

plexus Ease®

Feel relief and keep moving.

Stop letting discomfort slow you down. Plexus Ease can support healthy joint function and help bring you relief from occasional discomforts that result from your active lifestyle. Ease features clinically studied comfort-enhancing ingredients, so you can start enjoying your life more fully.*



From Uncomfortable to Unstoppable.

You love your active lifestyle, but sometimes, even everyday tasks can feel like too much to handle. Joint and muscle discomfort can slow you down when all you want to do is keep going! It is frustrating to feel like your own body is holding you back, especially when you have a whole list of things you need to do. You deserve to find relief from occasional soreness due to overexertion or strenuous physical activity, so you can stay active, engaged, and in love with your life!* Plexus Ease is here to help.

How Ease Works

Ease is a dietary supplement that supports joint health and helps you soothe everyday discomforts that hold you back, so you can feel relief and live life to the fullest. Ease's formula contains ingredients that are scientifically shown to enhance comfort, like Bromelain (a high-quality enzyme) and Turmeric (a powerful antioxidant).*

Ease can help you discover fewer days of joint and muscle discomfort and give you the opportunity to get off the sidelines and keep moving!*



Ease Primary Benefits:

- Supports healthy joint function and comfort*
- Reduces occasional soreness due to overexertion or strenuous physical activity*
- May help relieve temporary muscle soreness after exercise*
- Eases occasional discomfort due to overexertion and fatigue*
- Provides comprehensive “inside-out” relief when combined with Ease Cream*

Ease Advantage:

- Provides a highly concentrated extract of New Zealand Green Lipped Mussel
- Unique combination of Turmeric Rhizome Extract, Bromelain, and Serrapeptase
- Gluten Free

Who should use Ease?

Ease is made for adults who may be experiencing occasional discomforts due to an active lifestyle or who are looking to support their daily joint health while living an active lifestyle. If you're looking for comfort and support as you strive to reach your goals and live life to the fullest, Ease is a perfect addition to your Health and Happiness routine.*

Did You Know?

Muscle soreness is most intense 1 to 3 days after you've exercised. Supporting your body can help you bounce back after a tough workout by soothing this discomfort.^{1*}

¹<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873794/>

Frequently Asked Questions

Can I take Plexus Ease® with other Plexus® products?

Ease is a great addition to a Plexus regimen, including Plexus Ease Cream. The combining effects of these products are very beneficial to your overall health and provide you with inside-out relief.*

Can I take Ease if I am pregnant or nursing or have an existing medical condition?

As with any dietary supplement, we recommend speaking to your physician before starting any new supplement. They will be the best resource to answer these types of questions.

Can Ease be used by children under the age of 18?

Ease is not recommended for use by children under 18 because the product was formulated to meet the needs of adults.

Is there caffeine or any other stimulants in Ease?

No.



Ingredient Glossary

Supplement Facts		
Serving Size 1 Capsule		
Servings Per Container 60		
	Amount Per Serving	% DV
Proprietary Blend	600 mg	†
Green lipped mussel powder [^] , bromelain, serrapeptase, turmeric rhizome extract		
†Daily Value (DV) not established.		

Other Ingredients: Hypromellose (vegetarian capsule), magnesium stearate, and titanium dioxide.

[^]As ETARol™, a registered trademark of Clinical Study Applications, Inc.

New Zealand Green Lipped Mussel Powder

Derived from a species of mussel with its notable iridescent green shell color, the powder is rich in polyunsaturated fats. The powder contains a large variety of fatty acids.

Bromelain

This is a family of protease enzymes naturally abundant in the pineapple plant. Bromelain is used as a traditional remedy and contributes to the easing of discomforts.*

Serrapeptase

Serrapeptase is a protease enzyme that helps break down proteins. The same enzyme is used by silkworms to help break down their cocoons when it is time to emerge as a butterfly.

Turmeric (Rhizome) Extract (from Curcuma longa)

Turmeric is a member of the ginger family known for its brilliant orange color and distinct taste. Health benefits associated with Turmeric are primarily attributed to its abundance of curcumin, a powerful antioxidant, which is also responsible for its orange-yellow hue.*

Other Ingredients:

Hypromellose (vegetarian capsule)

The capsule shell is made from Hypromellose, derived from pine trees. This capsule shell is Non-GMO and Vegan.

Magnesium Stearate

This is a magnesium-associated form of the fatty acid stearic acid. It is used in small amounts to aid in the flow of ingredients during encapsulation.

Titanium Dioxide

Titanium Dioxide is a naturally occurring mineral that is mined from the earth, processed and refined, and added to a variety of foods as well as other consumer products. White in color, it is used to add pigment to the Plexus Ease capsule.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.