plexus

XFactor+®

The ultimate multivitamin for thriving health you can feel.*

With soil depletion on the rise, it is difficult for your diet alone to provide all the nutrients you need to thrive. XFactor+ fills the gaps left by nutrient-sparse food with highly absorbable forms of key vitamins and minerals that help you feel better, stay healthy, and function at your best.*

Even a Complete Diet isn't Truly Complete.

Your body needs nutrients to function at its best. But there is a high chance your diet is still leaving you with nutritional gaps, even when you are eating as clean as you can. Why? Soil depletion is a reason. Poor absorption is another. And many other outside factors that can work against you.

You shouldn't have to feel that your health is left vulnerable because the nutrients you need are missing. Taking a multivitamin to fill in the gaps is a healthy choice you can make. Still, you don't want just any multivitamin you can pull from the shelf. You want a multivitamin that helps you thrive by giving you the right vitamins and minerals, in the right amounts, and in the right forms your body can easily absorb so that you can be your best self.*

Did You Know?

- Over 90% of the U.S. population has inadequate intakes of vitamin D, which plays an important function in bone health.[1,2]*
- B vitamins are essential to your health, affecting everything from your metabolism, to your nervous system, to your energy level.*
- Approximately 40% of the U.S. population carries a gene mutation that prevents them from being able to convert folate into its bioactive, usable form, L-methylfolate. Folate is essential for cell replication and growth, assisting in the normal use of amino acids and proteins as well as supporting formation of the building blocks of DNA and RNA.[3]*

[1]https://www.ncbi.nlm.nih.gov/pubmed/25956283
[2]https://www.ncbi.nlm.nih.gov/pubmed/10907676
[3]https://www.ncbi.nlm.nih.gov/pubmed/1365868

Exceptional health.
It's not every day that you have time to pause and think about how your health makes you feel. Your health is the background track of your life, setting the tone for what you can accomplish whether you realize it or not. That's because health is felt — good health and poor health. When you are thriving, you feel energized, capable, confident, and strong. When you are not, you feel tired and run down.

Hello, XFactor+! You want to be a wellness warrior with health that thrives from within. To do that, you need an easy way to get the essential nutrients your body relies on for immune system support, healthy bones, and optimal muscle function. That is why we have redefined the multivitamin with XFactor+ — a powerful dietary supplement designed to help you stay healthier and feel better with easily absorbable forms of essential nutrients, a high-potency B vitamin complex, naturally occurring trace minerals, aloe vera, and our proprietary Microbiome Activating Complex.*

How XFactor+ provides the nutrients you need.

Plexus XFactor+ takes your daily multivitamin to the next level. Our formula delivers premium forms of the best vitamins and minerals, nourishes your body with the nutrients it needs, and supports optimal health to help you feel better inside and out.* Here's how it works:

Deliver
XFactor+ is unique because it delivers highly bioavailable forms of key nutrients. The term bioavailable simply means these forms can be easily absorbed and used by your body because they don't have to go through complicated metabolic processes first.

Among these nutrients is calcium L-methylfolate. Unlike standard forms of folate or folic acid, calcium L-methylfolate is a form of folate your body can immediately use and benefit from. The same is true for

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methylated vitamin B12, which is tissue-ready and easily processed by the liver so your body can use it right away. XFactor+ also contains vitamins K1 and K2. K2 is particularly difficult to find in foods or other supplements. As the most bioavailable form of vitamin K, it is crucial to your health because it plays a critical role in cardiovascular and bone health.*

Nourish
With bioavailable nutrients that can be easily absorbed, XFactor+ nourishes your body with at least 100% daily value of 19 essential vitamins and minerals. These vitamins and minerals help to keep your body functioning at its best because they provide the essential foundation you need for healthy bones, muscles, eyes, and skin as well as energy-yielding metabolism, cognitive, and immune system function.*

Support
When your body has what it needs for optimal performance, you feel ready for anything. XFactor+ goes even further by harnessing the power of your mighty microbiome to promote thriving health from within. Our revolutionary Microbiome Activating Complex feeds your gut with 400 milligrams of powerful polyphenols from apple and grape seed extracts that help beneficial microbes flourish.*

