

Smart Snack

The wise choice for smart snacking

Snacks that help you power through the day should be simple to find, simply made, and simply delicious! Plexus Smart Snack features a sensational vanilla matcha flavor and ingredients that fill you with nutrition, not empty calories. You can satisfy your hunger and keep your wellness goals in sight.



Overindulgence? Over it!

The demands of a busy lifestyle often leave little room for smart snacking, and convenience typically comes at the cost of excess sugar and calories, which leave you sluggish and hungry for more. Enjoying snacks that offer a good source of fiber and protein can help you feel full between meals and sway you from the desire to overeat. You deserve nutritious options that fit easily into your daily routine and support your vision of better health!

Your Choice for Traveling Light

Smart Snack broadens your better options and aligns with your commitment to healthy eating. This nutrient-dense snack is a good source of dietary fiber and lean protein that you can enjoy anywhere as a powerful part of the Plexus Reset™ — a supported fast that helps restore balance to your body with a metabolic reset and sets the stage for optimal results along your wellness journey.

Convenience Meets Care.

Every Smart Snack features 8 grams of protein and 5 grams of fiber to help keep you fueled and full between meals.

Enjoy these great benefits and more:

- **Focus on fiber** — Keep your wellness goals in focus with a good source of prebiotic fiber to help support a healthy gut microbiome.
- **Prioritize protein** — Make sugar an afterthought with a boost of clean nutrition from powerful whey protein.
- **Love a calorie-smart option** — Enjoy a delightful snack that won't hold you back from reaching your goals.



Did You Know?

- Prebiotic fiber selectively feeds beneficial gut microbes and supports a healthy microbiome.
- Snacks can provide energy in the middle of the day.¹
- A snack between meals can decrease your hunger and keep you from overeating at mealtime.¹
- Whey protein isolate is a more purified form of whey protein, typically containing more than 90% protein.
- Combining whey protein isolate and whey protein concentrate can enhance the protein content of food.

Smart Snack Primary Benefits and Features

- Contains 8 grams of protein per serving
- Features soluble tapioca fiber to support gut health
- Features a delicious vanilla bar with a hint of matcha
- No added sugars, gluten free, non-GMO
- No artificial colors, flavors, sweeteners, or preservatives
- Only 120 calories per serving

Sources:

1. <https://medlineplus.gov/ency/patientinstructions/000338.htm>

Who Should Use Plexus® Smart Snack?

Smart Snack is perfect for anyone looking for snack alternatives that help them stay dedicated to lifelong Health and Happiness.

Here's how it works:

Purchase Plexus Reset™

Purchase Reset and choose your system start date.

Take it with you

Keep Smart Snack in your purse, backpack, gym bag, or office drawer and enjoy as your mid-afternoon snack during your Reset.

Reset your natural system function

Finish your Reset and set the stage for maximum results on your Health and Happiness journey with Plexus!

Frequently Asked Questions

When should you take Smart Snack?

Smart Snack is a great afternoon snack to be enjoyed alongside Active as part of Reset.

Does the matcha used in Smart Snack provide any caffeine?

Trace levels of caffeine may be present but in a dietarily insignificant amount that will not lead to the effects being felt.

What sweetener is used in Smart Snack?

The sweetener used is xylitol, a sugar alcohol commonly used as a sugar substitute due to its very low glycemic index and little to no aftertaste. Xylitol naturally occurs in small quantities in plants, fruits, vegetables, and fermented foods.

Does Smart Snack contain any common food allergens?

Smart Snack contains milk and tree nuts (coconut), which can be an allergen.

Is Smart Snack gluten free and non-GMO?

Yes! Smart snack is gluten free and non-GMO.

Is it safe to have Smart Snack if you are 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

Smart Snack

Nutrition Facts	
3 servings per container	
Serving size	1 Bar (34g)
Amount Per Serving	
Calories	120
<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 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Sugar Alcohol 3g	
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 0mg	0%
Potassium 106mg	2%

*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: Agave inulin, soluble tapioca fiber, whey protein isolate, xylitol, oats, whey protein crisps (whey protein concentrate, rice flour, tapioca starch, calcium carbonate, sunflower lecithin), cocoa butter, whole milk powder, coconut flour, dried coconut, natural flavor, vanilla bean, salt, stevia, and matcha powder.
CONTAINS: Milk, Tree Nuts (coconut)

Agave inulin: A prebiotic fiber made from Blue Agave that also acts as a natural sweetener.

Xylitol: Found in small amounts in many fruits and vegetables this natural sweetener has similar sweetness to regular sugar but contains 40% fewer calories.

Whey protein isolate: Whey protein isolate (WPI) is a more purified form, typically containing more than 90% protein (on a dry matter basis). WPI is growing rapidly in sports nutrition, where fat and other non-protein constituents are undesirable.

Soluble tapioca fiber: This dietary fiber derived is derived from tapioca and not immediately absorbed in the small intestine. It remains available for bacterial fermentation in the colon, where it acts as a prebiotic to support gut health.

Oats: Oat fiber is a dietary fiber source that helps support and maintain a healthy digestive system.

Whey crisps (whey protein isolate, whey protein concentrate, tapioca starch, calcium carbonate, sunflower lecithin): Whey crisps are made using a proprietary extrusion process that combines

whey protein isolate (WPI) and whey protein concentrate (WPC) to enhance the protein content of food. The crisp texture and composition of this ingredient is ideal for nutritional snack bar applications.

Cocoa butter: Also known as cacao butter, this lipid extract comes from cacao beans (*Theobroma cacao*). It is typically used in place of oil in recipes to suspend sugar particles.

Whole milk powder: This ingredient is dehydrated milk obtained by the removal of water from pasteurized milk, which may have also been homogenized.

Coconut flour: Coconut is the fruit of coconut palm (*Cocos nucifera*). Coconut flour is powdered coconut flesh commonly used as a replacement for grain-based flours.

Dried coconut: This ingredient is dehydrated coconut flesh sourced from the fruit of coconut palm (*Cocos nucifera*). In application, dried coconut provides flavor and texture.

Natural flavor: Natural flavors are naturally occurring compounds that contribute to the unique flavor profiles found in foods. These various flavors are taken from essential oils, resins, essences, or extracts.

Vanilla bean: This is the fruit of the vanilla plant (*Vanilla planifolia*). Vanilla bean provides flavor and aroma when used in application.

Matcha powder: Matcha powder, from green tea (*Camellia sinensis*), has been used for centuries in East Asia for its antioxidant values and potential health-promoting properties. Matcha is traditionally sourced from green tea leaves that are grown in the shade prior to harvest, which turns the leaves a darker shade of green.

