

Lean

REAL NOURISHMENT.
SATISFACTION IN EVERY SIP.

This nutrient-dense meal replacement shake makes it easy to stay full and satisfied on the go while delivering high-quality protein. Manage your weight, nourish your body with essential vitamins and minerals, and feed your gut microbiome — all in one delicious, convenient option.[^]



Nutrition for Life in the Fast Lane

When life moves quickly, nutrition often gets left behind. Between packed schedules and nonstop responsibilities, sitting down for a balanced meal can feel like a luxury—and it's easy to turn to fast, unhealthy options to fill you up with little real nourishment. Finding simple, convenient, nutrient-dense solutions is a practical way to keep your nutrition on track without slowing you down.

A Delicious Solution to Nourish Yourself and Lose Weight[^]

Plexus Lean™ takes the guesswork out of simple eating so you can stay on track with your daily nutrition, lose weight[^], and be proud of the results you have earned. With whey and plant-based protein options and 2 delicious flavors — chocolate and vanilla — to choose from, Lean empowers you with easy/quick go-to options that fuel you up so you can form positive eating habits you actually love.

Primary Benefits

- Nourishes your body with protein, vitamins, and minerals to keep you feeling your best
- Delivers a complete, nutritious meal or satisfying snack in the form of a delicious shake
- Helps cut calories to lose weight[^] while providing optimal nutrition
- Satisfies and helps control hunger with protein and fiber
- Supports gut and digestive health with prebiotic fiber and digestive enzymes
- Provides protein to help support and maintain lean muscle

Primary Features

- With protein and fiber, Lean helps you control hunger and cut more calories. Replace 2 meals per day for weight loss and 1 meal per day for weight management.[^] (15 meals or 30 on-the-go snacks per bag)
- Excellent source of protein (Lean Whey includes 21 grams of rBGH-free[≈] whey protein; Lean Vegan includes 21 grams of vegan protein from pea protein and almond protein)
- Complete amino acid profile, including essential branched chain amino acids like leucine, isoleucine, and valine
- Contains polydextrose, a prebiotic fiber to support digestion and gut health
- Enhanced with easily absorbable forms of 21 vitamins and minerals in Whey and 20 vitamins and minerals in Vegan, including methylated folate, calcium, zinc, vitamins A, C, and E, and more
- Does not contain soy or gluten
- No artificial colors, flavors, sweeteners, or preservatives
- Through our Nourish One® Initiative, every purchase of Plexus Lean triggers a monetary donation equivalent to 10 meals* to Feeding America®, the nation's largest domestic hunger-relief organization.

^{*}Every Plexus Lean sold contributes a donation equivalent to 10 meals and every Plexus Reset sold contributes a donation equivalent to 3 meals to Feeding America®, helping to provide at least 5 million meals annually. \$1 helps provide at least 10 meals secured by Feeding America® on behalf of local partner food banks.

[^]When combined with a reduced calorie weight loss diet plan. Individual results will vary.

[≈]No significant difference has been shown between milk derived from rBGH/bST-treated and non-rBGH/bST-treated cows.

DID YOU KNOW?

- The body burns significantly more calories digesting protein (thermic effect) than fats or carbohydrates.¹
- A high-protein diet helps preserve lean muscle during weight loss, which supports a higher resting metabolic rate.²
- Meal prepping or having quick, ready-to-eat options helps you avoid impulsive, calorie dense choices and supports consistent, balanced eating.³

Sources:

1. Kim, J. Y., & Baik, S. H. (2020). *Optimal diet strategies for weight loss and maintenance*. *Nutrition*, X(Y), pages. <https://doi.org/%E2%80%A6>
2. Kim, J. Y., & Baik, S. H. (2020). *Optimal diet strategies for weight loss and maintenance*.
3. Cleveland Clinic (2024, Jan 15). A beginner's guide to healthy meal prep. *Cleveland Clinic*. Retrieved from <https://health.clevelandclinic.org/%E2%80%A6>



Frequently Asked Questions

What is Plexus Lean™?

Plexus Lean is a complete meal replacement that is a source of nutrition, including protein, easily absorbable vitamins and minerals, and prebiotic fiber.

When is the best time to take Plexus Lean?

