

# plexus<sup>®</sup>

# Reset

Reset your metabolism, cravings, and gut. Modern eating habits, processed foods, and daily stressors can disrupt your gut microbiome and make it hard to achieve and maintain healthy weight loss. Plexus Reset™ is a 3-day nutritionally supported fast that helps you set the stage for optimal wellness by transforming your metabolism, curbing your cravings, and improving your gut health.



## Discover a Smarter Way to Fast.

Unlike traditional water- or broth-only fasts, Reset is a 72-hour nutritionally supported system that maximizes the benefits of fasting while keeping you fueled and strong. Each day provides a carefully balanced profile of protein, carbs, and fats to help preserve lean muscle mass while promoting fat burning as your body's primary source of energy. Plus, Reset includes essential vitamins, minerals, electrolytes, and prebiotic fiber to keep your energy steady and your body nourished. Experience the benefits of fasting—like fat burning, cellular renewal, and digestive rest—without the drawbacks of extreme calorie restriction.

## Simple System. Advanced Support.

Reset features satisfying, nutrient-dense products that work together to help sustain your body and support an elevated state of whole-body wellness any time your body and mind need a fresh start. Through the Reset system, your body benefits from the restorative effects of fasting while still receiving the nutrition needed to protect lean tissue and support metabolic health.

### Plexus Reset Includes:

- **Hydrate** — Refresh and replenish with our electrolyte-rich formula.
- **Lean Whey** — Nourish your body with 21 g of protein and essential nutrients.
- **Slim Hunger Control** — Support satiety and healthy glucose metabolism.\*
- **Collagen Bone Broth Blend** — Satisfy hunger with 19 g of collagen protein and other protein sources.
- **Smart Snack** — Energize your afternoon with a protein boost.
- **Active** — Energize your afternoon with clean energy.\*
- **Collagen Soup** — Enjoy a satisfying soup with 20 g of collagen protein.
- **Restore** — End your day with cellular detox and digestive support.\*

### Enjoy these great benefits and more:

- **Reset your metabolism** — Break sluggish metabolic patterns, temporarily shift from burning carbs to fat, and optimize your natural fat-burning processes.
- **Reset your cravings** — Shift your metabolism to reduce sugar and processed food cravings and take control of your choices to establish better eating habits.
- **Reset your gut** — Give your digestive system a strategic rest, regain healthy gut bacteria, and support enhanced nutrient absorption.

## Did You Know?

- Fasting promotes improved liver health and function.
- Growing evidence suggests the modern Western diet (defined as high intake of saturated fats, processed sugars and salt, and low intake of fiber-rich fruits and vegetables) negatively impacts your metabolic efficiency and disrupts the balance of your gut microbiome.
- American adults consume an average of 77 grams of sugar per day. This is more than 3 times the recommended amount for women and adds up to around 60 pounds of added sugar annually.<sup>1</sup>

### Sources:

1. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much#:~:text=American%20adults%20consume%20an%20average,are%20even%20worse%20for%20children.>

\*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.

## Reset Primary Benefits and Features

- Reset your metabolism, cravings, and gut.
- Boost fat burning by transitioning from burning carbs to utilizing stored fat for energy.
- Give your digestive system a break to help relieve occasional bloating and digestive discomfort.
- Set the stage for healthy habits and help curb sugar cravings.
- Support cellular health for overall longevity and wellness.
- Support improved nutrient absorption.
- Participants in the Plexus Reset™ clinical trial lost up to 6 pounds over 3 days and had a 1% reduction in body fat, primarily from fat rather than water weight.<sup>^</sup>



Photo By: Leroy McKinnis, Ruby Ambassador

## Who Should Use Plexus Reset?

Reset is for those looking to lay the foundation for better weight management, a healthier gut microbiome and digestion, as well as enhanced energy.

Here's how it works:

### **Purchase Plexus Reset**

Purchase Reset and choose your system start date.

### **Follow the plan**

Use the easy-to-follow Reset System Guide provided in your Reset for a seamless routine.

### **Restore your body's inner balance**

Reset your natural system function by transforming your metabolism, curbing your cravings, and improving your gut health.



<sup>^</sup>Participants in the Plexus Reset clinical trial lost an average of 5.36 pounds in 3 days. Individual results will vary. Extreme weight-loss is not typical.



## Frequently Asked Questions

**How long is the Reset?**

The Plexus Reset™ is a 3-day, nourishing and supported fast.

