

Gut Health System

GOOD THINGS BEGIN WITHIN

Feel the difference with thoughtfully selected ingredients that support the everyday functions your gut relies on most: comfortable digestion, microbiome balance, nutrient absorption, weight management, and regularity.*



Your Delicate Ecosystem

Feeling worn down? You might be overlooking your gut's potential as a quiet powerhouse for feeling your best.

Inside your digestive tract lives a bustling community of trillions of microbes that influence how you feel—inside and out. When that ecosystem is thriving, everything else seems to click: You experience fewer digestive issues, a healthier immune system, a better mood, and even support for healthy weight management.

The catch is that your gut's balance is delicate. Modern life—think stress, inconsistent sleep, diet changes, and lack of exercise—can quietly chip away at it. Without the right support, beneficial microbes (like *Lactobacillus* and *Bifidobacterium*) can be crowded out by unwanted strains—leaving your gut, and how you feel, out of sync.

Three Steps to Feeling Your Best

Enter the Plexus® Gut Health System. Each step of this three-part routine plays a specific role—helping to clear what your system doesn't need, restore microbiome harmony, and nourish your gut with the support that keeps everything running smoothly.*

Together, Plexus Bio Cleanse®, ProBio 5®, and Slim establish a consistent rhythm your body can rely on. The result? You feel more comfortable and balanced on the inside, and that renewed confidence shows on the outside—because when your gut feels good, you feel good. (And as your gut health improves, the Gut Health System can even support your healthy weight-management goals.)*^

Primary Benefits

Bio Cleanse: Cleanse Your Gut*

Combines magnesium, citrus bioflavonoids, and vitamin C to help remove and weed out unwanted substances.

- Helps cleanse the gastrointestinal tract*

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

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- Helps reduce occasional gas, bloating, and discomfort*
- Helps promote regularity*
- Helps reduce unwanted microbiomes and substances*
- Helps relieve occasional constipation*
- Contains Vitamin C to support immune function*
- Studies suggest magnesium supplementation, as found in Bio Cleanse® may be associated with improvements in sleep quality in older adults*

ProBio 5: Restore Gut Balance*

Create a thriving environment for good bacteria and seed your gut with ProBio 5.

- Helps keep intestinal yeast in balance*
- Helps support a healthy intestinal tract*
- Supports healthy digestion*
- Helps improve natural response to imbalance*
- Helps seed the gut with 5 probiotic strains*
- Promotes healthy bacteria counts and pH levels in the gut*
- Contains Vitamin C to support immune function*

Choose the Slim that Fits Your Goals: Slim Microbiome Activating or Slim Hunger Control

Slim Microbiome Activating: Patented Microbiome Support

Nourish your microbiome with a patented, clinically studied prebiotic blend designed to feed the gut and help beneficial microbes flourish.*

- Promotes the growth of beneficial gut microbes*
- Increases *Lactobacillus* up to 365 times and *Bifidobacterium* up to 290 times – contributing to overall health◊*
- Clinically studied XOS prebiotic
- Supports healthy glucose metabolism*
- Helps support cardiovascular health*
- Helps maintain healthy blood pressure levels already in the normal range*
- Supports hydration by encouraging you to drink more water*
- Clinically demonstrated to help you lose weight^*
- Increases the metabolism enhancing *Akkermansia* microbes up to 250 times◊*

**Slim Hunger Control:
Manage Appetite & Glucose Metabolism***

Power your weight-management goals with a soluble, calorie-smart prebiotic fiber that helps feed the gut while supporting healthy glucose metabolism.^*

- Clinically demonstrated to help you lose weight^*
- Helps to reduce hunger*
- Supports enhanced satiation and satiety*
- Supports hydration by encouraging you to drink more water*
- Supports healthy glucose metabolism*
- Feeds your gut with Polydextrose, a prebiotic fiber, to help you feel full longer◊*

Primary Features

Bio Cleanse®:

When it comes to gut health, we cut straight to the chase. Bio Cleanse uses an innovative combination of Magnesium and Citrus Bioflavonoids to support regularity and help weed out unwanted substances from your digestive system.*

ProBio 5®:

This powerful formula provides the features of two products in one. It combines beneficial enzymes, probiotics, and botanical Grape Seed Extract to create an optimal gut environment by helping maintain intestinal yeast to support yeast balance. The five powerful probiotics in ProBio 5, including *Lactobacillus acidophilus* and *Bifidobacterium longum*, also seed the gut to help set the stage for a healthier digestive system, while the inclusion of Vitamin C supports immune function.*

◊The results of an in vitro human gut simulator study suggest that Slim’s formula may have several beneficial effects. Further research, including research conducted in humans, is needed to confirm these preliminary findings.