Anytime! Plexus Lean is perfect for a satisfying meal on the go or a tempting between-meal snack. Use Plexus Lean as a meal replacement twice a day for weight loss, once a day for weight maintenance, or anytime as a delicious snack.[^] Many people like to have a serving of Plexus Lean as their breakfast since it is quick and convenient. Shake up Lean in the morning for a perfectly satisfying start to your day. You can also try Plexus Lean as an afternoon snack to ward off the dreaded crash between lunch and dinner.

How do I mix Plexus Lean?

Just add 2 level scoops with nonfat milk (or milk of choice) and shake quickly until blended to desired consistency. Lean is also delicious mixed with water or blended with ice and fruit. For a snack, add 1 scoop with 4–6 fl. oz. of nonfat milk.

How many servings of Plexus Lean can I take per day?

Use Plexus Lean as a meal replacement twice a day for weight loss, once a day to maintain a healthy weight, or anytime as a delicious snack.[^]

What protein is used for Plexus Lean?

The Lean family has a protein option for everyone. Lean Whey uses ultrapure rBGH-free[~] whey protein, while Lean Vegan uses an ultrapure plant-based protein blend from pea protein and almond protein.

How does Plexus Lean help maintain muscle?

Protein is essential for maintaining muscle. When prepared as directed, Plexus Lean is an excellent source of protein, including essential branched chain amino acids like leucine, isoleucine, and valine for muscle support.

What is the prebiotic and protease enzyme blend in Plexus Lean, and how is it beneficial to me?

The prebiotic and protease enzyme blend in Plexus Lean includes polydextrose, a prebiotic fiber that supports the microbiome, and digestive enzymes derived from *Aspergillus niger* and *Aspergillus oryzae*, which contribute to digestive health.

[^]When combined with a reduced calorie weight loss diet plan. Individual results will vary.

[~]No significant difference has been shown between milk derived from rBGH/bST-treated and non-rBGH/bST-treated cows.

Frequently Asked Questions

What is a prebiotic? How does it work?

Your gut is full of microbes. Some of them are beneficial; some of them are unwanted. Prebiotics are nondigestible soluble fibers that make their way through your digestive system and help feed beneficial microbes so they can thrive. These fibers, like guar gum, are derived from the seeds of the Indian cluster bean, *Cyanopsis tetragonolopus*. Prebiotics act as a fertilizer, selectively feeding good microbes in the gut and assisting in their growth.

Are there vitamins or minerals in Plexus Lean?

Yes, there are 21 easily absorbable vitamins and minerals in Whey and 20 in Vegan, including folate (L-methylfolate calcium, calcium, zinc, vitamins A, C, and E and more!

Will I experience any side effects when I start taking Plexus Lean?

Experiencing side effects with Plexus Lean™ is not common. However, certain people who are not used to products rich in protein or fiber may experience temporary gas and bloating. One way to prevent this is to start with a smaller amount — like 1 scoop per day — and then gradually increase your intake over 1 to 3 weeks. Your body should adjust to the additional fiber and protein over time.

Can Plexus Lean help me lose weight?

When combined with a reduced-calorie diet and regular exercise, Plexus Lean is a great addition to a weight loss plan. If you are trying to lose weight, it is recommended to replace 2 meals per day with Plexus Lean. It is packed with satiating protein and fiber so you are less tempted to make impulsive, unhealthy food choices.

If I'm not trying to lose weight, will I still benefit from taking Plexus Lean?

Absolutely! Even if you are not looking to lose weight, Plexus Lean delivers protein that supports lean muscle growth and maintenance, vitamins and minerals necessary for a healthy lifestyle, and dietary fiber to support digestive health. Plus, it tastes great, mixes quickly, and is portable so it fits into your active lifestyle.

Why are easily absorbable ingredients important?

The vitamins and minerals found in Plexus Lean are in easily absorbable forms, which means your body can use them more efficiently.

Why is there folate (L-methylfolate calcium) instead of folic acid?

Up to 39% of the population cannot use absorbed folic acid. Plexus Lean is formulated with the most easily absorbable form that everyone can use. Folic acid is a form of vitamin B9, also known as folate. It is vital for making red blood cells, the synthesis and repair of DNA and RNA, and aiding cell division and growth.

Is Plexus Lean safe?

Yes, Plexus Lean is safe. It contains no stimulants, artificial flavors, colors, or preservatives and does not contain soy or gluten.

Is it safe to take Plexus Lean while pregnant or breastfeeding?