The Microbiome Activating Complex in XFactor+ has been tested in an independent, highly advanced in vitro study that simulates the human gastrointestinal tract. Preliminary findings indicate:

- Reduced production of undesirable compounds in the gut◊*
- Increased beneficial *lactobacillus* up to 15 times◊*
- Increased beneficial *akkermansia* up to 9 times◊*
- Increased beneficial *bifidobacterium* up to 2 times◊*

Grape seed extract also acts as a powerful antioxidant to offer excellent cardiovascular support.*

All this without binders, gluten, common food allergens, or GMOs.

Leave your old multivitamin behind and get your daily serving of health with XFactor+*.

XFactor+ Primary Benefits:
- Supports immune function*
- Supports healthy bones and muscle function*
- Helps support healthy blood pressure levels already in the normal range*
- Protects against free radical damage*
- Supports energy-yielding metabolism*
- Supports normal mental performance*
- Supports thyroid function*
- Supports eye health and night vision*
- Promotes normal cognitive function*
- Helps reduce physical symptoms of menopause, including hot flashes and occasional sleeplessness*
- Helps brighten the skin and maintain healthy collagen levels*

- Delivers highly bioactive and bioavailable forms of key ingredients for superior absorption
- Contains 100% or more of the daily value of 19 vitamins and minerals
- Contains a high-potency, complete B vitamin complex
- Features polyphenols to support your gut microbiome*
- Contains no binders that can slow absorption
- Non-GMO, gluten free, and vegetarian

Who should use XFactor+?

Adults who want to stop worrying about nutritional gaps that can leave their health vulnerable and start feeling better inside and out should take XFactor+. Staying healthy is as easy as following these 3 steps.*

1

Purchase XFactor+

Grab your 30-day supply and add XFactor+ to your monthly Subscription Order.

2

Take It Each Day

Take 2 capsules of XFactor+ with a meal as part of your daily wellness routine.

3

Feel the Difference

Support your health and feel better because you are getting the nutrients you need.*

◊The results of an in vitro human gut simulator study suggest that the polyphenol blend in XFactor+ may have several beneficial effects. Further research, including research conducted in humans, is needed to confirm these preliminary findings.

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Frequently Asked Questions

What is XFactor+?
XFactor Plus is so much more than your ordinary multivitamin. XFactor Plus delivers the highest-quality ingredients in their bioactive and bioavailable forms, including 19 nutrients and a scientifically validated Microbiome Activating Complex, which helps support your gut by reducing the production of undesirable compounds.*

I already eat clean, so why should I take XFactor+?
Although many of us eat healthy every day, more than a third of us do not get enough essential nutrients through diet alone and could benefit from supplementation for better health. XFactor+ delivers the highest-quality ingredients in their most bioactiveand bioavailable forms.[4]

What is the advantage of bioactive and bioavailable ingredients?
A bioactive ingredient is in a form that the body can easily use, while a bioavailable ingredient relates to how well it can be absorbed and transported in the body. XFactor+ uses these higher bioactive ingredients, and that's why it delivers exceptional health benefits.*

Can you tell me about the study that was done on XFactor+?
We wanted to see what XFactor+ can really do, so we put it through rigorous testing procedures. In a highly advanced, preliminary in vitro study created to mimic the human gastrointestinal system, XFactor Plus' powerful Microbiome Activating Complex was tested, which produced astounding results.

Below are the research findings:

- Reduced production of undesirable compounds in the gut◊*
- Increased beneficial *lactobacillus* up to 15 times◊*
- Increased beneficial *akkermansia* up to 9 times◊*
- Increased beneficial *bifidobacterium* up to 2 times◊*

Why is there calcium L-methylfolate instead of folic acid?
Up to 39% of the population cannot use folic acid efficiently. XFactor+ is formulated with the most bioactive form that everyone can use.

