Collagen Soup

SIMPLE INGREDIENTS.
CAREFULLY CRAFTED NUTRITION.

Nutrient-dense foods that taste great and support your wellness goals should never be hard to find. Collagen Soup offers a zesty roasted red pepper & tomato flavor and is rich in collagen protein to help satisfy your hunger without breaking your commitment to clean eating.



Nourish Your Body and Satisfy Your Cravings

Collagen is vital for overall health, supporting skin elasticity, soft tissue strength, and a healthy gut lining. Collagen Soup delivers 20 g of hydrolyzed bovine collagen protein, which is easily absorbed to aid muscle preservation and reduce hunger during fasting. With amino acids, nutrient-rich tomato and red bell pepper powders, and nutritional yeast, it's a savory, satisfying component of the Plexus Reset.

Help Remove Roadblocks

Collagen Soup helps fuel your body with lean collagen protein and distances you from the unhealthy choices of the modern diet. With no added sugars or preservatives, it ensures your body gets the best ingredients to deliver results. This calorie-smart, high-quality soup is a powerful part of Plexus Reset™ — a supported fast system that helps reset your metabolism, cravings, and gut.

Primary Benefits

- Help preserve lean muscle while fasting
- Provide essential building blocks to support your body with important amino acids
- Help support healthy skin and soft tissues with an increased dietary intake of collagen

Primary Features

- Formulated with 20 g of collagen protein
- Roasted red pepper & tomato flavor
- Gluten free and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

DID YOU KNOW?

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- 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.



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.

When should you take Collagen Soup?
Collagen Soup should be enjoyed around dinnertime, as noted in the daily routine for the Reset.

What are the spices in Collagen Soup?
Spices and herbs in Collagen Soup include paprika, cayenne, black pepper (flavor), basil, and oregano.

Can additional spices 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

Directions: Mix 1 pouch with 6 – 8 fl. oz. of hot water.

Nutrition Facts

3 servings per container

Serving size	**1 Packet (33g)**
Amount Per Serving	
Calories	**120**
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0g	**0%**
Sodium 230mg	**10%**
Total Carbohydrate 7g	**3%**
Dietary Fiber 2g	**7%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 20g	
Vitamin D 0mcg	0%
Calcium 14mg	0%
Iron 0.5mg	2%
Potassium 290mg	6%

*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: Hydrolyzed bovine collagen, tomato powder, red bell pepper powder, coconut milk powder, nutritional yeast. Contains 2% or less of: garlic powder, onion powder, spices, medium chain triglycerides powder, xanthan gum, guar gum, sea salt, silicon dioxide, and natural flavors.

NOTE: For weight reduction, use only as directed in conjunction with the accompanying diet plan. Do not use in diets supplying less than 400 calories per day without medical supervision. Do not use if tamper-evident seal is broken or damaged. Store in a cool, dry place. This product is filled by weight, not volume. Some settling of the contents may occur during transit and cannot be avoided.

Please refer to full nutritional information in accompanying program guide.
NOT FOR INDIVIDUAL RESALE.

GLUTEN FREE | NON-GMO | NO ARTIFICIAL COLORS, FLAVORS, SWEETENERS, OR PRESERVATIVES

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INGREDIENT GLOSSARY

Collagen Soup

Citric acid: Naturally present in many fruits, particularly citrus fruits, it contributes a mild sour flavor that complements the sweetness. Citric acid can be found naturally in citrus fruits such as lemons and oranges. It is often used to enhance the flavor of foods and beverages.

Coconut Milk Powder: Designed to enhance the flavor and texture of the soup without the extra fat and calories associated with dairy milk.

Garlic powder: Garlic powder is derived from garlic cloves that have been dehydrated and ground into fine particles, providing a sweet and savory flavor within the spice profile of the soup.

Guar gum: Guar gum is a polysaccharide that is extracted from guar beans. It acts as a thickener and stabilizer in food. It is high in soluble fiber and low in calories.

Gum acacia: Gum acacia, also known as acacia gum, is a naturally derived ingredient from the sap of acacia trees. In the Collagen Soup mix, it plays an essential role in emulsifying and stabilizing ingredients, ensuring a smooth, consistent texture when prepared. Its origin and functional benefits make it a versatile addition that enhances the quality and enjoyment of your soup.

Hydrolyzed bovine collagen: 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. Increased dietary intake of collagen supports healthy skin and soft tissues to help maintain their strength and elasticity.

Natural flavors: 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.

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 flavor 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.

Onion powder: Derived from onions that have been dehydrated and ground into a fine powder, onion powder provides a boost of savory flavor to the soup for a cohesive spice profile.

Red bell pepper powder: Red bell pepper powder is a naturally vibrant ingredient made from milled and powdered red bell peppers, known for their rich flavor and nutritional benefits. Its antioxidants, subtle sweetness, and bright color enhance the taste and appearance of our product while delivering a boost of natural goodness.

Silicon dioxide: This is added to the powder mixture 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. The form used is a food grade silica that is ultra-pure and free of contaminants and helps powders mix more easily.

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

Tomato 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 color.

Xanthan gum: Xanthan gum is a naturally occurring 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.



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