If you are pregnant or nursing, you should consult your physician prior to beginning any new supplementation, diet, or exercise program.

Can Plexus Lean be used by children under the age of 18?

Plexus Lean is not recommended for use by children under 18 because the product was formulated to meet the nutritional needs of adults.

Does Plexus Lean contain any common food allergens (milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame)?

Whey protein is a by-product of milk. Although the whey we use contains very little lactose, it would not be suitable for those who have a dairy allergy. Plexus Lean Whey does not contain egg, peanut, soy, shellfish, tree nut, sesame, fish, or wheat allergens. Plexus Lean Vegan does not contain dairy, egg, peanut, soy, sesame, shellfish, fish, or wheat.

Is Plexus Lean gluten free and non-GMO?

Yes.

Is there caffeine or any other stimulants in Plexus Lean?

No.

What is used to sweeten Plexus Lean?

Plexus Lean is free from artificial sweeteners. We use stevia leaf extract, natural flavors, and organic sustainably grown coconut sugar to create each delicious shake.

Can I take Plexus Lean with other Plexus® products?

Absolutely! Lean is a great addition to any Plexus regimen. We highly recommend using it with our other products, including Slim Hunger Control, MetaBurn, Balance, Active, and Hydrate.

Can I use Plexus Lean with my medication?

This product is formulated with clean, nourishing ingredients — but it's always a good idea to speak with your healthcare provider or pharmacist before introducing new meal replacements. They can help ensure the products are a fit for your unique needs and any treatments you're using.

Lean Whey Milk Chocolate

Directions: Blend or stir 2 scoops with 8 fl. oz. of nonfat milk.

Nutrition Facts

Amount per serving	Powder	as prepared w/ 8 fl. oz. Nonfat Milk
15 servings per bag		
Serving size	2 Scoops (about 40g¹)	
Calories	140	230
Total Fat	3g 4%	3g 4%
Saturated Fat	2g 10%	2g 10%
Trans Fat	0g	0g
Polyunsaturated Fat	0g	0g
Monounsaturated Fat	0g	0g
Cholesterol	60mg 17%	60mg 20%
Sodium	130mg 6%	230mg 10%
Total Carbohydrate	12g 4%	25g 10%
Dietary Fiber	5g 18%	5g 18%
Soluble Fiber	5g	5g
Total Sugars	3g	15g
Includes Added Sugars	1g 2%	1g 2%
Protein	21g 42%	30g 60%
Vitamin D	1mcg 6%	3.7mcg 20%
Calcium	155mg 10%	480mg 35%
Iron	4mg 20%	4.2mg 25%
Potassium	305mg 6%	715mg 15%
Vitamin A	90mcg 10%	247mcg 25%
Vitamin C	13.5mg 15%	13.5mg 15%
Vitamin E	2.5mg 15%	2.5mg 15%
Thiamin	0.25mg 20%	0.4mg 35%
Riboflavin	0.4mg 30%	0.7mg 50%
Niacin	7mg 45%	7.4mg 45%
Vitamin B6	0.3mg 20%	0.4mg 25%
Folate	91mcg DFE 25%	96mcg DFE 25%
Vitamin B12	0.25mcg 10%	1.7mcg 70%
Pantothenic Acid	0.35mg 6%	0.35mg 6%
Phosphorus	110mg 8%	370mg 30%
Iodine	47mcg 30%	134mcg 90%
Magnesium	57mg 15%	88mg 20%
Zinc	2.2mg 20%	3.3mg 30%
Selenium	18mcg 35%	23mcg 40%
Manganese	1mg 45%	1mg 45%
Molybdenum	35mcg 80%	35mcg 80%
Choline	0mg 0%	45mg 8%

¹The % 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: Protein blend (whey protein concentrate, milk protein isolate, whey protein isolate), polydextrose, cocoa powder (processed with alkali), natural flavors, organic coconut palm sugar, medium chain triglycerides (derived from coconut), guar gum, xanthan gum, protease enzyme blend (from *Aspergillus niger* and *Aspergillus oryzae*), sea salt, vitamin and mineral blend [magnesium (magnesium hydroxide), vitamin C (ascorbyl palmitate), vitamin E (d-alpha tocopherol), iron (ferric orthophosphate), zinc (zinc citrate), manganese (manganese citrate), riboflavin (riboflavin 5-phosphate), vitamin B6 (pyridoxal-5-phosphate), pantothenic acid (calcium d-pantothenate), thiamin (thiamin mononitrate), vitamin A (retinyl palmitate), folate (L-methylfolate calcium), vitamin D3 (cholecalciferol), vitamin B12 (methylcobalamin)], and stevia.

