

plexus HydroPlex™

Electrolytes for a replenished you.

Maintaining important nutrients and proper electrolyte balance each day can be time-consuming and tedious. Plexus HydroPlex is a convenient way to help replenish the electrolytes you need for performance — all in a refreshing, guilt-free powder mix you look forward to daily!



Don't Let a Single Drop of Ambition Go to Waste.

When you feel depleted, it is difficult to pursue your passions, interests, and dreams. Without proper electrolyte balance, every cell in your body struggles to perform at its best — leaving you thrown off by fatigue, dizziness, dry mouth, dry skin, and more. To help balance your electrolytes, water alone may not be enough. You need a convenient way to transform water into the perfect way for you to maintain electrolyte balance, helping you be at your best every day.

Hello, Plexus HydroPlex!

Maintaining important nutrients and electrolytes is vital for your health. That is why you need help from a brand with trustworthy products that are easy to use. Plexus HydroPlex is a powder mix you can enjoy on the go or at home, featuring electrolytes, antioxidants, minerals, and vitamin C that deliver essential nutrients in every sip.

Replenish Yourself. Revitalize Your Day.

Electrolytes are essential minerals that are vital to many key functions in the body. Plexus HydroPlex helps to maintain normal electrolyte balance, immune function, and the body's ability to metabolize nutrients. Whether you are on the job, on the town, on the go, or on a break, you can enjoy these benefits and more:

- **Performance** — Electrolytes, like magnesium, support the normal function of your body's muscles and heart and tissue formation.
- **Protection** — Antioxidants help protect cells against the oxidative damage caused by free radicals.
- **Proper balance** — Maintaining electrolyte balance is necessary for the maintenance of good health!

Did You Know?

- Nearly 65% of your entire body is made up of water.¹
- Two-thirds of that water is found inside your cells.
- Electrolyte minerals such as sodium, calcium, potassium, chloride, and magnesium are needed for the body to maintain good health.
- Electrolytes, like sodium, potassium, and chloride, help the body maintain fluid balance and keep the cells in our bodies working properly.²
- Electrolytes are dietary minerals that carry an electric charge when dissolved in fluid.
- When you exercise, you sweat and lose electrolytes. An electrolyte imbalance, whether too much or too little, can be detrimental to your health.³
- According to the American College of Sports Medicine, on average people lose 2 to 6 % of their body weight during exercise sessions through sweating.⁴

Sources:

1. Klaw, Jennifer. 2019. "Hydration: Through the Lens of Fitness and Health." *American Fitness* 37 (2): 22–33. <https://blog.nasm.org/hydration-through-the-lens-of-fitness-and-health>

2. <https://www.merckmanuals.com/en-ca/home/hormonal-and-metabolic-disorders/electrolyte-balance/overview-of-electrolytes#:~:text=Electrolytes%20are%20minerals%20that%20carry,base%20balance%20and%20water%20balance.>

3. <https://www.healthline.com/health/food-nutrition/how-to-prevent-an-electrolyte-imbalance>

4. <https://www.piedmont.org/living-better/signs-you-have-an-electrolyte-imbalance#:~:text=Intense%20exercise%20is%20the%20most,during%20exercise%20sessions%20through%20sweating>

HydroPlex Primary Benefits and Features

- Helps maintain normal electrolyte balance for the maintenance of good health
- Helps maintain proper muscle function, including the heart muscle
- Helps maintain immune function
- Helps maintain the body's ability to metabolize nutrients
- Contains antioxidants that help protect cells against the oxidative damage caused by free radicals
- Can be used with other Plexus® mixes to support a well rounded daily wellness routine
- Contains electrolyte minerals plus aloe vera, tart cherry, coconut water powder, sea salt, watermelon juice, zinc, and vitamin C
- Naturally sweetened with stevia leaf extract
- Gluten free, vegan, and non-GMO
- No artificial colours, flavours, sweeteners, or preservatives

Who Should use Plexus HydroPlex™?

Losing important nutrients and maintaining proper electrolyte balance from regular activity can be time-consuming and tedious. This refreshing lemon lime-flavoured powder mix is the convenient way to help restore your electrolytes. HydroPlex is formulated to be a healthy choice for adults — and is also a healthier alternative to sugar-filled drinks, offering a better way to maintain electrolytes.



