

plexus Reset

Revitalize. Restore. Reset.

Whether you have set out to achieve healthy weight management, nurture a healthy gut microbiome, or reestablish healthy eating habits, it can be difficult to reach your goals when your system is out of balance. Plexus Reset™ is a 3-day supported fast designed to revitalize your system with a metabolic reset while providing optimal nutrition, so you can advance your wellness goals and set the stage for maximum results.



Simple System. Advanced Support.

The modern diet is often full of sugary and highly refined, nutrient-scarce foods that can disrupt your system and impact your metabolism, which can slow down your wellness success. When the progress gained does not match your efforts given it leaves you discouraged. You deserve a simple, supportive way to help reset your system and remove the hurdles standing between you and your goals, so you can enjoy the benefits of healthy cellular metabolism and propel your journey toward higher health.

Renew Your Resolve.

Staying motivated for your healthy lifestyle can be difficult when you are not seeing results as quickly as you had imagined. Reset takes a whole-body health approach and works at a cellular level to support your overall well-being from the inside out, reignite your wellness routine, and help deliver the results you want.

Plexus Reset includes:

- **Hydrate** — Replenish yourself with advanced hydration.
- **Lean Whey** — Experience a healthy meal replacement shake.
- **Slim Hunger Control** — Enjoy less hunger and more control.*
- **Collagen Bone Broth** — Satisfy your hunger with collagen protein.
- **Smart Snack** — Curb cravings with a delicious protein boost.
- **Active** — Enjoy clean energy every day.*
- **Collagen Tomato Soup** — Get clean nutrition with a zesty flavor.
- **Restore** — Help restore system balance.*

Reset for Well-being.

Reset features satisfying, nutrient-dense products that work together to help fuel your body, provide a much-needed break from the modern diet, and support an elevated state of whole-body wellness any time your body and mind need a fresh start.

Enjoy these great benefits and more:

- **Revitalize** — Invigorate your natural ability to improve your gut health, manage your weight, and accelerate your progress toward your goals.
- **Restore** — Reconnect with mindful well-being to eliminate problematic food choices that disrupt your system, and restore your confidence to pivot your course in a positive direction.
- **Reset** — Recalibrate your system to help overcome roadblocks that could be holding you back, and move from nominal progress to phenomenal wellness gains.

Did You Know?

- A growing body of evidence suggests that a supported fast helps reset your metabolism, allowing your body to primarily utilize fat as the preferred fuel source and preserve lean muscle tissue.
- Growing evidence suggests the modern Western diet (defined as high intake of saturated fats, processed sugars and salt, and low intake of fiber-rich fruits and vegetables) negatively impacts your metabolic efficiency and disrupts the balance of your gut microbiome.
- American adults consume an average of 77 grams of sugar per day. This is more than 3 times the recommended amount for women and adds up to around 60 pounds of added sugar annually.¹

Sources:

1. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much#:~:text=American%20adults%20consume%20an%20average,are%20even%20worse%20for%20children.>

Reset Primary Benefits and Features

- Promotes metabolic reset to stage your body to tackle your weight management and support your overall health journey
- Promotes healthy cellular metabolism
- Supports the breakdown of stored fat
- Equips the body to burn fat as an energy source
- Supports conversion of fat to energy



Photo By: Leroy McKinnes, Ruby Ambassador

Who Should Use Plexus Reset™?

Reset is perfect for anyone looking for a simple, effective plan that helps reset their system to kickstart their wellness routine and prime their body for rapid results.

Here's how it works:

Purchase Plexus Reset

Purchase Reset and choose your system start date.

Follow the plan

Use the easy-to-follow guide provided in your Reset for a seamless routine.

Restore your body's inner balance

Reset your natural system function and set the stage for enhanced results.



Frequently Asked Questions



How long is the Reset?

The Plexus Reset™ is a 3-day, nourishing and supported fast.

How many times can you do the Reset?

We recommend doing the Reset at least once every 90 days – or before or after any life event where your body and mind need a reset. Not recommended to do more than once a month.

What are the benefits of doing the Reset?

The Reset is a supported fast that revitalizes your system function with metabolic reset while delivering optimal nourishment. This unique system provides you with scientifically backed products and a trusted plan that takes a whole-body health approach to help remove roadblocks standing between you and the results you want. It helps ensure that you can move through your Health and Happiness journey with confidence.

How does Reset fit into my other Plexus® products?

The Plexus Reset is designed to help revitalize, refresh, and restore your body so you can enjoy all the benefits of healthy cellular metabolism and remove the hurdles that may stand between you and the results you want. This helps your regular Plexus product regimen to work at its optimal potential so you can get the most out of your wellness journey.