Contains: Milk

NOTICE: For weight reduction, use only as directed in conjunction with a sensible diet and exercise program. Do not use in diets supplying less than 400 calories per day without medical supervision. Not recommended for use by individuals under 18. Consult your physician prior to use if you are pregnant, nursing, have or suspect a medical condition, or are taking medication. Do not use if tamper-evident seal is broken or damaged. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place.

¹40 grams per 2 scoops is an average. Individual scooping technique may yield slightly more or slightly less than 40 grams. This product is filled by weight, not volume. Some settling of the contents may occur during transit and cannot be avoided.



Lean Whey Creamy Vanilla

Directions: Blend or stir 2 scoops with 8 fl. oz. of nonfat milk.

Nutrition Facts

Amount per serving	Powder	as prepared w/ 8 fl. oz. Nonfat Milk
15 servings per bag		
Serving size	2 Scoops (about 39g¹)	
Calories	140	230
Total Fat	2.5g 3%	3g 4%
Saturated Fat	2g 10%	2g 10%
Trans Fat	0g	0g
Polyunsaturated Fat	0g	0g
Monounsaturated Fat	0g	0g
Cholesterol	55mg 18%	60mg 20%
Sodium	120mg 5%	220mg 10%
Total Carbohydrate	11g 4%	24g 9%
Dietary Fiber	5g 18%	5g 18%
Soluble Fiber	5g	5g
Total Sugars	3g	15g
Includes Added Sugars	1g 2%	1g 2%
Protein	21g 42%	30g 60%
Vitamin D	1mcg 6%	3.7mcg 20%
Calcium	150mg 10%	475mg 35%
Iron	2.6mg 15%	2.6mg 15%
Potassium	165mg 4%	575mg 10%
Vitamin A	90mcg 10%	247mcg 25%
Vitamin C	13.5mg 15%	13.5mg 15%
Vitamin E	2.5mg 15%	2.5mg 15%
Thiamin	0.25mg 20%	0.4mg 35%
Riboflavin	0.4mg 30%	0.7mg 50%
Niacin	7mg 45%	7.5mg 45%
Vitamin B6	0.3mg 20%	0.4mg 25%
Folate	91mcg DFE 25%	96mcg DFE 25%
Vitamin B12	0.25mcg 10%	1.7mcg 70%
Pantothenic Acid	0.35mg 6%	0.35mg 6%
Phosphorus	90mg 8%	370mg 30%
Iodine	48mcg 30%	135mcg 90%
Magnesium	34mg 8%	65mg 15%
Zinc	2.2mg 20%	3.3mg 30%
Selenium	18mcg 35%	23mcg 40%
Manganese	1mg 45%	1mg 45%
Molybdenum	36mcg 80%	36mcg 80%
Choline	0mg 0%	45mg 8%

¹The % 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: Protein blend (whey protein concentrate, milk protein isolate, whey protein isolate), polydextrose, natural flavors, medium chain triglycerides (derived from coconut), organic coconut palm sugar, guar gum, xanthan gum, protease enzyme blend (from *Aspergillus niger* and *Aspergillus oryzae*), sea salt, vitamin and mineral blend [magnesium (magnesium hydroxide), vitamin C (ascorbyl palmitate), vitamin E (d-alpha tocopherol), iron (ferric orthophosphate), zinc (zinc citrate), manganese (manganese citrate), riboflavin (riboflavin 5-phosphate), vitamin B6 (pyridoxal-5-phosphate), pantothenic acid (calcium d-pantothenate), thiamin (thiamin mononitrate), vitamin A (retinyl palmitate), folate (L-methylfolate calcium), vitamin D3 (cholecalciferol), vitamin B12 (methylcobalamin)], and stevia.

CONTAINS: Milk

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¹39 grams per 2 scoops is an average. Individual scooping technique may yield slightly more or slightly less than 39 grams. This product is filled by weight, not volume. Some settling of the contents may occur during transit and cannot be avoided.



Lean Vegan Rich Chocolate

Directions: Blend or stir 2 scoops with 8 fl. oz. of water, unsweetened almond milk, or your favorite plant-based milk.

