



# 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 tomato herb flavor and is rich in collagen protein to help satisfy your hunger without breaking your commitment to clean eating.



## You Deserve Better than Preservatives.

While off-the-shelf foods can add convenience to your daily routine, most are highly refined and packed with sugar and empty calories that do nothing to support your healthy lifestyle and leave you unfulfilled. Enjoying a balanced diet rich in clean nutrition can help ensure you are on the right path toward achieving higher health. You need delicious, yet simple, options that satisfy your hunger and deliver the nutrition your body deserves.

## 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 to make sure your body is getting the best ingredients to deliver results. This delicious soup is a powerful part of Plexus Reset™ — a supported fast system that helps restore balance to your body with a metabolic reset and sets the stage for optimal results along your wellness journey.

## Calorie-smart Meets High quality.

Imagine a life with more food choices that fill you up without excess calories. Collagen Soup features 20 grams of easily absorbed, hydrolyzed bovine collagen per serving to deliver the nutritional support your body needs to thrive, while making every calorie count.

### Enjoy these great benefits and more:

- **Pause for collagen protein** — Take a moment to fuel your body with a collagen-rich option.
- **Care with collagen** — Help support healthy skin and soft tissues with an increased dietary intake of collagen.
- **Fulfill with flavor** — Satisfy your hunger with a savory herb blend inside a classic meal.

## Did You Know?

- 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.

## Collagen Soup Primary Benefits and Features

- Contains 20 grams of hydrolyzed, bovine collagen per serving
- Features a zesty flavor that can be seasoned to preferred taste
- No added sugars, gluten free, non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

## Who Should Use Plexus® Collagen Soup?

This collagen-packed soup is a great choice for anyone looking for nutrient-powered foods that help limit setbacks and support their dedication to wellness.

Here's how it works:

### Purchase Plexus Reset™

Purchase Reset and choose your system start date.

### Savor your choice

Enjoy the warmth and flavorful nutrition of Collagen Soup for dinner during your Reset.

### 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 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.

### 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 Soup is a much higher quality collagen product. It is not the same kind of collagen you would get in a packet of gelatin. Both are proteins made of amino acids, but the amino chains of collagen peptides have been cut into smaller pieces through a specific hydrolysis process. 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 Soup?

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

### What are the spices in Collagen Soup?

The delicious spice blend is thyme, cayenne, and black pepper, along with garlic powder.

### Can additional spices to 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

## Nutrition Facts

3 servings per container  
**Serving size** **1 packet (33 g)**

**Amount Per Serving**  
**Calories** **110**

	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>

**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:** Hydrolyzed bovine collagen, tomato concentrate powder, and nutritional yeast. Contains 2% or less of: garlic powder, spices, guar gum, xanthan gum, citric acid, salt, silicon dioxide, and natural flavor.

**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.

**Tomato concentrate 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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

