

plexus

Ease

Recovery and relief.*

Clear the way to recovery. Plexus Ease® works at a cellular level to aid the body's natural recovery process, allowing healthy cells and tissue to thrive, while also providing joint support, relief from occasional muscle soreness, and fortification of liver cell vitality.*



Effective recovery. Soothing relief.*

From everyday tasks to occasional soreness due to overexertion, life can take its toll. Your body's natural recovery process is vital to feeling your best, no matter what life throws your way. Plus, supporting joint health and relieving temporary muscle discomfort can make your daily experience healthier and happier. Plexus Ease is here to help.*

How Ease Works

Ease is a dietary supplement that aids the body's natural recovery process, supports immune and liver health, and eases occasional discomfort due to overexertion and fatigue. Ease encourages your body to clear out cellular debris during recovery, and also aids in the protection of liver cells, promoting whole-body health on a cellular level. Additionally, Ease helps soothe occasional soreness after exercise, offering relief when you need it most.*

Ease Primary Benefits:

- Encourages your body to clear out cellular debris from recovery processes, which allows healthy cells and tissue to thrive*
- Promotes the body's recovery processes and immune function, supporting whole-body health at the cellular level*
- Eases occasional discomfort due to overexertion and fatigue*
- Supports joint health*
- Reduces occasional soreness due to overexertion or strenuous physical activity*
- May help relieve temporary muscle soreness after exercise*
- Complements the body's natural recovery response to acute and temporary tissue damage caused by intense exercise or strenuous physical activity*
- Supports liver health by aiding in the protection of liver cells*
- Promotes healthy bile flow, important for good digestive function, by facilitating liver excretion and gallbladder contraction*

Ease Advantage:

- Provides a highly concentrated extract of New Zealand green lipped mussel
- Unique combination of turmeric rhizome extract, bromelain, and serrapeptase
- Gluten free and non-GMO
- No artificial colors

Who should use Ease?

Ease is made for adults who want to aid their body's natural recovery process. Whether you lead an active lifestyle, need relief from occasional discomfort, or simply want support for your liver and cellular health, Ease is a perfect addition to your Health and Happiness routine.*

Did You Know?

Muscle soreness is most intense 1 to 3 days after you've exercised. Supporting your body can help you bounce back after a tough workout by soothing this discomfort.

Frequently Asked Questions

Can I take Plexus Ease® with other Plexus® products?

Ease is a great addition to a Plexus regimen, including Plexus Ease Cream. The combining effects of these products are very beneficial to your overall health and provide you with inside-out relief.*

Can I take Ease 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 Ease be used by children under the age of 18?

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

Is there caffeine or any other stimulants in Ease?

No.



Ingredient Glossary

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Proprietary Blend	600 mg	†
Green lipped mussel powder, bromelain, serrapeptase, turmeric rhizome extract		

†Daily Value (DV) not established.

Other Ingredients: Hypromellose (vegetarian capsule) and magnesium stearate.

NOTE: Do not exceed suggested daily serving. Not recommended for use by individuals under 18. As with any dietary supplement, 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 inner safety seal under the cap is broken or missing. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place.

Gluten free
No artificial colors

New Zealand Green Lipped Mussel Powder

Derived from a species of mussel with its notable iridescent green shell color, the powder is rich in polyunsaturated fats. The powder contains a large variety of fatty acids.

Bromelain

This is a family of protease enzymes naturally abundant in the pineapple plant. Bromelain is used as a traditional remedy and contributes to the easing of discomforts.*

Serrapeptase

Serrapeptase is a protease enzyme that helps break down proteins. The same enzyme is used by silkworms to help break down their cocoons when it is time to emerge as a butterfly.

Turmeric (Rhizome) Extract (from *Curcuma longa*)

Turmeric is a member of the ginger family known for its brilliant orange color and distinct taste. Health benefits associated with Turmeric are primarily attributed to its abundance of curcumin, a powerful antioxidant, which is also responsible for its orange-yellow hue.*

Other Ingredients:

Hypromellose (vegetarian capsule)

The capsule shell is made from hypromellose, derived from pine trees. This capsule shell is non-GMO and vegan.

Magnesium Stearate

This is a magnesium-associated form of the fatty acid stearic acid. It is used in small amounts to aid in the flow of ingredients during encapsulation.