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

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Your Choice of Slim:

Get gut-healthy with your favorite Pink Drink supplement!

- **Slim Microbiome Activating:**
Features Xylooligosaccharides (XOS) – a clinically demonstrated prebiotic that can feed your gut and helps beneficial microbes thrive. Not to mention, it’s convenient and delicious (hello raspberry lemon watermelon flavor!), and it can even help you lose weight!^*
- **Slim Hunger Control:**
Hone in on weight loss with this mix that includes Polydextrose prebiotic fiber to help reduce your desire to overeat.



DID YOU KNOW?

A positively balanced gut has been linked to incredible health benefits. Our innovative gut health products help you maintain this favorable balance so that your health can blossom in these key ways, and others:

- **Better Hydration:**

Your gut helps keep you hydrated. It absorbs 90% of the incoming water that reaches the colon from the rest of the digestive tract.¹

- **Less Digestive Discomfort:**

Gut imbalance affects regularity. Studies show that people who experience occasional constipation may have low abundance of *Bifidobacterium* and *Lactobacillus*.²

- **Nutrient Absorption Support:**

Approximately 95% of your body's Serotonin is produced in the gut. Certain microbes even produce essential nutrients your body needs, like Vitamin B12, Folate, and Vitamin K.³

- **Improved Overall Health:**

The Vagus Nerve interacts with special cells in the intestinal lining that are sensitive to the nutrient and other chemical signals from microbes, and sends these communications to the brain. Approximately 95% of your body's Serotonin is produced in the gut. In addition, other key neurotransmitters and neuroendocrine messengers like GABA and Dopamine are also produced in large quantities in the gut.^{4,5}

- **Metabolism Support:**

Your microbiome plays a role in metabolism, which helps you manage your weight so you can move more, do more, and thrive more each day!⁶

- **Immune System Support:**

Around 70% of immune cells live in your gut, and evidence suggests prebiotics and probiotics support the body's immune system response.⁷

Sources:

1. Sandle, G. I. "Salt and water absorption in the human colon: a modern appraisal." *Gut* 43.2 (1998): 294-299.

2. Dimidi, Eirini, et al. "Mechanisms of action of probiotics and the gastrointestinal microbiota on gut motility and constipation." *Advances in Nutrition* 8.3 (2017): 484-494.

3. Bonaz, Bruno, Thomas Bazin, and Sonia Pellissier. "The vagus nerve at the interface of the microbiota-gut-brain axis." *Frontiers in neuroscience* 12 (2018): 49.

4. Li, Haixing, et al. "Production of gamma-aminobutyric acid by *Lactobacillus brevis* NCL912 using fed-batch fermentation." *Microbial Cell Factories* 9.1 (2010): 85.

5. Strandwitz, Philip. "Neurotransmitter modulation by the gut microbiota." *Brain research* 1693 (2018): 128-133.

6. Namkung, Jun, Hail Kim, and Sangkyu Park. "Peripheral serotonin: a new player in systemic energy homeostasis." *Molecules and cells* 38.12 (2015): 1023.

7. <https://plexusworldwide.com/sunnyshare/trust-your-gut/plexus-vitalbiome-probio-5-winning-combinationprobiotics-enzymes>

Frequently Asked Questions

When is the best time to take the Plexus® Gut Health System?

You should use the Gut Health System every day. Adults should take 2 capsules of Bio Cleanse® with 8 ounces of water between meals. ProBio 5® should be taken in the evening, ideally before bedtime, and you can take up to 4 capsules. One serving of Slim Microbiome Activating and Slim Hunger Control can be taken with 12 - 20 ounces of water up to twice daily, 30-60 minutes before two main meals. If weight loss is your goal, Slim should be taken twice daily.^{^*}

Can I take the Gut Health System with other Plexus products?

Absolutely! The Gut Health System is the perfect complement to other Plexus products.

What sets the Gut Health System apart from other products?

