



Balance

Feel good about the food you eat.

Carbs and sugars are hidden in everything you eat, but avoiding them completely can leave you feeling deprived and restricted. Plexus Balance™ helps reduce the impact of carbohydrates so you can enjoy more flexibility in your diet while keeping your weight management goals in reach.*



Stressed about carbs and sugars? Get the balance you deserve.

Carbs and sugars are hiding everywhere. They taste delicious, but they can sabotage your progress. You might resort to combing over labels and counting every carb and calorie, but that can leave you feeling deprived by restrictions.

You need something that will give you the flexibility you want in your diet without completely derailing your goals.

Flexible, balanced, and guilt-free

Find the right balance with food to create a healthy diet you can actually stick to. With Balance, you can have the flexibility to enjoy foods you love without worrying that carbs and sugars will throw you off track.*

Make rigid, unrealistic diet plans a thing of the past. Balance offers a convenient, achievable approach to weight management by minimizing the unwanted impact of carbs and sugars, so you can eat more of what you want while making progress toward your goals.*

Did you know?

- The average American consumes almost 152 pounds of sugar in 1 year. That equals about 3 pounds (6 cups) a week.¹
- The average 12-ounce can of soda contains 8 teaspoons of added sugar. (The recommended sugar intake is 6 teaspoons per day for adult women and 9 teaspoons per day for adult men).²
- Simple carbs (such as soda and white bread) absorb into the bloodstream quickly. This results in a “sugar high” followed by an inevitable crash, which leaves you feeling even more hungry.³

Balance primary benefits and features

- Helps maintain blood glucose levels already in the normal range*
- Delays digestion and reduces the absorption of carbs and sugars*
- Supports weight management[^]*
- Reduces the glycemic index of carbs and sugars*
- Helps neutralize enzymes that turn carbs and sugars into glucose*
- Helps reduce calorie intake*
- Gluten free, vegetarian, non-GMO, and no artificial colors

Who should use Plexus Balance?

Balance is for adults who want to stop feeling deprived by drastic diet restrictions or who want to enjoy foods they love in moderation without the guilt. By helping block and balance the effects of carbs and sugars, Balance can give you the flexibility and freedom to feel good about the food you eat.*

Here's how it works:

Purchase Balance

Grab your 30-day supply and add Balance to your monthly subscription order.

Adults take 2 capsules before your largest meal

Balance the unwanted effects of hidden carbs and sugars in your favorite foods. (You can even enjoy a well-earned night out!)*

Reach your goals

Make progress with a healthy diet you can actually stick to — without feeling like you're sacrificing all the food you enjoy.

[^]Use in conjunction with a reduced calorie weight loss diet plan. Individual results will vary.

1. <https://www.dhhs.nh.gov/dphs/nhp/documents/sugar.pdf>

2. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much>

3. https://www.depts.ttu.edu/hospitality/pdf/SmartChoices2011_Carbs.pdf

Frequently Asked Questions

How many servings of Balance can be taken daily?

It is recommended to take 2 capsules of Balance with or before your largest meal each day.

When should I take Balance?

Balance may be taken at any time during the day, but the recommended directions are designed to maximize product efficacy.

Do I have to take Balance with my largest meal each day to get the product benefits?

Balance may be taken at any time during the day, but taking it before your largest meal helps maximize product efficacy.

Does Balance interfere with the absorption of nutrients?

One of the many benefits of Balance is it reduces the absorption of carbs and sugars without blocking the absorption of any beneficial nutrients (protein, vitamins, and minerals). So, you minimize the glycemic impact of carbs and sugars in foods, while ingesting healthy nutrients from the food you eat.*

If I take more than the recommended dose, can I eat more carbs and sugars?

When taken daily, Balance reduces the negative effects of carbs and sugars by reducing the enzymes (alpha-amylase and alpha-glucosidase) that break them down. However, Balance is not intended as a means to support the overconsumption of carbs and sugars at mealtime. To experience the optimal benefits of Balance, please follow the recommended use with healthy food intake.*

Which Plexus products pair well and work best with Balance?

