

plexus tripleX™

Healthy gut. Happy you.®

It's the gut health system your body is craving.



Nutrition

You deserve to thrive! Did you know that your gut can help? Your digestive tract is home to trillions of microbes that contribute to how good you feel, inside and out. When your gut is healthy, everything else seems to fall into place. From less GI discomfort, to a healthier immune system, improved mood, and even help managing your weight – showing daily love to your gut microbiome and gastrointestinal system helps you feel more confident every day!*

The Gut Health Crisis

Improved gut health leads to improved wellbeing. But if it's so great, why don't we all do it? Probably because maintaining a healthy gut isn't exactly easy. Your gut microbiome is a delicate ecosystem. Without the right help, it can be thrown off balance by your diet, stress levels, sleep quality, lack of exercise, and other factors that contribute to whether or not your microbiome is positively balanced with friendly microbes (like *Lactobacillus* and *Bifidobacterium*), or overcrowded with unwanted strains.

Enter TriPlex!

This powerful, three-product system works in three ways to get your gut back into balance. TriPlex supports your gut health by helping *weed* out unwanted microbes, *seeding* your gut with beneficial microbes, and *feeding* those beneficial microbes with the prebiotics they need to flourish. Inside, you'll feel better and more balanced. Outside, your smile is bound to get noticed, because when you feel this good it's hard not to show it! Plus, TriPlex can even help you lose weight!^*



Weed. Seed. Feed. With TriPlex.

Fatigue, GI discomfort, an unpleasant mood – these are all things that slow you down. Help Weed, Seed, and Feed your gut microbiome to shift the balance back in your favor, and experience the Health and Happiness you truly want!*



Weed with Bio Cleanse™

When it comes to gut health, we cut straight to the chase. Bio Cleanse uses an innovative combination of Magnesium and Citrus Bioflavonoids to support regularity and help weed out unwanted substances from your digestive system.*



Weed and Seed with ProBio 5®

ProBio 5's dual-action formula means you get the benefits of two products in one. It uses beneficial enzymes, probiotics, and botanical Grape Seed Extract, that all work together to create an optimal gut environment by helping weed out unwanted intestinal yeast to support yeast balance. The five powerful probiotics in ProBio 5, including *Lactobacillus acidophilus* and *Bifidobacterium longum*, also seed to help set the stage for a healthier digestive system, while the inclusion of Vitamin C supports immune function.*



Feed With Your Choice Of Slim

Get gut-healthy with your favorite Pink Drink supplement! Slim Microbiome Activating features Xylooligosaccharides (XOS) – a clinically-demonstrated prebiotic that feeds your gut and helps beneficial microbes thrive. Not to mention, it's convenient and delicious (hello raspberry, lemon, watermelon flavor!), and it can even help you lose weight!^ You can also hone in on weight loss^ by choosing Slim Hunger Control, which includes Polydextrose prebiotic fiber to help reduce your desire to overeat.*

^When combined with a reduced calorie weight loss diet plan. Individual results will vary.

*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.

Balanced Gut = Better Health

A positively-balanced gut has been linked to incredible health benefits. Our innovative gut health products help you maintain this favorable balance so that your health can blossom in these key ways, and others:*



Better Hydration: Your gut helps keep you hydrated. It absorbs 90% of the incoming water that reaches the colon from the rest of the digestive tract.^{1*}



Less Digestive Discomfort: Gut imbalance affects regularity. Studies show that people who experience occasional constipation may have low abundance of *Bifidobacterium* and *Lactobacillus*.^{2*}



Nutrient Absorption Support: Approximately 95% of your body's Serotonin is produced in the gut. Certain microbes even produce essential nutrients your body needs, like Vitamin B12, Folate, and Vitamin K.^{3*}



Improved Overall Health: The Vagus Nerve interacts with special cells in the intestinal lining that are sensitive to the nutrient and other chemical signals from microbes, and sends these communications to the brain. Approximately 95% of your body's Serotonin is produced in the gut. In addition, other key neurotransmitters and neuroendocrine messengers like GABA and Dopamine are also produced in large quantities in the gut.^{4,5*}



Metabolism Support: Your microbiome plays a role in metabolism, which helps you manage your weight so you can move more, do more, and thrive more each day!^{6*}



Immune System Support: Around 70% of immune cells live in your gut, and evidence suggests prebiotics and probiotics support the body's immune system response.^{7*}

Get Started with TriPlex



AM

Slim + Bio Cleanse

Mix up Slim with 12-20 ounces of water 30-60 minutes before your meal. Take 2 capsules of Bio Cleanse with 8 ounces of water.



