

plexus.

Collagen Bone Broth

Warm up your healthy routine.

Supporting your health with simple and nutrient-conscious foods shouldn't be a struggle. Plexus Collagen Bone Broth supports your wellness journey with no artificial colours, flavours or preservatives.



Don't Let the Modern Diet Interrupt your goals

Many foods today are lacking in nutrients, and are loaded with unnecessary sugar, preservatives, and calories, which can disrupt your system and slow your progress. Eating a more balanced diet can help you get the proper nutrition you need to achieve your wellness goals. You deserve options without questionable ingredients, so you can feel confident your body has the nourishment it needs.

Choose Nutrient-Conscious Foods that Align with your Goals.

Collagen Bone Broth gives you a break from the not-so healthy habits of the modern diet. This nutritious soup is 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.

Considerable Health From the Inside Out

What if finding nutrition that fuels your body without an overindulgence of calories was simple and delicious? Each serving of Collagen Bone Broth features only 80 calories per serving to help support your wellness goals with convenience and a savory flavour.

Enjoy these great benefits and more:

- **Nutrient-Conscious** — Free of fats, sugars, artificial flavours and preservatives.
- **Simply formulated** — with ingredients like carrot powder and onion powder, season your broth to taste by adding your favourite kitchen staples.

Did You Know?

- Broth can help you feel satisfied with your diet choices.
- Bone broth can help the body build new collagen.
- Collagen is the main structural protein of the different connective tissues in the body and is mostly found in fibrous tissues, such as tendons and ligaments, cartilage, bones, blood vessels, the gut, and skin.
- Increased dietary intake of collagen supports healthy skin and soft tissues to help maintain their strength and elasticity.

Collagen Bone Broth Primary Benefits and Features

- Only 80 Calories per serving
- Savory beef flavour
- No added sugars, gluten free, non-GMO
- No artificial colours, flavours, sweeteners, or preservatives



Who Should Use Plexus® Collagen Bone Broth?

This delicious, collagen-filled broth is perfect for anyone who wants options that are free of fats and sugar.

Here's how it works:

Purchase Plexus Reset™

Purchase your Reset and choose your start date.

Warm up your routine

Enjoy Collagen Bone Broth when desired and season to taste.

Fuel your body with the right energy

Get better nutrition in order to get the most out of your wellness routine.

Frequently Asked Questions

What type of collagen is in the bone broth?

The type of collagen used is bovine collagen.

How do collagen and gelatin differ?

Collagen is a protein found in animals and humans. Gelatin is denatured collagen, generally extracted from the bones and skins of cows, pigs, or fish. It is a form of collagen that we use in food. The collagen in Collagen Bone Broth is a much higher quality collagen product. It is not the same kind of collagen you would get in a packet of gelatin. Collagen peptides do not have the gelling functionality of gelatin and are soluble in cold water. They are highly digestible and bioavailable and used in dietary supplements and functional foods because of their health benefits.

When should you take Collagen Bone Broth?

Collagen Bone Broth should be enjoyed as desired.

What are the spices in Collagen Bone Broth?

Onion powder, garlic powder, and rosemary are the delicious spices found in Collagen Bone Broth.

Can additional spices be added to Collagen Bone Broth?

Yes! You can always add cayenne pepper and ground black pepper, and you can also add Italian seasoning, red pepper flakes, turmeric, or any seasonings you would prefer!

Is Collagen Bone Broth vegetarian?

No, Collagen Bone Broth is not vegetarian due to the collagen source.

Does Collagen Bone Broth contain any common food allergens?

There are no known allergens in Collagen Bone Broth.

Is Collagen Bone Broth gluten free and non-GMO?

Yes! Collagen Bone Broth is gluten free and non-GMO.

Is it safe to have Collagen Bone Broth while 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

Collagen Bone Broth

Nutrition Facts Valeur nutritive

Per Pouch (23 g)
Par Sac (23 g)

Calories 80

% Daily Value* /
% valeur quotidienne*

Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 1 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 20 g	
Sodium 330 mg	14 %

Not a significant source of saturated fat, *trans* fat, cholesterol, potassium, calcium, and iron.

Pas de source trop significative de gras saturé, de gras Trans, de cholestérol, de potassium, de calcium, ni de fer.

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

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

Beef bone broth powder: The long-cooking process of bone broth allows small amounts of nutrients in the bones as well as collagen to leach into the water. Bone broth provides your body protein.

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.

Carrot powder: This mild, sweet, and slightly peppery flavour complements the savoury nature of the broth and blends seamlessly with the other spices.

Onion powder: Evoking a similar flavour to fresh onions, this spice is an essential base for savoury dishes that works to integrate the spice profile into a cozy, appetizing meal.

Garlic powder: Garlic powder is derived from garlic cloves that have been dehydrated and ground into fine particles, providing a sweet and savoury flavour within the spice profile of the soup.

Rosemary powder: Native to dry rocky areas, rosemary is the most aromatic and pungent of all herbs. A member of the mint family, this herb is used as flavouring in a variety of dishes such as casseroles, salads, stews, and soups.