Balance is a beneficial partner to products like Slim Hunger Control, Lean, MetaBurn, Active, and Hydrate. Always consult with your physician before starting Balance or any other supplementation.

Does Balance contain gluten, nuts, soy, yeast, or dairy products?

No. Balance does not contain gluten, nuts, soy, yeast, or dairy.



Ingredient Glossary

White kidney bean extract (*Phaseolus vulgaris*)

An ingredient extracted from uncooked white kidney beans. This cultivar of bean is rich in special types of glycoproteins. These glycoproteins reduce the function of α -amylase, the digestive enzyme responsible for the breakdown of starch molecules into sugar.*

Common bean extract (*Phaseolus vulgaris* L.)

Phaseolus vulgaris, also known as the common bean, is an annual plant grown worldwide for its edible dry seeds (called beans). This ingredient is extracted from uncooked cranberry beans, another cultivar of bean that is rich in special types of glycoproteins that reduce the function of α -amylase, the digestive enzyme responsible for the breakdown of starch molecules into sugar. The process by which these glycoproteins bind to α -amylase to block its activity takes a little bit of time and is why for optimal results, Balance should be taken with or before your largest meal of the day.*

Cinnamon bark extract (*Cinnamomum cassia*)

Cinnamon, the spice, is made from the ground dried bark of plants from the genus *cinnamomum*. Cinnamon has been cultivated for centuries due to its use in Chinese herbal traditions as well as its unique, warm spice flavor that it is known for. Polyphenols found in cinnamon are thought to help balance the endocrine system's hormonal response to food, thereby helping maintain healthy blood glucose levels (already within the normal range). *Cinnamomum cassia* is abundant in the bioactives responsible for cinnamon's benefits in helping maintain healthy blood glucose levels, and is the most extensively studied variety of cinnamon.*

Mulberry leaf extract (*Morus alba* L.)

Mulberry trees are native to China, and their leaves and stems are abundant in special types of nitrogen-containing sugars, the most abundant of which is 1-deoxynojirimycin, also called moranoline but often abbreviated DNJ. DNJ is an inhibitor of α -glucosidase enzymes in our small intestine, effectively slowing down and blocking the ability of our digestive enzymes to break down simple sugars like sucrose into their monosaccharide forms (glucose and fructose). Sugars cannot be absorbed unless they are broken down into monosaccharides. Additional minor components in mulberry leaf extract have been found to reduce intestinal absorption of glucose, making this a multifaceted carb-blocking ingredient.*

*Use in conjunction with a reduced calorie weight loss diet plan. Individual results will vary.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Ingredient Glossary

EXCIPIENTS/NONACTIVES

Hypromellose (vegetarian capsule)

The capsule shell is made from hypromellose, derived from pine trees. This capsule shell is non-GMO, vegan, kosher, and halal. It is a natural and non-GMO filler (not flow agent) to ensure specified weight is met consistently during encapsulation by adequately filling the capsule.

Rice flour

Rice flour is made from rice hulls that are sterilized and ground into a fine Powder. Rice flour is used as an excipient to ensure consistent capsule fill weight.

Dicalcium phosphate

This is added to help with flow of the product ingredients and compaction during encapsulation.

Medium chain triglyceride powder

Medium chain triglycerides naturally occur in coconut oil and palm kernel 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. 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).

Silicon dioxide powder

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.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% DV
Proprietary Blend	1,150 mg	†
White kidney bean (<i>Phaseolus vulgaris</i>) extract, mulberry (<i>Morus alba</i> L.) leaf extract, cinnamon (<i>Cinnamomum cassia</i>) bark extract, common bean (<i>Phaseolus vulgaris</i> L.) extract		

†Daily Value (DV) not established.

Other Ingredients: Hypromellose (vegetarian capsule), rice flour, dicalcium phosphate, medium chain triglyceride powder, and silicon dioxide.



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