

plexus

# It's A Gut Feeling!

Discover Gut Health and Beyond.

AUSTRALIA





## Health and Happiness is a **GUT** Feeling!

Everyone deserves to thrive to tackle the opportunities and challenges each day brings. Your day shouldn't be slowed down as your busy lifestyle continues to build.

Health and Happiness. We all want it. With it comes confidence, excitement, and each day just seems a bit less overwhelming. Even if you're doing your best to live a relatively healthy lifestyle, you might not be seeing the results you want in terms of how you look and feel. That's where gut health comes in.

Modern science is uncovering an essential factor to Health and Happiness that many have ignored for far too long: the gut microbiome. Plexus® utilizes this incredible research to create innovative products that help your gut thrive, so you can be healthier and happier.

In this guide, you'll learn:



Why gut health  
is so important



What you can do to  
care for your gut



Which Plexus  
products benefit  
your gut and  
how to use them

**Your journey toward a healthier gut starts now.**

## Get to Know Your **GUT**.

Your digestive tract, or “gut,” is how your body receives nourishment. Maintaining a healthy gut can be achieved when you care for your gut microbiome and gastrointestinal system on a daily basis.

The gut:

- Helps move food through your body, using what it needs and getting rid of the rest
- Uses chemical reactions to break down food into molecules the body can use
- Absorbs nutrients into the bloodstream to nourish the body and give it energy



## The Mighty **MICROBIOME**.

Your gastrointestinal system is home to trillions of microbes, including thousands of species of bacteria. Together, these microbial strains make up your gut microbiome. And while some of these strains are beneficial to your gut and your overall health, some of them are unwanted.

Gut health is all about finding the right balance. As long as there's enough room for beneficial microbes to thrive, your health can thrive too. If not, you may experience some problems.

### **What Kind of Problems?**

Gut imbalance can interfere with your Health and Happiness, causing things like occasional digestive issues such as bloating and gas, difficulty managing your weight, problems with your mood, a compromised immune system, fatigue, sluggishness, and a lack of motivation. These things can slow you down when you have a lot of living to do!



## A Healthy Gut Means a **HAPPY YOU.**

On the other hand, caring for your gut can be a big help as you're trying to live a healthier, happier life. A positively-balanced gut leads to many benefits that help you feel more joy and confidence.

A balanced gut can:

- Promote a healthy metabolism
- Improve your mood
- Help improve overall health
- Help with weight loss or management\*

Photo by: Melanie Govea, Plexus Employee

## A Healthy **GUT** is Hard to Come By

If having a healthy gut is so great, why don't we all have one? Because maintaining a balanced gut isn't exactly easy. Your gut balance can be thrown off by things like diet, stress, poor sleep, lack of exercise, and antibiotics.

### How To Love Your Gut

To help your gut feel its best, it's important to keep it balanced. This means helping to weed out unwanted microbes, seeding your gut with beneficial microbes, and feeding those beneficial microbes with the prebiotics they need to flourish.

At Plexus®, we call it “**Weed. Seed. Feed.**” And it becomes easier than ever with TriPlex.

## Weed. Seed. Feed. With **TriPlex.**

Consider a garden. To help it flourish you need to remove the weeds, plant seeds, and feed those seeds. Gut health follows the same principles. **Plexus TriPlex™** is the easiest way to help your gut stay positively balanced and allow your body to flourish.

Featuring three of our most gut-friendly products, TriPlex helps to:



Helps **WEED** out unwanted free radicals in the body, with the gentle cleansing power of **VitalCleanse™**



**SEED** the gut with beneficial bacteria growth, by adding carefully selected probiotics and botanicals found in **ProBioFit™**



**FEED** the beneficial gut microbes and promote a healthy digestive system with **Plexus Slim®**

TriPlex's powerful gut health system can even help you lose weight\* as an added bonus!

\*When used in conjunction with a program of reduced intake of dietary kj and increased physical activity. Individual results will vary.

## Let's Get Things Moving.

Plexus® VitalCleanse is an international, multi-benefit GI tract complementary medicine that is a combination of clinically-studied ingredients that promote and encourage bowel regularity.<sup>‡</sup> Your daily serving of VitalCleanse can help reduce constipation and inflammation. It also reduces free radicals formed in the body.\*

### How to use

Adults only, take 2 capsules with 500 mL of water daily.