Nutrition Facts

15 servings per bag
Serving size **2 Scoops (about 40g³)**

Amount per serving	as prepared w/ 8 fl. oz. Water	as prepared w/ 8 fl. oz. Almond Milk
Calories	140	180
	% DV*	% DV*
Total Fat	3.5g	7g
Saturated Fat	0.5g	1g
Trans Fat	0g	0g
Polyunsaturated Fat	0g	1g
Monounsaturated Fat	1g	3g
Cholesterol	0mg	0mg
Sodium	210mg	370mg
Total Carbohydrate	11g	12g
Dietary Fiber	7g	8g
Soluble Fiber	5g	5g
Total Sugars	2g	2g
Includes Added Sugars	1g	1g
Protein	21g	23g
Vitamin D	1mcg	3mcg
Calcium	60mg	510mg
Iron	7.2mg	8mg
Potassium	210mg	290mg
Vitamin A	90mcg	197mcg
Vitamin C	13.5mg	13.5mg
Vitamin E	2.5mg	11mg
Thiamin	0.3mg	0.3mg
Riboflavin	0.4mg	0.5mg
Niacin	3.7mg	4mg
Vitamin B6	0.3mg	0.3mg
Folate	100mcg DFE	100mcg DFE
Vitamin B12	0.25mcg	1.1mcg
Biotin	7mcg	9.7mcg
Pantothenic Acid	0.3mg	0.3mg
Phosphorus	200mg	280mg
Magnesium	64mg	80mg
Zinc	3.7mg	4.1mg
Copper	0.3mg	0.3mg
Manganese	1mg	1.2mg

*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: Plant-based protein blend (pea protein, almond protein), polydextrose, natural flavors, cocoa powder (processed with alkali), organic coconut palm sugar, sunflower oil, protease enzyme blend (from *Aspergillus niger* and *Aspergillus oryzae*), vitamin and mineral blend [magnesium (magnesium hydroxide), vitamin C (ascorbyl palmitate), vitamin E (d-alpha tocopherol), iron (ferric orthophosphate), zinc (zinc citrate), manganese (manganese citrate), riboflavin (riboflavin 5-phosphate), vitamin B6 (pyridoxal-5 phosphate), pantothenic acid (calcium d-pantothenate), thiamin (thiamin mononitrate), vitamin A (retinyl palmitate), folate (L-methylfolate calcium), vitamin D3 (cholecalciferol), vitamin B12 (methylcobalamin)], stevia, guar gum, and xanthan gum.

CONTAINS: Tree nuts (almonds)

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³40 grams per 2 scoops is an average. Individual scooping technique may yield slightly more or slightly less than 40 grams. This product is filled by weight, not volume. Some settling of the contents may occur during transit and cannot be avoided.



Lean Vegan Smooth Vanilla

Directions: Blend or stir 2 scoops with 8 fl. oz. of water, unsweetened almond milk, or your favorite plant-based milk.

Nutrition Facts

15 servings per bag
Serving size **2 Scoops (about 40g³)**

Amount per serving	as prepared w/ 8 fl. oz. Water	as prepared w/ 8 fl. oz. Almond Milk
Calories	140	180
	% DV*	% DV*
Total Fat	3g	6g
Saturated Fat	0.5g	1g
Trans Fat	0g	0g
Polyunsaturated Fat	0g	1g
Monounsaturated Fat	1g	3g
Cholesterol	0mg	0mg
Sodium	220mg	380mg
Total Carbohydrate	12g	13g
Dietary Fiber	7g	8g
Soluble Fiber	5g	5g
Total Sugars	1g	1g
Includes Added Sugars	1g	1g
Protein	21g	23g
Vitamin D	1mcg	3mcg
Calcium	60mg	510mg
Iron	6.8mg	8mg
Potassium	145mg	225mg
Vitamin A	90mcg	197mcg
Vitamin C	13.5mg	13.5mg
Vitamin E	2.5mg	11mg
Thiamin	0.3mg	0.3mg
Riboflavin	0.4mg	0.5mg
Niacin	3.8mg	4.1mg
Vitamin B6	0.3mg	0.3mg
Folate	100mcg DFE	100mcg DFE
Vitamin B12	0.25mcg	1.1mcg
Biotin	7mcg	9.7mcg
Pantothenic Acid	0.3mg	0.3mg
Phosphorus	200mg	280mg
Magnesium	55mg	70mg
Zinc	3.7mg	4mg
Copper	0.3mg	0.3mg
Manganese	1mg	1.2mg