PM

ProBio 5

Take up to 4 capsules of ProBio 5 at bedtime.

Sources:

1. Sandle, G. I. "Salt and water absorption in the human colon: a modern appraisal." *Gut* 43.2 (1998): 294-299.
2. Dimidi, Eirini, et al. "Mechanisms of action of probiotics and the gastrointestinal microbiota on gut motility and constipation." *Advances in Nutrition* 8.3 (2017): 484-494.
3. Bonaz, Bruno, Thomas Bazin, and Sonia Pellissier. "The vagus nerve at the interface of the microbiota-gut-brain axis." *Frontiers in neuroscience* 12 (2018): 49.
4. Li, Haixing, et al. "Production of gamma-aminobutyric acid by *Lactobacillus brevis* NCL912 using fed-batch fermentation." *Microbial Cell Factories* 9.1 (2010): 85.
5. Strandwitz, Philip. "Neurotransmitter modulation by the gut microbiota." *Brain research* 1693 (2018): 128-133.
6. Namkung, Jun, Hail Kim, and Sangkyu Park. "Peripheral serotonin: a new player in systemic energy homeostasis." *Molecules and cells* 38.12 (2015): 1023.
7. <https://plexusworldwide.com/sunnyshare/trust-your-gut/plexus-vitalbiome-probio-5-winning-combination-probiotics-enzymes>

TriPlex Primary Benefits

Bio Cleanse™

- Helps cleanse the gastrointestinal tract*
- Helps relieve occasional gas, bloating, and discomfort*
- Helps promote regularity*
- Helps weed out unwanted microbes and substances*
- Relieves occasional constipation*
- Contains Vitamin C to support immune function*
- Studies suggest Magnesium supplementation, as found in Bio Cleanse, may be associated with improvements in sleep quality in older adults*

ProBio 5®

- Helps keep intestinal yeast in balance*
- Helps support a healthy intestinal tract*
- Supports healthy digestion*
- Helps improve natural response to imbalance*
- Helps seed the gut with 5 probiotic strains*
- Promotes healthy bacteria counts and pH levels in the gut*
- Contains Vitamin C to support immune function*

Slim Microbiome Activating®

- Promotes the growth of beneficial gut microbes*
- Increases *Lactobacillus* up to 365 times and *Bifidobacterium* up to 290 times - contributing to overall health**
- Clinically-studied XOS prebiotic
- Supports healthy glucose metabolism*
- Helps support cardiovascular health*
- Helps maintain healthy blood pressure levels already in the normal range*
- Supports hydration by encouraging you to drink more water*
- Clinically demonstrated to help you lose weight**
- Increases the metabolism enhancing *Akkermansia* microbes up to 250 times**
- Patent-pending formula

Slim Hunger Control®

- Clinically demonstrated to help you lose weight**
- Helps to reduce hunger*
- Supports enhanced satiation and satiety*
- Supports hydration by encouraging you to drink more water*
- Supports healthy glucose metabolism*
- Feeds your gut with Polydextrose, a prebiotic fiber, to help you feel full longer*



*The results of an in vitro human gut simulator study suggest that Slim's formula may have several beneficial effects. Further research, including research conducted in humans, is needed to confirm these preliminary findings.

**When combined with a reduced calorie weight loss diet plan. Individual results will vary.

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Frequently Asked Questions

When is the best time to take Plexus TriPlex™?

You should use the TriPlex system every day. Adults should take 2 capsules of Bio Cleanse™ with 8 ounces of water between meals. ProBio 5® should be taken in the evening, ideally before bedtime, and you can take up to 4 capsules. One serving of Slim Microbiome Activating and Slim Hunger Control can be taken with 12 - 20 ounces of water up to twice daily, 30-60 minutes before two main meals. If weight loss is your goal, Slim should be taken twice daily.*

Can I take TriPlex with other Plexus® products?

Absolutely! TriPlex is the perfect complement to other Plexus products.

What sets TriPlex apart from other products?

TriPlex is a clear choice to help you feel healthy, happy, and confident. It is a powerful system that works to get your gut back into balance. It's the supercharged boost your gut needs to support your gut health and overall well-being from the inside-out.*

Can I take VitalBiome™ with TriPlex?