Why is Iron not included in this formula?
Men and women over 50 typically do not require supplemental iron, so we have not included it in XFactor+. While Iron is an essential mineral, it is found in many animal and plant food sources. Additionally, too much iron can cause toxicity and health complications. If you think you aren't getting enough Iron, or are getting too much Iron, please consult your physician.

How many capsules should I take?
XFactor+ was formulated to deliver claimed levels in 2 capsules. Because it delivers 100% daily value of many vitamins and minerals, it is not recommended to exceed 2 capsules.

When is the best time to take XFactor+?
XFactor+ can be taken at any time of the day but is best absorbed with food. For those with sensitive stomachs, you can take 1 capsule with a meal in the morning and 1 with a meal later in the day.

Why should I take XFactor+ with food?
When you eat food, it causes your stomach to change pH and boosts your body's ability to digest and absorb most nutrients. So if you take XFactor+ with a meal, not only does food boost your body's ability to digest and absorb most nutrients, but a full stomach also helps reduce any potential of an upset stomach that can sometimes occur with our highly potent formula. For those with more sensitive stomachs, you may find it best to divide the suggested use into 2 and take 1 capsule in the morning with breakfast and 1 in the evening with dinner.

May I break up the capsule because I do not like to swallow pills, tablets, or capsules?
Absolutely. However, the high potency of XFactor+ has not been formulated for taste, and you may not like the flavor of the broken capsule.

Is XFactor+ Non-GMO, gluten free, and vegetarian?
Yes.

Does XFactor+ contain common food allergens?
XFactor+ does not contain common food allergens (milk, egg, peanut, soybean, shellfish, tree nut, fish, or wheat).

Does XFactor+ contain aloe vera?

[4]https://fdc.nal.usda.gov/fdc-app.html#/food-details/173944/nutrients

◊The results of an in vitro human gut simulator study suggest that the polyphenol blend in XFactor+ may have several beneficial effects. Further research, including research conducted in humans, is needed to confirm these preliminary findings.

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Yes. XFactor+ now contains more aloe vera! Aloe vera is a superfood that contains antioxidants and polyphenols. The aloe vera in XFactor+ comes from the inner leaf fillet, which is responsible for the plant's benefits of enhancing the absorption of certain micronutrients.*

Does XFactor+ contain black currant?
Yes. XFactor+ contains black currant from New Zealand.

What is the difference between XFactor and XFactor+?
XFactor+ is a highly potent formula with 13 vitamins, compared with only 10 vitamins in XFactor. XFactor+ also contains a Microbiome Activating Complex for gut health benefits and grape seed extract to help with the symptoms of menopause and to support healthy blood pressure levels already in the normal range. Both products contain aloe vera and black currant. For more information, please reference the XFactor and XFactor+ Comparison in your Virtual Office.*

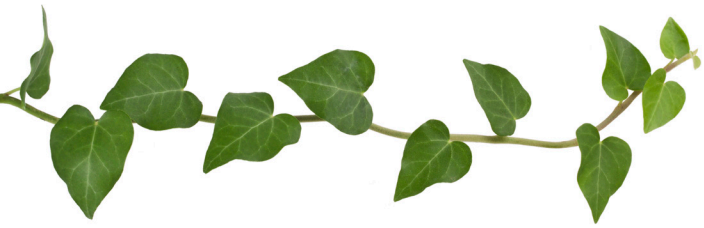
What is the age recommendation?
XFactor+ was formulated to meet the nutritional needs of adults over 18.

Can I take XFactor+ if I am pregnant or nursing or have an existing medical condition?
As with any dietary supplement, we recommend speaking to your physician before starting any new supplement. They will be the best resource to answer these types of questions.

Can I take XFactor+ with other Plexus® products?
Absolutely! XFactor+ is the perfect complement to other Plexus products and combos.

Why does my urine turn yellow when taking XFactor+?
Deep-yellow urine is primarily caused by B vitamins, especially B2 (riboflavin), found in our high-quality multivitamin. When you see deep-yellow urine after taking XFactor+, this means that your body is fully absorbing the nutrients your body needs while excreting the excess.