**How many times can you do the Reset?**

We recommend Reset monthly for weight loss, quarterly for weight maintenance and gut health, and as needed any time you want to reset your routine to give your body and mind a fresh start.

**What are the benefits of doing the Reset?**

By shifting your body's energy source from carbohydrates to stored fat, Reset optimizes fat burning and energy efficiency. Additionally, it supports gut health by encouraging a natural digestive rhythm, preparing the body for improved nutrient absorption and a refreshed digestive system.

**Who should do the Reset?**

Reset is perfect for adults looking for a simple, effective plan that helps reset their system and boost their wellness results. However, please consult with your physician prior to starting any dietary change program.

**How does Reset fit into my other Plexus® products?**

You may continue enjoying supplements currently part of your daily routine that aren't a significant source of macros or calories. Temporarily pause any products that may change the macronutrient profile of Reset while you complete the system.

**What type of exercise is recommended during Reset?**

Light, low-intensity movement is ideal during Reset. Activities like gentle yoga, walking, or stretching support your body's processes without causing additional stress. Save intense workouts for after your Reset.

**Can I eat while doing the Reset?**

The Reset is not designed to incorporate meals outside of the Collagen Bone Broth Blend, Collagen Soup, and Lean Shake. While doing the Reset, drink lots of water, and if needed, have one of the Reset-approved snacks. You can pick one of the following:



half an  
apple or pear



1/4 cup of  
cucumber, carrots,  
or celery



5–8  
raw almonds

## Nutritional Information

### Active Starfruit Guava

Supplement Facts		
Serving Size 1 Packet		
Servings Per Container 3		
	Amount Per Serving	%DV
Calories	25	
Total Carbohydrate	6 g	2% <sup>†</sup>
Total Sugars	3 g	†
Includes 2 g Added Sugars		4% <sup>†</sup>
Vitamin A (as beta-carotene)	270 mcg	30%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	54 mg	60%
Vitamin E (as d-alpha tocopherol)	21 mg	140%
Thiamin (as thiamine hydrochloride)	1.5 mg	125%
Riboflavin	2.8 mg	215%
Niacin (as niacinamide)	20 mg	125%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride and pyridoxal 5'-phosphate)	1.7 mg	100%
Vitamin B <sub>12</sub> (as methylcobalamin)	4.8 mcg	200%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Sodium	5 mg	<1%
<b>Proprietary Blend</b>	1.5 g	†
Citrulline malate, L-theanine, caffeine (green tea leaf extract and yerba maté leaf extract), N-acetyl-L-tyrosine, ActiGin® (Panax notoginseng root extract and Rosa roxburghii fruit extract), S7™ (green coffee bean extract, green tea leaf extract, turmeric rhizome extract, tart cherry, blueberry, broccoli, kale leaf), beet root juice powder, glycerophosphocholine		
†Percent Daily Values are based on 2,000 calorie diet.		
†Daily Value (DV) not established.		

**Other Ingredients:** Natural flavors, trehalose, honey powder, citric acid, stevia leaf extract, malic acid, silicon dioxide, monk fruit extract, and fruit and vegetable juice (color).

### Collagen Bone Broth Blend

Nutrition Facts	
3 servings per container	
<b>Serving size</b>	<b>1 Packet (23g)</b>
Amount Per Serving	
<b>Calories</b>	<b>90</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
Vitamin D 0mg	0%
Calcium 5mg	0%
Iron 0.2mg	0%
Potassium 180mg	4%
*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:** Chicken bone broth powder, hydrolyzed bovine gelatin, nutritional yeast. Contains 2% or less of: garlic powder, onion powder, carrot powder, spices, sea salt, silicon dioxide, and natural flavors.

### Collagen Soup

Nutrition Facts	
3 servings per container	
<b>Serving size</b>	<b>1 Packet (33g)</b>
Amount Per Serving	
<b>Calories</b>	<b>120</b>
	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0g	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	
Vitamin D 0mcg	0%
Calcium 14mg	0%
Iron 0.5mg	2%
Potassium 260mg	6%
*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:** Hydrolyzed bovine collagen, tomato powder, red bell pepper powder, oat milk powder (whole oat flour, medium chain triglycerides, sunflower oil powder, sea salt), nutritional yeast. Contains 2% or less of: garlic powder, onion powder, spices, medium chain triglycerides powder, xanthan gum, gum acacia, guar gum, citric acid, sea salt, silicon dioxide, and natural flavors.