Here's how it works:

Purchase Plexus HydroPlex

Add HydroPlex to your monthly subscription order.

Mix with water and drink up

Enjoy this delicious powder mix that is naturally sweetened with stevia leaf extract anywhere and anytime. Adults mix 1 packet (4.2 g) with 470 mL of cold water. Take with food, a few hours before or after taking other medications or natural health products.

Feel the difference

Maintain your body with the electrolytes it needs for wellness and performance each day.



Frequently Asked Questions

What sets Plexus HydroPlex™ apart?

The hydration industry continuously grows, but the “better-for-you” powder mix market is not always aligned. Despite the popularity, many contain excessive (or unnecessary) sugars and calories. HydroPlex keeps this in mind and introduces a healthier option with essential electrolytes but also adds antioxidants, minerals, and vitamin C in every sip from a company you can trust!

Who should take HydroPlex?

HydroPlex is perfect for any adult seeking the general wellness benefits of maintaining electrolytes. It will provide our Ambassadors and Customers a way to support their Health and Happiness by reducing the distress of the loss of important nutrients — and give them a better alternative to unhealthy sugar-filled beverages with no added benefits.

What is the difference between Active and HydroPlex?

Active and HydroPlex are both fantastic products to support your health and wellness goals, and complement your active lifestyle! Active focuses on supporting clean, long-lasting energy, enhancing cognitive performance, mental alertness, and energy production. We recommend adults drink Active once daily. Alternatively, HydroPlex focuses on balancing electrolytes. HydroPlex will help ensure your body is maintaining proper electrolytes to support wellness.



Can I take HydroPlex with other products?

Yes! HydroPlex pairs well with all health and wellness goals, Plexus® products, and any health and wellness plans, like supporting your active lifestyle, supporting your weight management* goals, and even supporting your gut. HydroPlex can be mixed with other Plexus natural health products, like Active, Collagen, Slim, and Slim Hunger Control. It could also be a nice boost for added flavour and benefits in your Protein+ shake!

Is there a limit to how many HydroPlex servings one can take in a day?

Yes, adults may use HydroPlex once daily.

Will you be able to feel a difference after drinking HydroPlex?

Outside of enjoying the refreshing lemon lime taste, you may not physically feel a difference immediately after drinking HydroPlex. That doesn't mean it isn't helping your body maintain electrolytes.

Is it safe to consume while pregnant or breastfeeding?

If pregnant or nursing, consult your physician prior to use.

Is HydroPlex gluten free, vegan, and non-GMO?

Yes! HydroPlex is gluten free, vegan, and non-GMO.

Is there any caffeine in HydroPlex?

No, there is no caffeine content in HydroPlex.



*Along with a healthy lifestyle that includes calorie reduction and physical activity.

Ingredient Glossary

RECOMMENDED USES: Antioxidant for good health. Helps in connective tissue formation. Helps to maintain heart muscle function.

USAGES RECOMMANDÉS : Contient des antioxydants pour avoir une bonne santé. Aide à la formation de tissus conjonctifs. Aide à maintenir la fonction des muscles du cœur.

DIRECTIONS: Adults mix 1 packet (4.2 g) with 470 mL of cold water. Take with food, a few hours before or after taking other medications or natural health products.

UTILISATION (Adultes) : Mélanger 1 sachet (4,2 g) avec 470 mL d'eau froide. Prenez avec de la nourriture, quelques heures avant ou après d'autres médicaments ou des produits naturels de santé.

MEDICINAL INGREDIENTS / INGRÉDIENTS MÉDICINAUX Each Packet Contains / Chaque sachet contient :