*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: Plant-based protein blend (pea protein, almond protein), polydextrose, natural flavors, organic coconut palm sugar, sunflower oil, protease enzyme blend (from *Aspergillus niger* and *Aspergillus oryzae*), vitamin and mineral blend [magnesium (magnesium hydroxide), vitamin C (ascorbyl palmitate), vitamin E (d-alpha tocopherol), iron (ferric orthophosphate), zinc (zinc citrate), manganese (manganese citrate), riboflavin (riboflavin 5-phosphate), vitamin B6 (pyridoxal-5 phosphate), pantothenic acid (calcium d-pantothenate), thiamin (thiamin mononitrate), vitamin A (retinyl palmitate), folate (L-methylfolate calcium), vitamin D3 (cholecalciferol), vitamin B12 (methylcobalamin)], guar gum, xanthan gum, and stevia.

CONTAINS: Tree nuts (almonds)

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Almond Protein: Complements pea protein to ensure an optimally balanced protein composition that is entirely plant-based. Almond protein powder provides superior texture and taste compared to other plant-based protein sources.

Cocoa powder (in the chocolate flavor only): Cocoa powder is the fermented and dried seed of the cocoa tree. Cocoa is a naturally rich source of antioxidants, particularly procyanidins and flavonoids. Cocoa is a natural source of flavor, contributing to the distinct chocolate taste the plant is known for.

Coconut palm sugar: Palm sugar is a natural sugar derived from the sap of the flower bud stem of the coconut palm. According to the Sydney University Glycemic Index Research Service, coconut sugar has a glycemic index of 54, qualifying it as a low glycemic source of carbohydrate. Coconut palm sugar imparts a distinct caramel flavor with its sweetness to naturally enhance flavor while contributing to a balanced carbohydrate composition found in a complete meal.

Hydrolyzed guar gum: Guar gum is a naturally occurring polysaccharide derived from guar (cluster) beans that is a soluble fiber. Due to its attraction to water, it is used in small quantities to both thicken and improve the texture of liquids.

Iodized sea salt: Sea salt is a natural source of essential minerals sodium and chloride made from evaporated sea water. Sea salt can contain numerous trace minerals.

MCT oil powder: Medium chain triglycerides (or MCTs) naturally occur in coconut oil. Unlike most other lipid molecules that require a complex process of digestion, MCTs are more easily absorbed into the bloodstream from the digestive tract. MCTs are often used to enhance mouthfeel and support the overall quality and stability of powdered shake mixes. Animal and human studies have shown MCTs may have a positive impact on energy expenditure and satiety, when included in the diet as a replacement for fats containing Long Chain Triglycerides (LCT).

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. Plexus Lean's natural flavors are uniquely blended to provide a classic chocolate and creamy vanilla flavor.

Pea Protein: Pea protein is a well digested and highly bioavailable plant-based protein. Pea protein has the added benefit of being a comprehensive plant-based protein source that avoids the potential allergen concerns associated with more commonly used soy-based protein sources. Pea protein is a "complete protein" — meaning it contains all 9 essential amino acids and has a high protein quality score of .93 (93% bioavailability) on the PDCAAS scale.

Polydextrose: Polydextrose is a large plant-based polysaccharide. Unlike starch however, the carbohydrates in polydextrose are uniquely linked together, making them resistant to our digestive enzymes. Because polydextrose is not digested and partially fermented in the gut, it has an energy value of only 1 kcal/gram. Thus, polydextrose is effective in helping to reduce calorie intake and its intake is also associated with increased prebiotic activity. Polydextrose is a source of dietary fiber that helps you feel fuller and eat less. In a blinded, randomized placebo-controlled study, researchers found that pre-meal supplements containing the dose of polydextrose reduced subject's desire to eat before prior to the following meal and was still lower prior to the next meal later in the day.

Protease enzyme blend: Natural enzymes derived from *Aspergillus oryzae* and *Aspergillus niger* that have been added to enhance the digestion of whey protein and to help prevent gastrointestinal issues some may experience when ingesting high amounts of whey protein.

Protein: Proteins are biological molecules made of chains of amino acids. The body uses amino acids to produce its own proteins, which act as structural components of muscle and other tissues, and participate in a wide range of essential processes that include enzyme function, cell growth, and cell signaling.