The Gut Health System is a clear choice to help you feel healthy, happy, and confident. It is a powerful system that works to get your gut back into balance. It's the supercharged boost your gut needs to support your gut health and overall well-being from the inside-out.*

Can I take VitalBiome® with the Gut Health System?

Yes! VitalBiome is the perfect companion for the Gut Health System. VitalBiome helps to seed your gut with additional beneficial microbes from eight clinically-studied probiotic strains, including two psychobiotic strains! We suggest taking VitalBiome in the morning and ProBio 5 at night.*

Can Slim Microbiome Activating and Slim Hunger Control be used together?

Yes! For a healthier, happier you, combine the benefits of Slim Microbiome Activating and Slim Hunger Control. Designed to work hand in hand, our Slim Family supports overall well-being.*

Can I use the Gut Health System with my medication?

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

Is the Gut Health System safe for pregnant or nursing women?

As with any new vitamin or supplement, we recommend consulting with your healthcare provider before starting use during pregnancy or while nursing. They can provide personalized advice to ensure the products are safe for you and your baby.

Does the Gut Health System contain gluten?

All of the products that make up the Gut Health System are gluten free.

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Bio Cleanse®

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	150 mg	167%
Magnesium (as magnesium hydroxide)	380 mg	90%
Sodium	50 mg	2%
Sodium bicarbonate	190 mg	†
Citrus bioflavonoids Hesperidin (from orange), orange peel powder, lemon peel powder, quince fruit powder	50 mg	†

†Daily Value (DV) not established.

Other Ingredients: Hypromellose (vegetarian capsule) and rice flour.

Bioflavonoid Complex

Orange Peel and Lemon Peel:

Citrus fruit peels are abundant sources of antioxidant polyhydroxyl-flavonoids including hesperidin, neohesperidin, and naringin, as well as unique polymethoxyflavones like nobiletin, tangeretin, and sinasetin.

Magnesium (as Magnesium Hydroxide):

Magnesium is an essential mineral that promotes protein synthesis, healthy muscles, and healthy bones. Magnesium hydroxide is an alkali mineral form of magnesium that promotes regularity and eases bowel movements by naturally helping to retain more water in the colon.*

Quince (whole fruit):

The fruit of the plant *Cydonia oblonga* M, which has an apple/pear hybrid shape and a very firm texture, usually eaten cooked. Quince fruit is abundant in phytonutrient antioxidants, particularly caffeoylquinic acids.

Sodium Bicarbonate:

Sodium bicarbonate is an alkali salt of sodium. The body naturally produces sodium bicarbonate to neutralize the acidic contents of the stomach entering the small intestine.*

Vitamin C (as ascorbic acid):

Vitamin C is an essential water-soluble vitamin that has a wide range of functions in the human body. These include energy production, antioxidant activity, maintenance of connective tissue (tendons, cartilage, ligaments, and blood vessels), skin, muscle, and bone health, brain and nerve function, immune health, and assisting the absorption of iron.*

ProBio 5®

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	147%
Enzyme Blend Proteases, cellulase, serrapeptase	200 mg	†
Probiotic Blend <i>Bacillus coagulans</i> †, <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus plantarum</i> , <i>Saccharomyces boulardii</i>	2 billion CFUs	†
Grape seed extract	25 mg	†

†Daily Value (DV) not established

Other Ingredients: Gelatin, water, and brown rice powder.

A rod-shaped bacterium, *Bacillus coagulans* is found in soil and the gastrointestinal tract of humans. It aids in reducing occasional GI discomfort and can form a tough, protective endospore, allowing it to endure extreme environmental conditions.*

Bifidobacterium longum:

A beneficial bacterium, *Bifidobacterium longum* is found in the human GI system.

Cellulase:

An enzyme that breaks down cellulose fiber from plants.

Grape Seed Extract:

Grape seed extract is derived from the ground-up seeds of red grapes; it is typically high in polyphenols and proanthocyanidins.

Lactobacillus acidophilus:

A beneficial bacterium, *Lactobacillus acidophilus* helps to support the gut lining and intestinal health.*

Lactobacillus plantarum:

A beneficial bacterium, *Lactobacillus plantarum* helps support the gut lining and intestinal health.*

Protease:

An enzyme that breaks down proteins and peptides.

Saccharomyces boulardii:

A probiotic yeast, *Saccharomyces boulardii* helps support intestinal yeast balance and gut lining.*

Serrapeptase:

An enzyme that is originally isolated from bacteria.