If you don't see deep-yellow urine when taking a multivitamin, this means that your body may not be absorbing enough vitamins. The potency of the new XFactor+ provides even more bioavailable vitamins and minerals than XFactor, ensuring that your vitamins are being fully absorbed.



Ingredient Glossary

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin A (as retinyl palmitate and 50% as beta-carotene)	900 mcg	100%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	90 mg	100%
Vitamin D (as cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha tocopherol)	15 mg	100%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	3.6 mg	300%
Riboflavin (as riboflavin 5'-phosphate sodium)	3.9 mg	300%
Niacin (as niacinamide)	16 mg	100%
Vitamin B_6 (as pyridoxine hydrochloride and pyridoxal 5'-phosphate)	10.2 mg	600%
Folate (as calcium L-methylfolate)	400 mcg DFE	100%
Vitamin B_{12} (as methylcobalamin)	240 mcg	10,000%
Biotin	300 mcg	1,000%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	100%
Calcium (as calcium citrate)	25 mg	2%
Magnesium (as magnesium hydroxide)	25 mg	6%

Other Ingredients: Hypromellose (vegetarian capsule), microcrystalline cellulose, silica, and medium chain triglyceride powder.

	Amount Per Serving	% DV
Zinc (as zinc citrate)	11 mg	100%
Selenium (as l-selenomethionine)	55 mcg	100%
Copper (as copper citrate)	0.9 mg	100%
Manganese (as manganese citrate)	2.3 mg	100%
Chromium (as chromium polynicotinate)	35 mcg	100%
Molybdenum (as molybdenum amino acid chelate)	45 mcg	100%
Proprietary Blend (containing 400 mg total polyphenols) Grape seed extract (min. 85% polyphenols and 60% proanthocyanidins), apple fruit extract (min. 60% polyphenols), cranberry fruit powder, blackcurrant fruit extract (min. 35% anthocyanins), Japanese knotweed root extract (min. 50% trans-resveratrol), sodium copper chlorophyllin	505 mg	†
Aloe vera inner leaf fillet powder	100 mg	†
Boron (as boron amino acid complex)	500 mcg	†
Vanadium (as vanadyl sulfate)	10 mcg	†
Menaquinone (Vitamin K_2)	10 mcg	†

†Daily Value (DV) not established.

Vitamin A (as retinyl palmitate and 50% as beta-carotene)
Vitamin A is a fat-soluble vitamin that plays an important role in the body. XFactor+ uses 2 sources of Vitamin A: retinyl palmitate and beta-carotene. By using these 2 sources, your body quickly absorbs retinyl palmitate and only converts the amount of beta-carotene needed to ensure your body gets optimal levels of vitamin A.

Retinyl palmitate
A bioavailable form of vitamin A more easily absorbed by the body.

Beta-carotene
A carotenoid that is converted in the body to vitamin A.

Thiamin, also referred to as vitamin B1 (as thiamin mononitrate)
Thiamin is an essential water-soluble vitamin. Every cell of the body requires vitamin B1 to form adenosine triphosphate, which is what your body uses for many functions. Thiamin mononitrate is used in XFactor+ because of its bioidentical benefits.

Riboflavin, also referred to as Vitamin B2 (as Riboflavin 5'-Phosphate Sodium)
Riboflavin is a water-soluble vitamin that is an important cofactor for the formation of other B Vitamins. Riboflavin is in the free form and must be converted to Riboflavin Sodium Phosphate to be used by the body. Riboflavin Sodium Phosphate is considered the most bioactive form of Vitamin B2 and is included in XFactor+.