<sup>‡</sup>For bowel regularity, take 2 capsules with 500 mL of water twice daily.

### Key ingredients

**Aloe Vera** – Contains bioactive compounds that include vitamins, minerals, amino acids, and antioxidants.

**Burdock Root Extract** – Contains a mixture of vitamins, antioxidants, minerals, and a fibre.

**Dandelion Root Extract** – An antioxidant-rich plant loaded with vitamins, minerals, and fibres.

## Now, Let's Get Balanced.

ProBioFit is a multi-action, gut health complementary medicine that combines enzymes with carefully selected probiotics and botanicals to promote gastrointestinal system health. ProBioFit also helps support friendly intestinal flora, relieves inflammation\*, and helps promote general wellbeing resulting in a healthier and happier you!

### How to use

Take 2 capsules once daily.

### Key ingredients

**Probiotic strains** – *Bifidobacterium longum*, *Lactobacillus plantarum*, *Saccharomyces cerevisiae*, *Lactobacillus acidophilus*, *Bifidobacterium breve*

**Enzyme Blend** – Includes Protease, Cellulase, Bromelains, Lipase, and Papain

**Grape Seed Extract** – High in polyphenols and Proanthocyanidins



## Less Hunger. More Control.

Take back control and form healthier habits with this delicious, power-packed complementary medicine! Slim is specially formulated with Guar Gum to help you feel full, shed extra kilos<sup>A</sup> by curbing hunger, and enhance the growth of beneficial gut microbes. With Chromium, this tasty pink drink also supports healthy glucose metabolism.

### How to use

Adults Only - Mix contents with 500 mL of water, shake or stir immediately, and consume within 30 minutes of preparing for best taste. Drink up to twice per day, 30-60 minutes before a meal.

### Key ingredients

**Guar Gum** - An indigestible, prebiotic fibre that has bulk forming properties to enhance the feeling of satiety. Guar Gum also helps nourish the growth of beneficial gut microbes.

**Chromium** - An essential trace mineral that supports healthy glucose levels

<sup>A</sup>When used in conjunction with a program of reduced intake of dietary kilojoules and increased physical activity

## Your Daily Does of Health.

Your multivitamin should help you stay healthier and feel better. XFactor Plus does just that—with premium, bioavailable forms of vitamins and minerals, and a high-potency B vitamin complex. It's the multivitamin—redefined.

### How to use

Adults only, take 2 capsules daily.

### Key ingredients

**Folate** - Folate is an essential water-soluble B vitamin. Folic acid must be converted to its active forms to be used by the body. XFactor Plus uses the most bioactive form of folate: levomefolate Calcium (5-MTHF).

**Grape seed extract** - Grape seed extract is derived from red grape seeds, and it contains a vast array of health-giving ingredients, such as polyphenols.

**Vitamin C** - Helps reduce free radicals formed in the body.

**Biotin** - Biotin is an essential water-soluble B vitamin that assists in metabolism of fatty acids and utilization of B vitamins. Biotin also helps strengthen hair and nails. d-Biotin is the naturally occurring and biologically active form of Biotin and is used



## Plexus TriPlex™

Stress, antibiotics, processed foods, alcohol use, and more can contribute to an unbalanced gut microbiome which can lead to common gastrointestinal complaints like inflammation. If you really want to care for your gut, it's recommended to use probiotics, prebiotics, enzymes, and botanicals to support your GI system as a whole.

### GUT HEALTH MATTERS — BIG TIME.

That's where TriPlex comes in. TriPlex is a premiere system that combines the power of three incredible products to help you reduce to signs of an unbalanced gut, like constipation, inflammation, and weight gain while helping you discover a happier, healthier you!\*\*\*

\*Drink plenty of water. Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhea. If you are pregnant or breastfeeding – Seek the advice of a healthcare professional before taking this product.  
\*\*When used in conjunction with a program of reduced intake of dietary kj and increased physical activity.  
\*\*\*For bowel regularity, take 2 capsules with 500 mL of water twice daily.



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When it comes to  
**Health and Happiness,**  
follow your **GUT.**

Photo by: Ebony Gaiter, Ruby Ambassador  
Plexus Has Talent Winner, Convention 2020

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