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Vitamin B6 (as pyridoxine hydrochloride):

Pyridoxine (vitamin B6) accompanied by a balanced diet, helps the normal metabolism of proteins and carbohydrates.

Vitamin C (as ascorbic acid):

An essential water-soluble vitamin that has a wide range of functions in the human body, Vitamin C is one of the most important parts of our body's antioxidant system and helps to quench free radicals and reactive oxygen species that cause damage to our cells. Vitamin C also plays an integral role in enhancing the absorption of iron from plant sources in the diet.*

Slim Microbiome Activating

Supplement Facts

Serving Size 1 Packet

Servings Per Container 30

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	2 g	<1% [‡]
Chromium (as chromium polynicotinate)	200 mcg	571%
Sodium	60 mg	3%
Xylooligosaccharide	1,000 mg	†
Plexus Slim® Blend	531 mg	†
Green coffee bean extract (min. 50% chlorogenic acid and less than 2% natural caffeine), <i>Garcinia cambogia</i> fruit extract, alpha lipoic acid, white mulberry fruit extract		

[‡]Percent Daily Values are based on 2,000 calorie diet.

[†]Daily Value (DV) not established.

Other Ingredients: Citric acid, natural flavors, stevia leaf extract, fruit and vegetable juice with beet root extract (color), cellulose gum, and silicon dioxide.

Alpha Lipoic Acid (ALA):

Alpha lipoic acid is a fatty acid, found naturally inside every cell in the body. ALA is a potent antioxidant and helps recycle other antioxidants such as vitamin C and E and glutathione. Alpha lipoic acid is found in Slim MBA and Plexus Nerve®.*

Beet (*Beta vulgaris*) Root Extract:

Beet root is the red or purple root vegetable known as the beetroot or garden beet. Plexus® uses non-GMO beet root which provides natural color in Slim MBA.

Cellulose Gum:

Cellulose gum comes from natural cellulose obtained from wood pulp and cotton fibers. A natural, non-GMO

version of cellulose is modified to form a gum that helps give a well-rounded mouth feel in Slim MBA.

Chromium Polynicotinate:

Chromium polynicotinate is a combination of chromium and niacin. This form of chromium has been found to be a more bioavailable source. Chromium is an essential trace mineral that supports energy and healthy glucose metabolism. Chromium polynicotinate also helps facilitate glucose transport into cells.*

Citric Acid:

Found naturally in citrus fruits like lemons and oranges, the citric acid used in Slim Microbiome Activating is non-GMO.

Garcinia Cambogia (Garcinia cambogia Desr.)**Fruit Extract:**

Plexus uses a standardized extract from the fruit rind of *Garcinia cambogia*, a citrus fruit tree native to Southeast Asia, which contains hydroxycitric acid (HCA), a bioactive phytonutrient. Slim Microbiome Activating uses a non-GMO *Garcinia cambogia* extract.

Green Coffee Bean Extract:

Derived from unroasted coffee beans, green coffee bean extract contains higher levels of chlorogenic acid compared to roasted beans. Research shows chlorogenic acid helps activate lipolysis—the process of releasing fats from fat cells—and may support fat loss. Slim Microbiome Activating uses a non-GMO green coffee bean extract standardized to 50% chlorogenic acid and less than 2% natural caffeine.*

Silicon Dioxide:

Silica is one of the most abundant minerals on Earth. In Slim Microbiome Activating, an ultra-pure, food-grade form is used to help powders mix more easily.

Stevia (Stevia rebaudiana) Leaf Extract:

Stevia is a perennial herb native to South America, used for centuries as a traditional herb and natural sweetener. The extract, standardized to 99% Rebaudioside A, is purified and crystallized into a compound about 200× sweeter than sugar, with zero calories. Plexus uses 100% pure, Non-GMO Stevia.

