaque portion contient :	
Whey protein concentrate (Bos taurus) milk (80% whey protein) containing: Concentré de protéines de lactosérum (Bos Taurus) lait (80% de protéines de lactosérum) contenant :	12.5 g
Potassium	78 mg
Calcium	69.5 mg
Phosphorus / Phosphore	53.96 mg
Milk protein isolate (Bos taurus) milk (90% protein) Isolat de protéine de lait (Bos taurus) lait (90% de protéines)	0.59 g
Whey protein isolate (90% whey protein) containing: Isolat de protéine de lactosérum (90% de protéines de lactosérum) contenant :	0.585 g
Potassium	4.5 mg
Calcium	5.55 mg
Phosphorus / Phosphore	1.04 mg
Fungal protease (<i>Aspergillus flavus</i> var. <i>oryzae</i>) whole Protéase fongique (<i>Aspergillus Flavus</i> var. <i>Oryzae</i>) entier	75 mg 7,500 FCC HUT / 7 500 CABANE FCC
Magnesium (Magnesium hydroxide) / Magnésium (Hydroxyde de magnésium)	17 mg
Vitamin C (Ascorbyl palmitate) / Vitamine C (Palmitate d'ascorbyle)	6.75 mg
Iron (Iron (II) phosphate) / Fer (Phosphate de fer (II))	1.3 mg
Vitamin E (D-alpha tocopherol) / Vitamine E (D-alpha tocophérol)	1.25 mg AT
Zinc (Zinc citrate) / Zinc (Citrate de zinc)	1.1 mg
Manganese (Manganese (II) citrate) / Manganèse (Citrate de manganèse (II))	0.5 mg
Vitamin B2 (Riboflavin 5'-phosphate) / Vitamine B2 (Riboflavine 5'-phosphate)	0.2 mg
Pantothenic acid (Calcium D-pantothenate) / Acide pantothénique (D-pantothénate de calcium)	0.175 mg
Vitamin B6 (Pyridoxal 5'-phosphate) / Vitamine B6 (Pyridoxal 5'-phosphate)	0.15 mg
Vitamin B1 (Thiamine mononitrate) / Vitamine B1 (Mononitrate de thiamine)	0.125 mg
Vitamin A (Vitamin A palmitate) / Vitamine A (Palmitate de vitamine A)	45 mcg RAE
Folate (L-5-Methyltetrahydrofolate, calcium salt) / Folate (L-5-méthyltétrahydrofolate, sel de calcium)	27 mcg
Vitamin D (Cholecalciferol) / Vitamine D (Cholécalciférol)	0.5 mcg
Vitamin B12 (Methylcobalamin) / Vitamine B12 (Méthyl-cobalamine)	0.125 mcg

Non-Medicinal Ingredients: Polydextrose, natural flavours, sunflower oil, coconut palm sugar, sunflower lecithin, guar gum, xanthan gum, sea salt, stevia leaf extract.

