



RESET

**FOR
MINDFUL
WELL-
BEING**

swipe next →

plexus

Welcome to Plexus Reset™

Plexus Reset is a supported fast that delivers protein, energy, electrolytes, vitamins and minerals your body needs to help revitalize, refresh, and restore.

With scientifically-formulated foods and natural health products that support your overall well-being, you can enjoy all of the benefits of a healthy journey and remove hurdles that could be standing between you and your desired goals.



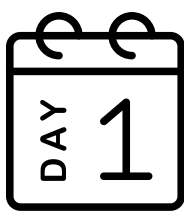
Your Reset

is all about whole-body change and takes an inclusive approach to improve wellness by focusing on enhanced physical health, strengthened mental focus, and a renewed commitment to nutritious eating for an elevated state of overall wellness.

This is the first step on your exciting journey to higher Hope, Health, and Happiness.

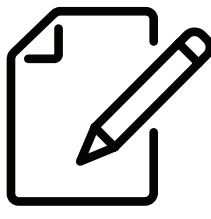
**Get ready to Reset
& reconnect with
better health!**

Getting Started



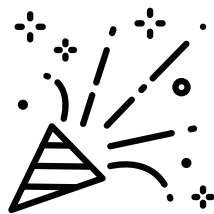
Step 1: Choose your start date

Select 3 consecutive days that allow you to get the most from your Reset.



Step 2: Follow the plan

Use this guide for easy-to-follow instructions and helpful product information.



Step 3: Complete your Reset

Get the support you need to remove roadblocks standing between you and your desired goals so you can confidently move through your Hope, Health, and Happiness journey!



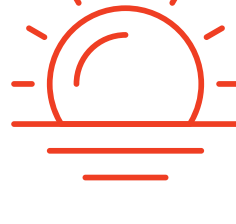
Step 4: Plexus Pivotal™!

Embrace resources for nutrition, movement, and motivation that offer a seamless transition from your Reset to your Health and Happiness journey with Plexus® products!

[Take a look!](#)

Most Favoured Routine

Plexus Reset™ includes products to help you achieve your desired health goals. Your Reset is conveniently packaged by product.



Early Morning

HydroPlex



Breakfast

Protein+ Whey



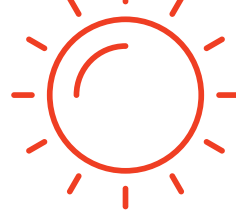
Late Morning

Slim Hunger Control



Lunch

Collagen Bone Broth



Mid-Afternoon

Smart Snack & Active



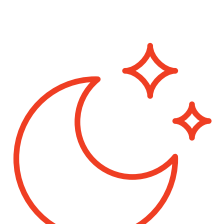
Pre-Dinner

Restore



Evening

Collagen Soup



* Please read the entire label found on the bag for full details.



Reset Tips & Tricks

Pro Tip 1

Keep lightly active with low-intensity movements like Yoga and walks.

Pro Tip 2

Stay well hydrated and consider adding lemon to your water for an encouraging flavour boost, aided digestion, and added antioxidants.

Pro Tip 3

Get at least 8 hours of sleep each night to help your body repair and recharge.

Pro Tip 4

Spice up your collagen bone broth and tomato soup with your favourite seasonings.

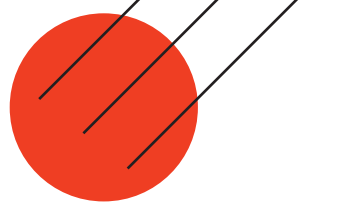
Pro Tip 5

Mix up your routine by blending Active or HydroPlex with ice for a refreshing smoothie.

Pro Tip 6

Enjoy a soothing non-caffeinated mint tea to end the day.

HYDROPLEX



This delicious natural health product is a convenient way to help replenish your lost electrolytes. Featuring a blend of electrolytes, antioxidants, minerals, and vitamin C that delivers essential nutrients in every sip, it'll leave you feeling your best and refreshed!

- Helps maintain normal electrolyte balance and deliver electrolytes for the maintenance of good health
- Helps replenish electrolytes that can be lost from regular activity
- Helps maintain proper muscle function, including the heart muscle
- Contains electrolyte minerals plus aloe vera, tart cherry, coconut water powder, sea salt, watermelon juice, zinc, and vitamin C
- Gluten free, vegan, and non-GMO with no artificial colours, flavours, sweeteners, or preservatives

Adults mix 1 packet into 470 mL of water and consume once daily with food. Consult a health care practitioner for use beyond 12 weeks.

PROTEIN+

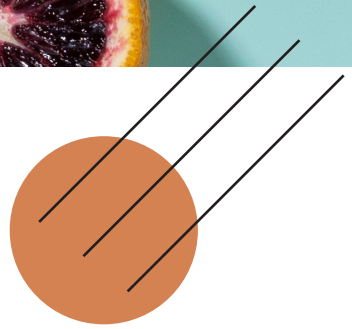


Protein+ is an excellent source of protein, with vitamins and minerals you need for overall wellness in a convenient, satisfying, and effective mix you have always craved without the excess carbohydrates or added sugars.

- 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
- Digestive enzymes that helps digest proteins
- Essential amino acids and branched chain amino acids for the maintenance of good health
- Gluten free, and non-GMO with no artificial colours, flavours, sweeteners, or preservatives

Adults (19+) blend or stir 1 packet with 250 mL of water or milk of choice. Take with food, a few hours before or after taking other medications or natural health products. Ensure to drink enough fluid before, during, and after exercise. Consult with a healthcare practitioner for prolonged use.

SLIM HUNGER CONTROL



Slim Hunger Control — a refreshing natural health product featuring polydextrose fibre, which helps temporarily increase the feeling of fullness** to keep you satisfied as you kickstart your wellness journey.

