plexus

Collagen Soup

Eat Well. Be Well.

Nutrient-conscious foods that taste great and supports your wellness journey by fueling your body with energy. Plexus Collagen Tomato Soup offers a zesty tomato herb flavour to keep you on track towards your health goals.

You Deserve Better than Preservatives.

While off-the-shelf foods can add convenience to your daily routine, most are highly refined and packed with sugar and empty calories that do nothing to support your healthy lifestyle and leave you unfulfilled. Enjoying a balanced and nutritious diet rich in clean nutrition can help ensure you are on the right path toward achieving your goals. You need delicious, yet simple, options that satisfy your health goals and deliver the nutrition your body deserves.

Help Remove Roadblocks.

Collagen Soup helps fuel your body with energy and distances you from the unhealthy choices of the modern diet with no added sugars or preservatives to make sure your body is getting the best ingredients so you can feel confident. This delicious soup is a part of 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.

Calorie-smart Meets High quality.

Imagine a life with more food choices that fill you up without excess calories. Collagen Soup delivers the nutritional support your body needs to thrive, while making every calorie count.

Enjoy these great benefits and more:

- **Pause for wellness journey —** Take a moment to fuel your body with an energy option

- **Fulfull with flavour** — Enjoy the savory herb blend inside a simple and convenient meal.

- **Simply Formulated** — with ingredients like tomato powder and nutritional yeast, feel your best after a classic meal.

Did You Know?

- Hydrolyzed collagen is easily digestible, absorbed, and distributed in the body due to its low molecular weight.

- When ingested, hydrolyzed collagen reaches the small intestine where it is absorbed in the form of small collagen peptides and free amino acids that your body can use to help 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.

Collagen Soup Primary Benefits and Features

- Source of energy & fat free
- Only 110 calories per serving
- Features a zesty flavour that can be seasoned to preferred taste
- No added sugars, gluten free, and non-GMO
- No artificial colours, flavours, sweeteners, or preservatives

Who Should Use Plexus® Collagen Soup?

This collagen-packed soup is a great choice for anyone looking for a nutrient-conscious food that helps limit setbacks and support their dedication to wellness.

Here's how it works:

Purchase Plexus Reset™
Purchase Reset and choose your start date.

Savour your choice
Enjoy the warmth and flavourful nutrition of Collagen Soup as desired.

Fuel your body with the right energy
Get back on track towards your wellness goals with Plexus!

Frequently Asked Questions

What type of collagen is in the soup?
The type of collagen used is bovine collagen.

Is the collagen used in Plexus Collagen Soup easily absorbed?
Yes, the type of collagen used is hydrolyzed, which means it is low in molecular weight, making it easily digestible, absorbable, and distributed throughout the body.

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 Soup is a much higher quality collagen product. It is not the same kind of collagen you would get in a packet of gelatin. Both are proteins made of amino acids, but the amino chains of collagen peptides have been cut into smaller pieces through a specific hydrolysis process. 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 Soup?
Collagen Soup should be enjoyed when desired.

What are the spices in Collagen Soup?
The delicious spice blend is thyme, cayenne, and black pepper, along with garlic powder.

Can additional spices to be added to Collagen Soup?
Yes! You can always add more cayenne pepper and ground black pepper, or you can also add Italian seasoning, red pepper flakes, turmeric, or any seasonings you would prefer!

Is Collagen Soup vegetarian?
No, Collagen Soup is not vegetarian due to the collagen source.

Does Collagen Soup contain any common food allergens?
There are no known allergens in Collagen Soup.

Is Collagen Soup gluten free and non-GMO?
Yes! Collagen Soup is gluten free and non-GMO.

Is it safe to have Collagen Soup 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 Soup

Nutrition Facts
Valeur nutritive

Per Pouch (33 g)
Par Sac (33 g)

	% Daily Value* / % valeur quotidienne*
Calories 110	
Fat / Lipides 0 g	**0 %**
Carbohydrate / Glucides 8 g	
Fibre / Fibres 1 g	**4 %**
Sugars / Sucres 1 g	**1 %**
Protein / Protéines 20 g	
Sodium 200 mg	**9 %**

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**

Bovine collagen hydrolysate: Also known as collagen peptide or collagen hydrolysate, this type of collagen can be easily absorbed in the bloodstream and distributed throughout the body when used to supplement the diet.

Tomato concentrate powder: Derived from dehydrated tomatoes, this powder adds depth and zest to foods like soups. Tomato products contain many health-related food components, including lycopene, the carotenoid antioxidant responsible for their red colour.

Nutritional yeast: This deactivated yeast, often a strain of *Saccharomyces cerevisiae*, is sold commercially as a food product to provide a nutty, slightly yeasty, roasted flavour note and texture to dishes. It's the same strain of yeast bakers use to leaven bread, except it has been processed with heat to dry out the yeast in order to release its nutritional properties.

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.

Spices: Boasting a delicious spice profile that consists of thyme, cayenne, and black pepper, this blend of herbs brings a balanced flavour to a savoury food staple.

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

Citric acid: Naturally present in many fruits, particularly citrus fruits such as lemons and oranges. It contributes a mild sour flavour that complements sweetness.

Silicon dioxide: This is added to the powder mixture in order 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.

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.