Who should do the Reset?

Reset is perfect for adults looking for a simple, effective plan that helps reset their system and boost their wellness results! However, please consult with your physician prior to starting any dietary change program.

Can I eat while doing the Reset?

The Reset is not designed to incorporate meals outside of the Collagen Bone Broth, Collagen Soup, and Lean Shake. While doing the Reset, drink lots of water, and if needed, have one of the Reset-approved snacks. You can pick one of the following:



half an
apple or pear



1/4 cup of cucumber,
carrots, or celery



5-8
raw almonds

Nutritional Information

Hydrate Lemon Lime

Nutrition Facts	
3 servings per container	
Serving size	1 packet (4.2 g)
Amount Per Serving	
Calories	10
	% Daily Value*
Total Fat 0g	0%
Sodium 170mg	7%
Total Carbohydrate 1g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Calcium 70mg	6%
Potassium 200mg	4%
Vitamin C 170mg	190%
Magnesium 50mg	10%
Zinc 3mg	25%
Chloride 70mg	4%

Not a significant source of saturated fat, *trans* fat, cholesterol, dietary fiber, vitamin D, and iron.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Citric acid, potassium citrate, sodium citrate, magnesium citrate, calcium citrate, natural flavors, ascorbic acid (vitamin C), tart cherry fruit powder, coconut water powder, salt, watermelon juice powder, malic acid, stevia leaf extract, silicon dioxide, turmeric (color), aloe vera (inner leaf fillet) powder, spirulina extract (color), and zinc citrate.

CONTAINS: Tree Nuts (coconut)

Slim Hunger Control

Supplement Facts	
Serving Size 1 Packet	
Servings Per Container 3	
Amount Per Serving	
	% DV
Calories	15
Total Carbohydrate	8 g 3% [‡]
Dietary Fiber	6 g 21% [‡]
Chromium	200 mcg 571%
(as chromium polynicotinate)	
Polydextrose	6,250 mg †
Plexus Slim® Blend	531 mg †
Green coffee bean extract (min. 50% chlorogenic acid and less than 2% natural caffeine), <i>Garcinia cambogia</i> fruit extract, alpha lipoic acid, white mulberry fruit extract	

[‡]Percent Daily Values are based on 2,000 calorie diet.
[†]Daily Value (DV) not established.

Other Ingredients: Natural flavors, citric acid, stevia leaf extract, fruit and vegetable juice with beet root extract (color), and silicon dioxide.

Lean Whey Milk Chocolate

Nutrition Facts	
3 servings per container	
Serving size	1 Sachet (about 40g)
Amount per serving	
Calories	140
	% DV*
Total Fat	3g 4%
Saturated Fat	1.5g 8%
Trans Fat	0g
Polysaturated Fat	0g
Monounsaturated Fat	1g
Cholesterol	50mg 17%
Sodium	130mg 6%
Total Carbohydrate	12g 4%
Dietary Fiber	5g 18%
Soluble Fiber	5g
Total Sugars	15g
Includes Added Sugars	1g 2%
Protein	21g 42%
Vitamin D	1mcg 6%
Calcium	155mg 10%
Iron	4mg 20%
Potassium	305mg 6%
Vitamin A	90mg 10%
Vitamin C	13.5mg 15%
Vitamin E	2.5mg 15%
Thiamin	0.25mg 20%
Riboflavin	0.4mg 30%
Niacin	7mg 45%
Vitamin B6	0.3mg 20%
Folate	91mcg DFE 25%
Vitamin B12	0.25mcg 10%
Pantothenic Acid	0.35mg 6%
Phosphorus	110mg 8%
Iodine	47mcg 30%
Magnesium	57mg 15%
Zinc	2.2mg 20%
Selenium	18mcg 35%
Manganese	1mg 45%
Molybdenum	35mcg 80%
Choline	0mg

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Protein blend (whey protein concentrate, milk protein isolate, whey protein isolate), polydextrose, cocoa powder (processed with alkali), natural flavors, organic coconut palm sugar, sunflower oil, sunflower lecithin, guar gum, xanthan gum, protease enzyme blend (from *Aspergillus niger* and *Aspergillus oryzae*), sea salt, vitamin and mineral blend (magnesium (magnesium hydroxide), vitamin C (ascorbyl palmitate), vitamin E (d-alpha tocopherol), iron (ferrous orthophosphate), zinc (zinc citrate), manganese (manganese citrate), riboflavin (riboflavin 5-phosphate), vitamin B6 (pyridoxal-5-phosphate), pantothenic acid (calcium d-pantothenate), thiamin (thiamin mononitrate), vitamin A (retinyl palmitate), folate (L-methylfolate calcium), vitamin D3 (cholecalciferol), vitamin B12 (methylcobalamin)), and stevia.