Yes! VitalBiome is the perfect companion for TriPlex. VitalBiome helps to seed your gut with additional beneficial microbes from eight clinically-studied probiotic strains, including two psychobiotic strains! We suggest taking VitalBiome in the morning and ProBio 5 at night.*

Can Slim Microbiome Activating and Slim Hunger Control® be used together?

Yes! For a healthier, happier you, combine the benefits of Slim Microbiome Activating and Slim Hunger Control. Designed to work hand in hand, our Slim Family supports overall well-being.*



Ingredients Glossary



Bio Cleanse™

Supplement Facts		
Serving Size 2 Capsules		
Servings Per Container 30		
	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	150 mg	167%
Magnesium (as magnesium hydroxide)	380 mg	90%
Sodium	50 mg	2%
Sodium bicarbonate	190 mg	†
Citrus bioflavonoids Hesperidin (from orange), orange peel powder, lemon peel powder, quince fruit powder	50 mg	†

†Daily Value (DV) not established.

Vitamin C (as ascorbic acid)

Vitamin C is an essential water-soluble vitamin that has a wide range of functions in the human body. Vitamin C is one of the most important parts of our body's antioxidant system and helps to quench free radicals and reactive oxygen species that cause damage to our cells. Vitamin C also plays an integral role in enhancing the absorption of iron from plant sources in the diet.*

Magnesium (as Magnesium Hydroxide)

Magnesium is an essential mineral that promotes protein synthesis, healthy muscles, and healthy bones. Magnesium Hydroxide is an alkali mineral form of Magnesium that promotes regularity and ease bowel movements by naturally helping to retain more water in the colon.*

Sodium Bicarbonate

Sodium Bicarbonate is an alkali salt of sodium. The body naturally produces sodium bicarbonate to neutralize the acidic contents of the stomach entering the small intestine.

Bioflavonoid Complex

Orange Peel and Lemon Peel

Citrus fruit peels are abundant sources of antioxidant polyhydroxyl-flavonoids including hesperidin, neohesperidin, and naringin as well as unique polymethoxyflavones like nobiletin, tangeretin, and sinasetin.

Quince (whole fruit)

The fruit of the plant *Cydonia oblonga* M, that has an apple/pear hybrid shape and a very firm texture, usually eaten cooked. Quince fruit is abundant in phytonutrient antioxidants, particularly caffeoylquinic acids.

Hypromellose (vegetarian capsule) (naturally derived)

The capsule shell is made from Hypromellose, derived from pine trees. This capsule shell is Non-GMO, Vegan, Kosher and Halal. It is a natural and Non-GMO filler (not flow agent), to ensure specified weight is met consistently during encapsulation by adequately filling the capsule.

Rice Flour

Rice Flour is made from rice hulls that are sterilized and ground into fine powder. Rice Flour is used as an excipient to ensure consistent capsule fill weight.

ProBio 5®

Supplement Facts		
Serving Size 1 Capsule		
Servings Per Container 60		
	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin B ₆ (as pyridoxine hydrochloride)	2.5 mg	147%
Enzyme Blend Proteases, cellulase, serrapeptase	200 mg	†
Probiotic Blend <i>Bacillus coagulans</i> †, <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus plantarum</i> , <i>Saccharomyces boulardii</i>	100 mg (2 billion CFUs)^	†
Grape seed extract	25 mg	†

†Daily Value (DV) not established

Protease

Protease is an enzyme that breaks down proteins and peptides.

Cellulase

Cellulase is an enzyme that breaks down cellulose fiber from plants.

Serrapeptase

Serrapeptase is an enzyme originally isolated from bacteria.

Bacillus coagulans

Bacillus coagulans is a rod-shaped bacterium, found in soil and the gastrointestinal tract of and humans. *Bacillus coagulans* aids in reducing occasional GI discomfort. It can form a tough, protective endospore, allowing it to endure extreme environmental conditions.*

Lactobacillus acidophilus

Lactobacillus acidophilus is a beneficial bacterium that helps to support the gut lining and intestinal health.*

Bifidobacterium longum

Bifidobacterium longum is a beneficial bacterium found in the human GI system.