Niacin, also referred to as vitamin B3 (as niacinamide)
Niacin is a water-soluble vitamin that is necessary for many aspects of health and growth. Nicotinamide, found in XFactor+, is a nonflushing form of vitamin B3.*

Pantothenic Acid, also referred to as vitamin B5 (as D-calcium pantothenate)
Pantothenic acid is a water-soluble vitamin that is a precursor in the synthesis of coenzyme A, which is essential to many biochemical reactions in the body. D-calcium pantothenate is included in XFactor+ because it allows for better absorption than pantothenic acid in the digestive tract.*

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Vitamin B6, also referred to as pyridoxine (as pyridoxine hydrochloride and pyridoxal 5'-phosphate)
Vitamin B6 is necessary for the transformation and use of amino acids for many functions in the body. Pyridoxine must first be converted to pyridoxal 5'-phosphate to be used by the body, a process that takes place in the liver. Individuals with compromised liver function have difficulty making this conversion and consequently may be at risk of a vitamin B6 deficiency. Pyridoxal 5'-phosphate is the most bioactive form of vitamin B6 and is used in XFactor+.*

Biotin, also referred to as vitamin B7 (as D-biotin)
Biotin is an essential water-soluble B vitamin that assists in metabolism of fatty acids and use 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 in XFactor+.*

Vitamin B12 (as methylcobalamin)
Vitamin B12 is a water-soluble B Vitamin. Vitamin B12 can be found in animal products, with small amounts derived from fermented soy products, such as miso and tempeh, and peanuts. It is essential that vegetarians consume a vitamin B12 supplement to maintain optimal health. Vitamin B12, when ingested, is stored in the liver and other tissues for later use. Most vitamin B12 complementary supplements contain cyanocobalamin; however, the liver must first "detoxify" the cyanide molecule to form methylcobalamin from the cyanocobalamin. Methylcobalamin found in XFactor+ is already in the bioactive, tissue-ready form. Methylcobalamin is the most bioavailable form that is used most efficiently by the body.*

Folate, also referred to as vitamin B9 (as calcium L-methylfolate)
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: L-methylfolate.

Vitamin C (as ascorbic acid and ascorbyl palmitate)
Vitamin C is an essential water-soluble vitamin that helps with a range of functions in the body. Ascorbyl palmitate is a fat-soluble form of vitamin C, which is better absorbed than ascorbic acid, the water-soluble form. It is an amphipathic molecule, meaning 1 end is water-soluble and the other end is fat-soluble. This dual solubility allows it to be incorporated into cell membranes.*

Vitamin D (as cholecalciferol)
Vitamin D is a fat-soluble vitamin that aids in the absorption of calcium. Vitamin D works with calcium to support bone health. There are several forms of Vitamin D, but the form primarily used by the human body is cholecalciferol, which is the bioavailable form used in XFactor+.*

Vitamin E (as D-alpha tocopherol)
Vitamin E is an essential fat-soluble vitamin. The naturally derived form of vitamin E, known as D-alpha tocopherol, is derived from non-GMO sunflower oil and is used in XFactor+. This form is the most bioactive and is better absorbed and retained in the body.*

Vitamin K (as phytonadione [K1] and menaquinone [K2])
Vitamin K is an essential fat-soluble vitamin and is important for proper bone growth. XFactor+ uses both vitamins K1 and K2. Vitamin K2 is naturally derived and comes directly from the fermentation of *bacillus* cultures.*

Magnesium (as magnesium hydroxide)
Magnesium is an essential mineral and is present in all cells in the body. Magnesium is involved in over 300 enzymatic processes and is required for release of energy. XFactor+ uses magnesium from a natural marine source.*

Zinc (as zinc citrate)
Zinc is an essential trace mineral that is involved in over 300 different enzyme reactions in the body. Zinc helps support normal cognitive function and immune function. XFactor+ uses zinc citrate, which is highly bioavailable.*

Selenium (as l-selenomethionine)
Selenium is an essential trace mineral and a constituent of the antioxidant enzyme glutathione peroxidase, which is necessary for neutralizing free radicals. XFactor+ uses L-selenomethionine, which is a highly bioavailable form of selenium derived from selenium chelated to the amino acidmethionine.*

Copper (as copper citrate)
Copper is an essential trace mineral for bone, connective tissue, cardiovascular, metabolic, neurological, and skin health. XFactor Plus uses copper citrate, a highly bioavailable form of copper.*