Contains: Milk

Collagen Bone Broth

Nutrition Facts	
3 servings per container	
Serving size	1 packet (24 g)
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 0g	0%
Sodium 330mg	14%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	

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

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Beef bone broth powder, natural flavors, carrot powder, onion powder, garlic powder, salt, and rosemary powder.

Nutritional Information

Smart Snack

Nutrition Facts	
3 servings per container	
Serving size	1 Bar (34 g)
Amount Per Serving	
Calories	100
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 1mg	6%
Potassium 110mg	2%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: Allulose, whey protein isolate, soluble tapioca fiber, oats, whey crisps (whey protein isolate, whey protein concentrate, tapioca starch, calcium carbonate, sunflower lecithin), cocoa butter, whole milk powder, coconut flour, dried coconut, natural flavor, vanilla bean, matcha powder, and salt.

CONTAINS: Milk, Tree Nuts (coconut)

Collagen Tomato Soup

Nutrition Facts	
3 servings per container	
Serving size	1 packet (33 g)
Amount Per Serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 0g	0%
Sodium 200mg	9%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 20g	
<small>Not a significant source of saturated fat, trans fat, cholesterol, vitamin D, calcium, iron, and potassium.</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: Hydrolyzed bovine collagen, tomato concentrate powder, and nutritional yeast. Contains 2% or less of: organic garlic powder, spices, guar gum, xanthan gum, citric acid, salt, silicon dioxide, and natural flavor.

Active Starfruit Guava

Supplement Facts			
Serving Size 1 Packet			
Servings Per Container 3			
		<small>Amount Per Serving</small>	<small>%DV</small>
Calories	25		
Total Carbohydrate	6 g	2% [‡]	
Total Sugars	3 g		†
Includes 2 g Added Sugars			4% [‡]
Vitamin A (as beta-carotene)	270 mcg		30%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	54 mg		60%
Vitamin E (as d-alpha tocopherol)	21 mg		140%
Thiamin (as thiamine hydrochloride)	1.5 mg		125%
Riboflavin	2.8 mg		215%
Niacin (as niacinamide)	20 mg		125%
Vitamin B ₆ (as pyridoxine hydrochloride and pyridoxal 5'-phosphate)	1.7 mg		100%
Vitamin B ₁₂ (as methylcobalamin)	4.8 mcg		200%
Pantothenic Acid (as d-calcium pantothenate)	10 mg		200%
Sodium	5 mg		<1%
Proprietary Blend	1.5 g		†
<small>Citrulline malate, L-theanine, caffeine (green tea leaf extract and yerba maté leaf extract), N-acetyl-L-tyrosine, ActiGin® (Panax notoginseng root extract and Rosa roxburghii fruit extract), S7™ (green coffee bean extract, green tea leaf extract, turmeric rhizome extract, tart cherry, blueberry, broccoli, kale leaf), beet root juice powder, glycerophosphocholine</small>			
<small>‡Percent Daily Values are based on 2,000 calorie diet.</small>			
<small>†Daily Value (DV) not established.</small>			

Other Ingredients: Natural flavors, trehalose, honey powder, citric acid, stevia leaf extract, malic acid, silicon dioxide, monk fruit extract, and fruit and vegetable juice (color).

Restore

Supplement Facts			
Serving Size 1 Packet			
Servings Per Container 3			
		<small>Amount Per Serving</small>	<small>% DV</small>
Calories	20		
Total Carbohydrate	4 g	1% [‡]	
Total Sugars	0 g		†
Includes 0g Added Sugars			0% [‡]
Potassium	35 mg		<1%
Appetite Control Blend	2,134 mg		†
<small>Hibiscus flower powder, yeast hydrolysate (from <i>Saccharomyces cerevisiae</i>), magnolia bark extract (min. 2% honokiol & 1% magnolol), berberine hydrochloride (from phellodendron bark extract)</small>			
Digestion Support Blend	275 mg		†
<small>Ginger root powder, peppermint leaf powder</small>			
Cellular Defense Blend	176 mg		†
<small>Spinach leaf concentrate, spirulina whole plant powder, aloe vera inner leaf fillet powder</small>			
<small>‡Percent Daily Values are based on 2,000 calorie diet.</small>			
<small>†Daily Value (DV) not established.</small>			

Other Ingredients: Natural flavors, citric acid, stevia leaf extract, and silicon dioxide.