Lactobacillus plantarum

Lactobacillus plantarum is a beneficial bacterium that helps support the gut lining and intestinal health.*

Saccharomyces boulardii

Saccharomyces boulardii is a probiotic yeast that helps support intestinal yeast balance and gut lining.*

Grape Seed Extract

Grape Seed Extract is derived from the ground-up seeds of red grapes, Grape Seed Extract is typically high in polyphenols and Proanthocyanidins.

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Ingredients Glossary

Slim Microbiome Activating*

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	2 g	<1%‡
Chromium (as chromium polynicotinate)	200 mcg	571%
Sodium	60 mg	3%
Xylooligosaccharide	1,000 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.

Xylooligosaccharides (XOS)

XOS is a prebiotic that feeds beneficial bacteria. XOS is derived from a Non-GMO corn-derived form of oligosaccharide called Xylooligosaccharides. In a double-blind, randomized, placebo-controlled study conducted by researchers at the University of California Los Angeles (UCLA), subjects who consumed a relatively small serving of XOS daily saw improvements in gut microbiota balance and growth of beneficial gut microbes, thereby promoting intestinal health. XOS is effective in promoting intestinal health and is found in Slim Microbiome Activating.*

Green Coffee Bean Extract

Green Coffee Bean Extract is derived from coffee that has not yet been roasted. Green Coffee Beans have a higher level of Chlorogenic Acid compared to regular, roasted coffee beans. Research has shown that Chlorogenic Acid helps activate lipolysis, the process of lipid release from fat cells, which enhances fat burning. Because of this, Green Coffee Bean Extract has been shown to help with weight loss. Chlorogenic Acid may also induce body fat loss via increasing body heat produced. Slim Microbiome Activating uses a Non-GMO Green Coffee Bean Extract standardized to 50% Chlorogenic Acid and less than 2% of natural caffeine.*

Garcinia Cambogia (*Garcinia Cambogia* Desr.) Fruit Extract

Garcinia Cambogia is a citrus fruit tree that grows in Southeast Asia. Plexus uses a standardized extract from the fruit rind that contains a phytonutrient called Hydroxycitric Acid (HCA), which is bioactive compound. Slim Microbiome Activating uses a Non-GMO Garcinia Cambogia Extract.

Chromium Polynicotinate

Chromium Polynicotinate is a combination of Chromium and Niacin. This form of Chromium has been found to be a more bioavailable source. Chromium is an essential trace mineral that supports energy and healthy glucose metabolism. Chromium Polynicotinate also helps facilitate glucose transport into cells.*

Alpha Lipoic Acid (ALA)

Alpha Lipoic Acid is a fatty acid, found naturally inside every cell in the body. ALA is a potent antioxidant and helps recycle other antioxidants such as Vitamin C and E and Glutathione. Alpha Lipoic Acid is found in Slim Microbiome Activating and Plexus Nerve™.*

Citric Acid

Citric Acid can be found naturally in citrus fruits such as lemons and oranges. The Citric Acid found in Slim Microbiome Activating* is Non-GMO.

White Mulberry (*Morus Alba*) Fruit Extract

White Mulberry Fruit has a long history of traditional use in China and Europe, and contains health promoting phytonutrients. White Mulberry Extract is considered a superfood and a potent antioxidant.*



Stevia (*Stevia rebaudiana*) Leaf Extract

Stevia is a perennial herb native to South America that has been used for centuries as a traditional herb and a natural sweetener. The extract is prepared from the sweet-tasting leaves, and is standardized to 99% Rebaudioside A. The extract is then purified by filtration and crystallized into a compound that is typically 200 times sweeter than table sugar, and has zero calories. Plexus uses a 100% pure, Non-GMO Stevia.

Beet (*Beta vulgaris*) Root Extract

Beet Root is the red or purple root vegetable known as the beetroot or garden beet. Plexus uses Non-GMO Beet Root which provides natural color in Slim Microbiome Activating.

Cellulose Gum

Cellulose Gum comes from natural Cellulose obtained from wood pulp and cotton fibers. A natural, Non-GMO version of Cellulose is modified to form a gum that helps give a well-rounded mouth feel in Slim Microbiome Activating.

Silicon Dioxide

Silica is one of the most abundant minerals on earth. In Slim Microbiome Activating, the form used is a food grade Silica that is ultra-pure and free of contaminants and helps powders mix more easily.



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Ingredients Glossary

Slim Hunger Control*

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

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

‡Percent Daily Values are based on 2,000 calorie diet.