Stevia (*Stevia rebaudiana*) leaf extract: Stevia is a perennial herb native to South America that has been used for centuries as a medicinal herb and a natural sweetener. The extract is prepared from the sweet-tasting leaves and is standardized to 99% Rebaudioside A. The extract is then purified by filtration and crystallized into a compound that is typically 200 times sweeter than table sugar and has zero calories. Plexus® uses a 100% pure, non-GMO *Stevia rebaudiana*.

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Whey protein: The main constituents of milk protein are casein and whey fractions. Whey is the soluble protein remaining after casein has been coagulated during the cheese-making process. Whey is a complete protein source, abundant in essential amino acids, particularly branch chain amino acids like leucine. Whey protein is a highly digestible and highly absorbable source of amino acids, which is why it is often the protein of choice for athletes who supplement protein in their diet for their recovery needs.

Whey protein concentrate: Whey Protein Concentrates (WPC) have a very good amino acid profile, with high proportions of available lysine and cysteine. They are typically described in terms of their protein content (percentage protein in dry matter), ranging from 35 – 80%. Whey protein concentrates are among the most popular proteins supplements on the market.

Whey protein isolate: Whey Protein Isolate (WPI) is a more purified form, typically containing more than 90% protein (on a dry matter basis). WPI is growing rapidly in sports nutrition, where the fat and other non-protein constituents are undesirable.

Xanthan gum: Xanthan gum is a naturally occurring polysaccharide made from sugar fermentation. Small quantities help stabilize solutions that are mixtures of water-soluble and fat-soluble ingredients to ensure an even consistency.



Vitamins and Minerals:

Vitamin A (as retinyl palmitate): Vitamin A is a fat-soluble vitamin. It is derived from 2 sources: preformed retinoids and provitamin carotenoids. Vitamin A is involved in a range of functions of the body; we need vitamin A for good vision and eye health, for a strong immune system, and for healthy skin and mucous membranes.

Vitamin B1; synonyms: thiamine (as thiamine mononitrate): Vitamin B1 plays a crucial role in certain metabolic reactions and functions as a coenzyme in energy production and carbohydrate metabolism. Every cell of the body requires vitamin B1 to form adenosine triphosphate. Vitamin B1 is also essential for the proper functioning of nerve cells.

Vitamin B2; synonyms: riboflavin (as riboflavin 5-phosphate): Vitamin B2 is important for body growth and red blood cell production. It is involved in the body's production of energy and immune health as well as the healthy growth of hair, skin, and nails and an important cofactor for formation of other B vitamins. Riboflavin-5-phosphate is the bioactive, tissue-ready form of riboflavin.

Vitamin B6; synonyms: pyridoxine (as pyridoxal 5-phosphate): Vitamin B6 is a cofactor for enzymes that are involved in more than 100 reactions impacting the metabolism of protein, fats, and carbohydrates. It is also involved in the synthesis of some neurotransmitters, helps maintain normal nerve function, and acts in the formation of red blood cells. Pyridoxal-5'-phosphate is an active form of B6.

Biotin: Biotin has an important role in metabolic function. It assists in metabolism of fatty acids and use of B vitamins. It is also important in energy producing steps during metabolism in the body.

Vitamin B12 (as methylcobalamin): Vitamin B12 is needed for the function of all cells as it is required for normal cell growth and replication. Vitamin B12 also makes healthy blood cells and helps keep nerves working properly. Natural sources of this vitamin are only found in animal foods; vegetarians may not get enough vitamin B12. Methylcobalamin is a bioactive and easily absorbable form, immediately ready to be used by the body.

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Vitamin C (as ascorbyl palmitate): Vitamin C is an essential water-soluble vitamin that has a wide range of functions in the human body. These include energy production; antioxidants; maintenance of connective tissue (tendons, cartilage, ligaments, and blood vessels); skin, muscle, and bone health; minor wound healing; brain and nerve function; immune health; and helping with iron absorption. Ascorbyl palmitate is a fat-soluble form of vitamin C, which is better absorbed than ascorbic acid, the water-soluble form, and easy to be incorporated into cell membranes, protecting them from oxidative damage. It offers all the benefits of ascorbic acid.