- Helps manage your weight[^]
- Helps to maintain the body's ability to metabolize nutrients
- Helps support cardiovascular health
- Gluten free, vegan, non-GMO, and formulated to deliver a great taste without artificial colours, flavours, sweeteners, or preservatives

Adults pour 1 packet into 360-480 mL of water and consume 1-2 times daily, 90 minutes before a meal. Take 2 hours before or after taking other medications and/or natural health products. Maintain adequate fluid intake

[^]Along with a healthy lifestyle that includes calorie reduction and physical activity.

^{**}When taken 90 minutes prior to a meal.

COLLAGEN BONE BROTH



Warm up your routine with a light yet fulfilling, soup! Give your body a nutrient-conscious soup mix that helps set you on the right path with Collagen Bone Broth. This tasty soup mix is only 80 calories and has a savoury beef flavour that can be enjoyed any time of day

- Gluten free and non-GMO with no added sugars, no artificial colours, flavours, sweeteners, or preservatives

Mix 1 pouch with 175 - 235 mL of hot water. Season to taste.

SMART SNACK



Power through your day with a snack designed to keep your day moving with an extra punch of flavour. Smart Snack is delicious, rich in fibre, and provides energy to help you achieve your daily goals.

- Very high source of fibre
- Source of energy
- 120 calories per serving
- Gluten free and non-GMO with no added sugars, no artificial colours, flavours, sweeteners, or preservatives

ACTIVE



Stay motivated with Active!
This clean energy, natural health product is formulated to promote lasting energy, along with mental sharpness, and the enhanced cognitive performance you need to support your ambitions.

- Helps temporarily enhance cognitive performance
- Helps temporarily promote mental alertness
- Helps temporarily reduce tiredness and fatigue
- Gluten free, vegetarian, and non-GMO with no artificial colours, flavours, sweeteners, or preservatives

Adults pour 1 packet into 360-480 mL of water and consume once daily with food. Consult a health care practitioner for use beyond 12 weeks.

COLLAGEN SOUP



Plexus® Collagen Tomato Soup supports your wellness journey by fueling you with energy to make sure your body is getting the optimal ingredients it needs to keep you on track towards your health goals. Enjoy the zesty flavour as is, or add your favourite seasonings.

- 110 calories per serving
- Source of energy and fat-free
- No artificial colours, flavours, sweeteners, or preservatives
- Gluten free and non-GMO

Mix 1 pouch with 175 - 235 mL of hot water.

RESTORE



Bring balance back to your body! Restore is the simple and delicious way to increase your antioxidant intake. This delicious lemon-berry flavoured product can help provide your body with antioxidants to fight and protect cells against free radicals.

- Gluten free, vegan, and non-GMO with no artificial colours, flavours, sweeteners, or preservatives

Adults (19+) mix 1 packet (5.9 g) with 470 mL of cold water and drink 30 minutes before a main meal daily.

Q&A



Q: Can I continue to take natural health products during my Reset?

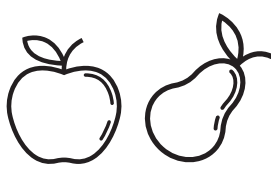
A: Consult with a healthcare practitioner prior to starting any dietary change.

Q: Can I still drink coffee or tea?

A: Yes, it is okay to drink coffee or tea during your Reset. However, we recommend that you avoid adding creamer, sugar, milk, etc. Be mindful of your caffeine intake, as too much can cause headaches and other discomforts.

Q: How can I satisfy my hunger and help prohibit headaches brought on by hunger during my Reset?

A: Drinking lots of water will help curb hunger and can also help keep headaches at bay. It's recommended that you complete the Reset as described in the suggested daily routine. However, you can add one of the following options to your routine, if needed:



Half an apple or pear



Quarter cup of cucumbers, carrots or celery



5-8 raw almonds

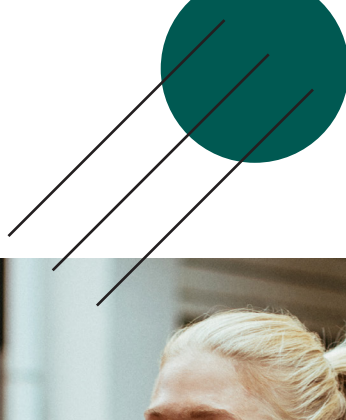
Q: How often can I do the Reset?

A: We recommend once a month, every 90 days, or before or after any life event where your body and mind need a reset.

Q: Who can use the Plexus Reset™?

A: Reset is perfect for adults looking for a simple, effective way to help them on their wellness journey! However, please consult with a healthcare practitioner prior to starting any dietary change.

What's Next



Your Plexus Reset™ is just the beginning of your Hope, Health, and Happiness journey. We encourage you to continue your path with Plexus® natural health products and programs to help you reach your goals and enhance your results along the way.



GI Health

Plexus GI health products are designed to help build a solid foundation for a balanced GI to help promote health from within, so you can feel your best every day.



Weight Management

Plexus weight management products are designed to help you maximize your efforts and break through barriers so you can be your own success story.

^Along with a healthy lifestyle that includes calorie reduction and physical activity.



Skincare

Plexus skincare products help support healthy, radiant, younger-looking skin with beautifully simple routines that complement your inner and outer wellness journey.

Overall Well-Being



Plexus Pivotal™ helps you discover a central path to your healthiest self with nutrition, movement, and motivation, so you get the most out of your Plexus journey with lasting health and wellness made simple.

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PIVOTAL

- Delicious recipes from nutrition experts that promote balanced nutrition for a healthy lifestyle
- Quick workouts from fitness professionals to get you moving
- Motivation from a supportive community, and more!

[Take a look!](#)

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REVITALIZE
RESTORE

RESET

WF# 1389751