†Daily Value (DV) not established.

Polydextrose

Polydextrose is a large plant-based polysaccharide derived from Non-GMO corn starch. Unlike starch however, the carbohydrates in Polydextrose are uniquely linked together, making them resistant to our digestive enzymes. Because Polydextrose is not digested and partially fermented in the gut, it has an energy value of only 1 calorie/gram. Thus, Polydextrose is effective in helping to reduce caloric intake and its intake is also associated with increased prebiotic activity. Polydextrose is a prebiotic fiber and source of dietary fiber that helps you feel fuller and eat less. In a blinded, randomized placebo-controlled study, researchers found that pre-meal supplements containing the dose of Polydextrose found in Slim reduced subject's desire to eat before prior to the following meal and was still lower prior to the next meal later in the day.¹ Polydextrose is found in Slim Hunger Control.^{00*}

Green Coffee Bean Extract

Green Coffee Bean Extract is derived from coffee that has not yet been roasted. Green Coffee Beans have a higher level of Chlorogenic Acid compared to regular, roasted coffee beans. Chlorogenic Acid is a phytochemical that acts as an alpha-glucosidase inhibitor. That means that Chlorogenic Acid can help maintain healthy blood glucose already in the normal range. Chlorogenic Acid may also induce body fat loss via increasing body heat produced. Slim Hunger Control uses a Non-GMO Green Coffee Bean Extract standardized to 50% Chlorogenic Acid and less than 2% of natural caffeine.*

Garcinia Cambogia (*Garcinia cambogia* Desr.) Fruit Extract

Garcinia Cambogia is a citrus fruit tree that grows in Southeast Asia. Plexus uses a standardized extract from the fruit rind that contains a phytonutrient called hydroxycitric acid (HCA), which is a bioactive compound. Slim Hunger Control uses a Non-GMO Garcinia Cambogia Extract.



Chromium Polynicotinate

Chromium Polynicotinate is a combination of chromium and niacin. This form of chromium has been found to be a more bioavailable source. Chromium is an essential trace mineral that supports healthy glucose metabolism. Chromium Polynicotinate also helps facilitate glucose transport into cells.*

Alpha Lipoic Acid (ALA)

Alpha Lipoic Acid is a fatty acid, found naturally inside every cell in the body. ALA is a potent antioxidant and helps recycle other antioxidants such as Vitamin C and E and glutathione. Alpha Lipoic Acid is found in Slim Hunger Control and Plexus Nerve™.*

Citric Acid

Citric Acid can be found naturally in citrus fruits such as lemons and oranges. Plexus® Citric Acid is Non-GMO.

White Mulberry (*Morus alba*) Fruit Extract

White mulberry fruit has a long history of traditional use in China and Europe, and contains health promoting phytonutrients. White mulberry extract is considered a superfood and a potent antioxidant.*

Stevia (*Stevia rebaudiana*) Leaf Extract

Stevia is a perennial herb native to South America that has been used for centuries as a traditional herb and a natural sweetener. The extract is prepared from the sweet-tasting leaves, and is standardized to 99% Rebaudioside A. The extract is then purified by filtration and crystallized into a compound that is typically 200 times sweeter than table sugar and has zero-calories. Plexus uses a pure, Non-GMO Stevia rebaudiana.

Beet (*Beta vulgaris*) Root Extract

Beet Root is the red or purple root vegetable known as the beetroot or garden beet. Plexus uses Non-GMO beet root which provides natural color in Slim Hunger Control.

Cellulose Gum

Cellulose gum comes from natural cellulose obtained from wood pulp and cotton fibers. A natural, Non-GMO version of cellulose is modified to form a gum that helps give a well-rounded mouth feel in Slim Hunger Control.

Silicon Dioxide

Silica is one of the most abundant minerals on earth. In Slim Hunger Control, the form used is ultra-pure and free of contaminants and helps powders mix more easily.

Sources:

1 <https://www.ncbi.nlm.nih.gov/pubmed/22885981>

⁰⁰Participants in an independent, randomized, double-blind, placebo-controlled, human clinical study who used one pack of Slim twice daily lost an average of 5.45 pounds in 8 weeks, while the placebo group lost an average of 3.12 pounds. Although this difference was not statistically significant (p=0.05), there was a trend to weight decrease with the Slim group (p=0.059)

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