Calcium: Calcium is the most abundant mineral in our body. It is essential for the development and maintenance of strong bones and teeth, where about 99% of the body's calcium is found. Calcium also helps the heart, nerves, muscles, and other body systems work properly.

Copper: Copper is an essential trace mineral for bone health, connective tissue health, cardiovascular health, lipid metabolism, neurological health, and skin health. Copper is also important for a natural antioxidant defense system. Copper activates a number of enzymes important to energy metabolism and assists in the formation of hemoglobin and red blood cells by facilitating iron absorption.

Vitamin D: Vitamin D is a fat-soluble vitamin that has a variety of roles involving nearly every system of the body. The major function of vitamin D is to aid in the absorption of calcium and maintain normal blood levels of calcium and phosphorus. Vitamin D contributes to the reproductive system, the digestive system, the skeletal system, and the immune system function. There are several forms of vitamin D, and Lean features D3 cholecalciferol.

Vitamin E (as d-alpha tocopherol): Vitamin E is an essential fat-soluble vitamin and an antioxidant, important for cell and tissue health, which may have a role in blood flow, immune function, and blood cell functioning and in protecting against cellular stress. There is a family of several naturally occurring compounds: 4 tocopherols (alpha, beta, gamma, and delta) with widely varying degrees of biological activity. The most active form is the "d" isomer of alpha-tocopherol. The succinate form of d-alpha tocopherol is used in Plexus® products.

Folic acid; synonyms: folate, vitamin B9 (as L-methylfolate calcium): Folic acid is the supplemental form of folate, which is essential for cell replication and growth. Folic acid is important in the use of proteins (amino acids) and DNA synthesis. Folic acid also plays an important role in pregnancy. Dietary folate and folic acid both undergo conversion in the body to the active form tetrahydrofolate, and then finally into folate (L-methylfolate calcium) to be used in the body. Folate (L-methylfolate calcium) is the active form of folate.

Iodine: Iodine is an essential mineral nutrient. Iodine is the primary component of thyroid hormones, which are responsible for the regulation of metabolism as well as protein synthesis and many enzymatic processes in the body. Thyroid hormone is important for early development with myelination of the developing nervous system.

Iron (as ferric orthophosphate): Iron is an essential mineral found in the body. Most of the body's iron is found in the hemoglobin of red blood cells, where it is necessary for its function of transporting oxygen throughout the body. Iron is also important for metabolism, where it works as a cofactor for aerobic enzymes and a charge carrier in the mitochondria. Ferric orthophosphate is an absorbable form of iron that does not have an unpleasant taste that is common with other forms of iron.

Magnesium (as magnesium hydroxide): Magnesium is one of the most abundant minerals in the human body, with half located in the bones and teeth. Magnesium is involved in over 300 enzymatic processes, contributes to energy production, and helps regulate levels of calcium, zinc, potassium, and other important nutrients in the body.

Manganese (as manganese citrate): Manganese is an essential trace mineral that helps activate and synthesize important enzymes and nutrients necessary for skeletal and connective tissue health and cellular integrity, energy production, and immune function. Manganese citrate is an easily absorbable form of manganese.

Molybdenum: Molybdenum is an essential trace mineral that is needed by the body to assist enzymes in the breakdown of fats and carbohydrates and to properly metabolize nitrogen. Molybdenum also supports the body's storage of iron and other cellular functions.

INGREDIENT GLOSSARY

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Pantothenic acid; synonyms: vitamin B5 (as calcium d-pantothenate): Pantothenic acid has a role as a cofactor for enzymes involved in the metabolism of fats, carbohydrates, and proteins and in regulating the ability to cope with stress, due to its involvement in the synthesis of the neurotransmitter acetylcholine. It is also needed for the synthesis of cholesterol, vitamin D, and some hormones.

Selenium: Selenium is an essential trace mineral and a constituent of the antioxidant enzyme glutathione peroxidase, which is necessary for neutralizing free radicals. Selenium exerts important positive effects on normal cell function and cell development. Selenium supports the health of the heart and immune system. Additionally, selenium supports thyroid function.

Zinc (as zinc citrate): Zinc is an essential trace mineral that acts as a cofactor in approximately 300 different enzyme reactions and contributes to our total physical and mental well-being, including immune system function, growth, bone strength, and cognitive function. Zinc citrate is among the best forms of chelated zinc, being more absorbable than zinc sulfate, zinc acetate, zinc gluconate, or zinc oxide.