Coconut water (<i>Cocos nucifera</i>) fruit 14:1 extract (QCE: 2,800 mg) Eau de noix de coco (<i>Cocos Nucifera</i>) Extrait 14 : 1 fruit (QBE : 2 800 mg)	200 mg
Potassium (Potassium citrate monohydrate) Potassium (Citrate de potassium monohydrate)	200 mg
Vitamin C (Ascorbic acid) / Vitamine C (Acide ascorbique)	170 mg
Watermelon (<i>Citrullus lanatus var. lanatus</i>) fruit Melon d'eau (<i>Citrullus Lanatus var. Lanatus</i>) fruit	100 mg
Calcium (Calcium citrate tetrahydrate) / (Citrate de calcium tétra-hydraté)	67 mg
Magnesium (Magnesium citrate) / Magnésium (Citrate de magnésium)	51 mg
Aloe vera leaf gel 200:1 extract (QCE: 4,000 mg) Gel des feuilles d'Aloe Vera Extrait 200 : 1 (QBE : 4 000 mg)	20 mg
Zinc (Zinc citrate dihydrate) / (Citrate de zinc déshydraté)	3 mg

Non-Medicinal Ingredients: Citric acid, sodium citrate dihydrate, natural flavours, morello cherry juice powder, sea salt, DL-malic acid, stevia leaf extract, silicon dioxide, turmeric, spirulina platensis extract.

Ingrédients non médicinaux : Acide citrique, Citrate de sodium déshydraté, Saveurs naturelles, Poudre de jus de cerises Morello, Sel del mer, Acide DL-malique, Extrait de feuilles de Stévia, Dioxide de silicium, Curcuma, Extrait de Spirulina Platensis.



Calcium (calcium citrate tetrahydrate) — Calcium plays a role in maintenance of normal muscle contraction and nerve transmission.

Magnesium (magnesium citrate) — Magnesium is a cofactor in hundreds of metabolic reactions in the body. It is required for cellular energy metabolism, nerve conduction, and ion transport.

Potassium (potassium citrate monohydrate) — Potassium is both a mineral and an electrolyte your body needs to work properly. It helps your nerves function and muscles contract. It also helps maintain regular heartbeat.

Sea salt (salt) — Natural source of sodium and chloride.

Sodium citrate — Sodium citrate is a sodium salt of citric acid, used in foods and beverages to enhance flavours or to adjust pH level.

Zinc (zinc citrate dihydrate) — Zinc is an essential trace mineral that acts as a cofactor in approximately 300 different enzyme reactions. It contributes to our total physical well-being. Zinc citrate is among the best forms of chelated zinc, being more absorbable than zinc sulfate, zinc acetate, zinc gluconate, or zinc oxide.

Vitamin C (ascorbic acid) — Vitamin C is an essential water-soluble vitamin that helps with a range of functions in the body, including providing antioxidant defense. Ascorbic acid is a water-soluble form of vitamin C

Tart cherry (*Prunus cerasus*) fruit extract — Tart cherry powder is rich in polyphenols and demonstrates antioxidant properties.
Coconut (*Cocos nucifera*) water powder — Coconut is the fruit of coconut palm (*Cocos nucifera*). It is a palm tree native to the eastern tropical regions, grown in Asia, America, and Africa. Coconut water is the liquid found in a young green coconut and should not be confused with coconut milk.

Watermelon (*Citrullus lanatus var. lanatus*) fruit — Watermelon is considered a “functional food” and a popular fruit endowed with important nutritional and bioactive compounds, providing several health benefits. Watermelon contributes substantially to the antioxidant activity level of human diets. Watermelon juice has a refreshing taste, appealing aroma, and attractive colour.

Aloe vera leaf gel — Aloe vera contains antioxidants and polyphenols and is a superfood. The inner fillet of aloe vera is responsible for the plant's benefits of enhancing the absorption of certain micronutrients.

Ingredient Glossary



Stevia 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 Rebaudiosides, ensuring a clean sweet flavour that does not have the bitter off-notes associated with inferior stevia extracts. The extract is purified by filtration and crystallized into a compound that is typically 200 times sweeter than table sugar and has 0 calories. Plexus® uses a pure, non-GMO stevia.

Natural flavours — Natural flavours are naturally occurring compounds that contribute to the unique flavour profiles found in foods. These various flavours are taken from essential oils, resins, essences, or extracts.

Citric acid — Citric acid can be found naturally in citrus fruits such as lemons and oranges. The citric acid in Plexus HydroPlex™ is non-GMO.

Silicon dioxide — Silica is one of the most abundant minerals on earth. In HydroPlex, the form used is a food-grade silica that is ultrapure and free of contaminants and helps powders mix more easily.