plexus

Collagen Bone Broth

Fuel your body with clean nutrition.

Supporting your health with delicious, nutrient-dense foods shouldn't be a struggle. Collagen Bone Broth features a savory beef flavor and collagen protein to help satisfy your hunger and support your commitment to clean eating.

Don't Let the Modern Diet Leave Your Goals Behind.

Many foods today are lacking in nutrients, but are loaded with unnecessary sugar, preservatives, and calories, which can disrupt your system and slow your progress. Eating a more balanced diet can help you get the proper nutrition you need to achieve your wellness goals. You deserve clean options without questionable ingredients, so you can feel confident your body has the nourishment it needs.

Choose Nutrient-dense Foods that Fortify.

Collagen Bone Broth gives you a clean break from the not-so-healthy habits of the modern diet. This collagen-rich broth is 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.

Considerable Care From the Inside Out

What if finding clean nutrition that fuels your body without an overindulgence of calories was simple and delicious? Each serving of Collagen Bone Broth features the equivalent of 20 grams of naturally occurring bovine collagen to help support your wellness goals from the inside out with convenience and a savory flavor.

Enjoy these great benefits and more:

- **Powered by collagen protein —** Help fuel your body with a collagen-rich, option during your Plexus Reset.
- **Essential building blocks —** Offer your body support with important amino acids.
- **Internal and external support —** Help support healthy skin and soft tissues with an increased dietary intake of collagen.

Did You Know?

- Broth can help you feel full despite its minimal caloric content.
- Bone broth provides amino acids, which your body can use to build new collagen in your body.
- 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.
- Increased dietary intake of collagen supports healthy skin and soft tissues to help maintain their strength and elasticity.

Collagen Bone Broth Primary Benefits and Features

- Equivalent to 20 grams of naturally occurring and minimally processed bovine collagen per serving
- Savory beef flavor
- No added sugars, gluten free, non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

Who Should Use Plexus® Collagen Bone Broth?

This delicious, collagen-filled broth is perfect for anyone who wants clean options that help boost nutrition for optimal wellness support.

Here's how it works:

Purchase Plexus Reset™
Purchase your Reset and choose your system start date.

Warm up your routine
Enjoy Collagen Bone Broth for lunch during your Reset to help fuel you through your day.

Reset your natural system function
Finish your Reset and set the stage for enhanced results on your Health and Happiness journey with Plexus!

Frequently Asked Questions

What type of collagen is in the bone broth?
The type of collagen used is bovine collagen.

How do collagen and gelatin differ?
Collagen is a protein found in animals and humans. Gelatin is denatured collagen, generally extracted from the bones and skins of cows, pigs, or fish. It is a form of collagen that we use in food. The collagen in Collagen Bone Broth is a much higher quality collagen product. It is not the same kind of collagen you would get in a packet of gelatin. Collagen peptides do not have the gelling functionality of gelatin and are soluble in cold water. They are highly digestible and bioavailable and used in dietary supplements and functional foods because of their proven health benefits.

When should you take Collagen Bone Broth?
Collagen Bone Broth should be enjoyed around lunchtime as noted in the daily routine for Reset.

What are the spices in Collagen Bone Broth?
Onion powder, garlic powder, and rosemary are the delicious spices found in Collagen Bone Broth.

Can additional spices be added to Collagen Bone Broth?
Yes! You can always add more cayenne pepper and ground black pepper, and you can also add Italian seasoning, red pepper flakes, turmeric, or any seasonings you would prefer!

Is Collagen Bone Broth vegetarian?
No, Collagen Bone Broth is not vegetarian due to the collagen source.

Does Collagen Bone Broth contain any common food allergens?
There are no known allergens in Collagen Bone Broth.

Is Collagen Bone Broth gluten free and non-GMO?
Yes! Collagen Bone Broth is gluten free and non-GMO.

Is it safe to have Collagen Bone Broth 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 Bone Broth

Nutrition Facts

3 servings per container

Serving size	**1 packet (24 g)**
Amount Per Serving	
Calories	**80**
	% Daily Value*
Total Fat 0g	**0%**
Sodium 330mg	**14%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 20g	

Not a significant source of saturated fat, *trans* fat, cholesterol, vitamin D, calcium, iron, and potassium.

*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: Beef bone broth powder, natural flavors, carrot powder, onion powder, garlic powder, salt, and rosemary powder.

Beef bone broth powder: The long-cooking process of bone broth allows small amounts of nutrients in the bones as well as collagen to leach into the water. Bone broth provides amino acids, which your body can use to build new collagen in your body.

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.

Carrot powder: This mild, sweet, and slightly peppery flavor complements the savory nature of the broth and blends seamlessly with the other spices.

Onion powder: Evoking a similar flavor to fresh onions, this spice is an essential base for savory dishes that works to integrate the spice profile into a cozy, appetizing meal.

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.

Rosemary powder: Native to dry rocky areas, rosemary is the most aromatic and pungent of all herbs. A member of the mint family, this herb is used as flavoring in a variety of dishes such as casseroles, salads, stews, and soups.