White Mulberry (*Morus Alba*) Fruit Extract:

White mulberry fruit has a long history of traditional use in China and Europe and contains health-promoting phytonutrients. White mulberry extract is considered a superfood and a potent antioxidant.*

Xylooligosaccharides (XOS)

XOS is a prebiotic that feeds beneficial bacteria. XOS is derived from a non-GMO corn-derived form

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of oligosaccharide called xylooligosaccharides. In a double-blind, randomized, placebo-controlled study conducted by researchers at the University of California Los Angeles (UCLA), subjects who consumed a relatively small serving of XOS daily saw improvements in gut microbiota balance and growth of beneficial gut microbes, thereby promoting intestinal health. XOS is effective in promoting intestinal health and is found in Slim MBA.◊

Slim Hunger Control

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	8 g	3%†
Dietary Fiber	6 g	21%†
Chromium (as chromium polynicotinate)	200 mcg	571%
Polydextrose	6,250 mg	†
Plexus Slim® Blend	531 mg	†
Green coffee bean extract (min. 50% chlorogenic acid and less than 2% natural caffeine), <i>Garcinia cambogia</i> fruit extract, alpha lipoic acid, white mulberry fruit extract		

‡Percent Daily Values are based on 2,000 calorie diet.
†Daily Value (DV) not established.

Other Ingredients: Natural flavors, citric acid, stevia leaf extract, fruit and vegetable juice (color), silicon dioxide, spirulina extract (color), and beet root extract (color).

Alpha Lipoic Acid (ALA):

Alpha lipoic acid is a fatty acid, found naturally inside every cell in the body. ALA is a potent antioxidant and helps recycle other antioxidants such as vitamin C and E and glutathione. Alpha lipoic acid is found in Slim Hunger Control and Plexus Nerve®.*

Beet (*Beta vulgaris*) Root Extract:

Beet root is the red or purple root vegetable known as the beetroot or garden beet. Plexus® uses non-GMO beet root which provides natural color in Slim Hunger Control.

Cellulose Gum:

Cellulose gum comes from natural cellulose obtained from wood pulp and cotton fibers. A natural, non-GMO version of cellulose is modified to form a gum that helps give a well-rounded mouth feel in Slim Hunger Control.

Chromium Polynicotinate:

Chromium polynicotinate is a combination of chromium and niacin. This form of chromium has been found to be a more bioavailable source. Chromium is an essential trace mineral that supports energy and healthy glucose metabolism. Chromium polynicotinate also helps facilitate glucose transport into cells.*

Citric Acid:

Found naturally in citrus fruits like lemons and oranges, the citric acid used in Slim Hunger Control is non-GMO.

Garcinia Cambogia (*Garcinia cambogia* Desr.)

Fruit Extract:

Plexus uses a standardized extract from the fruit rind of *Garcinia cambogia*, a citrus fruit tree native to Southeast Asia, which contains hydroxycitric acid (HCA), a bioactive phytonutrient. Slim Hunger Control uses a non-GMO *Garcinia cambogia* extract.

Green Coffee Bean Extract:

Derived from unroasted coffee beans, green coffee bean extract contains higher levels of chlorogenic acid compared to roasted beans. Research shows chlorogenic acid helps activate lipolysis—the process of releasing fats from fat cells—and may support fat loss. Slim Hunger Control uses a non-GMO green coffee bean extract standardized to 50% chlorogenic acid and less than 2% natural caffeine.*

Polydextrose:

A plant-based polysaccharide, polydextrose is derived from non-GMO corn starch. Its unique linkages make it resistant to digestion, giving it just 1 calorie per gram. Partially fermented in the gut, it acts as a prebiotic fiber that helps increase satiety and reduce caloric intake. In a blinded, randomized, placebo-controlled study, the dose used in Slim reduced desire to eat before and between meals. Polydextrose is found in Slim Hunger Control.*

Silicon Dioxide:

Also known as silica, silicon dioxide is one of the most abundant minerals on earth. The ultra-pure, food-grade form used in Slim Hunger Control helps powders mix more easily.

Stevia (*Stevia rebaudiana*) Leaf Extract:

A perennial herb native to South America, Stevia has long been used as a natural sweetener. The extract from its sweet leaves is standardized to 99% Rebaudioside A, then purified and crystallized into a compound ~200× sweeter than sugar with zero calories. Plexus uses pure, non-GMO *Stevia rebaudiana*.

White Mulberry (*Morus alba*) Fruit Extract:

White mulberry fruit has a long history of use in China and Europe and contains health-promoting phytonutrients. It is considered a superfood and a potent antioxidant.*

◊The results of an in vitro human gut simulator study suggest that Slim's formula may have several beneficial effects. Further research, including research conducted in humans, is needed to confirm these preliminary findings

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