### Hydrate Lemon Lime

Nutrition Facts	
3 servings per container	
<b>Serving size</b>	<b>1 packet (4.2 g)</b>
Amount Per Serving	
<b>Calories</b>	<b>10</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Calcium 70mg	6%
Potassium 200mg	4%
Vitamin C 170mg	190%
Magnesium 50mg	10%
Zinc 3mg	25%
Chloride 70mg	4%
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, and iron.	
*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:** Citric acid, potassium citrate, sodium citrate, magnesium citrate, calcium citrate, natural flavors, ascorbic acid (vitamin C), tart cherry fruit powder, coconut water powder, salt, watermelon juice powder, malic acid, stevia leaf extract, silicon dioxide, turmeric (color), aloe vera (inner leaf fillet) powder, spirulina extract (color), and zinc citrate.  
**CONTAINS: Tree Nuts (coconut)**

## Nutritional Information

## Lean Whey Milk Chocolate

# Nutrition Facts

3 servings per container
Serving size

1 Packet (40g)
as prepared  
w/ 8 fl. oz. Nonfat Milk

Amount per serving	Powder	
<b>Calories</b>	<b>140</b>	<b>230</b>
	% DV*	% DV*
<b>Total Fat</b>	3g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Polyunsaturated Fat	0g	
Monounsaturated Fat	1g	
<b>Cholesterol</b>	50mg	17%
<b>Sodium</b>	130mg	6%
<b>Total Carbohydrate</b>	12g	4%
Dietary Fiber	5g	18%
Soluble Fiber	5g	
Total Sugars	3g	
Includes Added Sugars	1g	2%
<b>Protein</b>	21g	42%
Vitamin D	1mcg	6%
Calcium	155mg	10%
Iron	4mg	20%
Potassium	305mg	6%
Vitamin A	90mcg	10%
Vitamin C	13.5mg	15%
Vitamin E	2.5mg	15%
Thiamin	0.25mg	20%
Riboflavin	0.4mg	30%
Niacin	7mg	45%
Vitamin B6	0.3mg	20%
Folate	91mcg DFE	25%
Vitamin B12	0.25mcg	10%
Pantothenic Acid	0.35mg	6%
Phosphorus	110mg	8%
Iodine	47mcg	30%
Magnesium	57mg	15%
Zinc	2.2mg	20%
Selenium	18mcg	35%
Manganese	1mg	45%
Molybdenum	35mcg	80%
Choline	0mg	0%

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**Ingredients:** Protein blend (whey protein concentrate, milk protein isolate, whey protein isolate), polydextrose, cocoa powder (processed with alkali), natural flavors, organic coconut palm sugar, sunflower oil, sunflower lecithin, 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

## Slim Hunger Control

Supplement Facts			
Serving Size 1 Packet		Servings Per Container 3	
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	†	
<b>Plexus Slim® Blend</b>	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 with beet root extract (color), and silicon dioxide.

## Restore

Supplement Facts		
Serving Size 1 Packet		
Servings Per Container 3		
Amount Per Serving		% DV
Calories		20
Total Carbohydrate	4 g	1%†
Total Sugars	0 g	†
Includes 0g Added Sugars		0%†
<b>Appetite Control Blend</b>	1,583 mg	†
Hibiscus flower powder, yeast hydrolysate (from <i>Saccharomyces cerevisiae</i> ), magnolia bark extract (min. 2% honokiol & 1% magnolol), berberine hydrochloride (from phellodendron bark extract)		
<b>Digestion Support Blend</b>	275 mg	†
Ginger root powder, peppermint leaf powder		
<b>Cellular Defense Blend</b>	176 mg	†
Spinach leaf concentrate, spirulina whole plant powder, aloe vera inner leaf fillet powder		
†Percent Daily Values are based on a 2,000 calorie diet. †Daily Value (DV) not established.		

**Other Ingredients:** Natural flavors, citric acid, stevia leaf extract, and silicon dioxide.

## Smart Snack

Nutrition Facts	
3 servings per container	
Serving size	
1 Bar (30g)	
Amount Per Serving	
Calories	
120	
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 1mg	6%
Potassium 106mg	2%
*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:** Inulin, whey protein isolate, whey protein crisps (whey protein isolate, whey protein concentrate, tapioca starch, calcium carbonate, sunflower lecithin), date paste, almond butter, oats, blueberries, palm oil, quinoa crisps, almonds, cashews, glycerin, natural flavors, mixed tocopherols, salt, and stevia (rebaudioside A).

**CONTAINS:** Milk, Tree Nuts (almond, cashew)