Manganese (as manganese citrate)
Manganese is an essential trace mineral that helps activate and synthesize important enzymes that involve important daily body functions. XFactor+ uses manganese citrate, a highly bioavailable form of manganese.*

Chromium (as chromium Polynicotinate)
Chromium is a trace mineral essential for health and well-being, involved in the metabolism of carbohydrates, lipids, and proteins. XFactor+ uses chromium polynicotinate, which is more bioavailable and efficacious than chromium chloride. Chromium is also found in Plexus Slim® and Plexus Block™ and may be safely taken at levels up to 1,000 mcg per day.*

Molybdenum (as molybdenum amino acid chelate)
Molybdenum is an essential trace mineral. Molybdenum also is a cofactor in 3 important enzymatic reactions that help break down toxins that build up within the liver. XFactor+ uses molybdenum amino acid chelate, which is a highly absorbable form of molybdenum.*

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Boron (as boron amino acid complex)
Boron is a trace mineral. XFactor+ uses boron amino acid complex, which is a highly absorbable form of boron.

Vanadium (as vanadyl sulfate)
Vanadium is a trace mineral needed by the body in small quantities. The primary role of vanadium is the formation and maintenance of teeth and bones. It is also involved in the production of hormones and in normal growth. XFactor+ uses vanadyl sulfate because it is a more bioactive form.*

Grape seed extract (minimum to 85% polyphenols and 60% proanthocyanidins)
Grape seed extract is derived from red grape seeds and contains a vast array of health-giving ingredients, such as polyphenols (which come mainly in the form of proanthocyanidins). Grape seed extract offers excellent cardiovascular and circulatory system support. Further, a multicenter clinical study found that grape seed extract significantly improved the uncomfortable symptoms of menopause, such as hot flashes, occasional sleeplessness, nervousness, and increasing muscle mass in menopausal women aged 40 to 60 years after 8 weeks of supplementation. Grape seed extract acts as a powerful antioxidant, which helps protect the body against free radical damage and promote skin health.*

Apple fruit extract (minimum to 60% polyphenols)
Apple fruit extract contains a wide variety of polyphenols and is included in the proprietary polyphenol blend in XFactor+ for its overall health and Microbiome Activating benefits.*

Cranberry fruit powder
Cranberry fruit powder is high in antioxidants, partly from substances called proanthocyanidins, which give cranberries their vibrant color.*

Black currant fruit extract (minimum 35% anthocyanins)
Black currant is considered a super fruit, a rich source of anthocyanins, phenolic compounds belonging to the flavonoid family, and is known for its antioxidant properties.*

Japanese knotweed root extract (minimum 50% transresveratrol)
Transresveratrol is a polyphenolic compound primarily found in red wine and grapes and is known to be an antioxidant. Japanese knotweed root extract is an herb that is considered 1 of the richest known sources of transresveratrol.*

Sodium copper chlorophyllin
Sodium copper chlorophyllin is a mixture of water-soluble sodium copper salts derived from chlorophyll, which is the pigment that gives plants and algae their green color.

Aloe vera inner leaf fillet powder
Aloe vera contains antioxidants and polyphenols and is a superfood. The aloe vera in XFactor Plus comes from the inner leaf fillet. The inner fillet of aloe vera is responsible for the plant's benefits of enhancing the absorption of certain micronutrients.*

Hypromellose (vegetarian capsule)
The vegetarian capsule shell used in XFactor+ is made from hypromellose, derived from pine trees. This capsule shell is non-GMO, kosher, and halal.

Microcrystalline cellulose
Cellulose is the structural component of the primary cell wall of green plants, a fine powder used as a filler that the body can break down to absorb at the cellular level.

Silica
Silica is added to the powder mixture to ease the flow of the material through the manufacturing equipment and to remove moisture and prevent the powder from clumping.

Sunflower oil
Sunflower oil is extracted from the seeds of the sunflower. This is used as a natural lubricant/excipient to help prevent sticking to metal contact surfaces during encapsulation.

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