plexus

RESET

3-day nutritionally supported fast designed to reset your metabolism, curb cravings, and improve gut health, all while maintaining lean muscle mass

Key Benefits

- 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

Features

- **Active:** Provides the clean, focused energy you need as you experience natural energy dips*
- **Collagen Bone Broth Blend:** Offers 19 g of collagen protein and other protein sources and amino acids to build new collagen
- **Collagen Soup:** Calorie-smart soup packed with 20 g of collagen protein to fuel your body
- **Hydrate:** Proprietary blend of electrolytes and minerals maintains optimal hydration
- **Lean Whey:** Specialized formula helps maintain lean muscle mass while providing optimal nourishment to fuel your body
- **Restore:** Elevates your overall experience and results with 3 curated blends designed to enhance the cellular renewal process and help alleviate digestion and stress cravings*
- **Slim Hunger Control:** Helps you feel full longer*
- **Smart Snack:** Delivers 7 g of protein and extra gut health support from prebiotic fiber

Clinical Study

Plexus® sponsored a third-party clinical trial to analyze the benefits of Plexus Reset™. Here's what the average participant experienced:

- **WEIGHT LOSS:** Lost up to 6 lbs (not water weight!) and nearly 1% body fat^
- **METABOLISM RESET:** Experienced a metabolic reset, going from burning a fairly equal mix of carbohydrates and fat (~50/50) to burning mostly fat (80%) as fuel^
- **REDUCED MEASUREMENTS:** Lost just under an inch from both their waist and hip areas^
- **IMPROVED BODY COMPOSITION:** Improved body weight and body composition, without changes in retained body water^

How To Use:

1. Choose your start date, complete your Reset by following the Reset System Guide, and receive support from Plexus, including daily motivational texts.
2. The night before you begin, text "Reset" to PLEXUS (753987) to receive informative and supportive messages throughout your journey.
3. Complete a 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.

GLUTEN FREE

NON-GMO

NO ARTIFICIAL COLORS, FLAVORS, SWEETENERS, OR PRESERVATIVES

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SCAN OR TAP HERE!

^Participants in the Plexus Reset clinical trial lost an average of 5.36 pounds, 1% body fat, and about 2 cm from waist and hip areas in 3 days. Individual results will vary based on starting point and commitment to program. Weight regain after Plexus Reset can be avoided by following a structured, reduced-calorie diet and exercise program.

***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.**

Active Starfruit Guava

Supplement Facts

Serving Size 1 Packet
Servings Per Container 3

	Amount Per Serving	%DV
Calories	25	
Total Carbohydrate	6 g	2%‡
Total Sugars	3 g	†
Includes 2 g Added Sugars		4%‡
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_6 (as pyridoxine hydrochloride and pyridoxal 5'-phosphate)	1.7 mg	100%
Vitamin B_{12} (as methylcobalamin)	4.8 mcg	200%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Sodium	5 mg	<1%
Proprietary Blend	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
Serving size **1 Packet (23g)**

Amount Per Serving
Calories **90**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 330mg	**14%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 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
Serving size **1 Packet (33g)**

Amount Per Serving
Calories **120**

	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0g	**0%**
Sodium 250mg	**11%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 2g	**7%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 20g	
Vitamin D 0mcg	0%
Calcium 14mg	0%
Iron 0.5mg	2%
Potassium 260mg	6%

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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
Serving size **1 packet (4.2 g)**

Amount Per Serving
Calories **10**

	% Daily Value*
Total Fat 0g	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 1g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 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.

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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)

Lean Whey Milk Chocolate

Nutrition Facts

3 servings per container
Serving size **1 Packet (40g)**

Amount per serving	Powder		as prepared w/ 8 fl. oz. Nonfat Milk	
Calories	**140**		**230**	
		% DV*		% DV*
Total Fat	3g	4%	3.5g	4%
Saturated Fat	1.5g	8%	1.5g	8%
Trans Fat	0g		0g	
Polyunsaturated Fat	0g		0g	
Monounsaturated Fat	1g		1g	
Cholesterol	50mg	17%	60mg	20%
Sodium	130mg	6%	230mg	10%
Total Carbohydrate	12g	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	155mg	10%	480mg	35%
Iron	4mg	20%	4.2mg	25%
Potassium	305mg	6%	715mg	15%
Vitamin A	90mg	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%

*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: 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	†
Plexus Slim® Blend Green coffee bean extract (min. 50% chlorogenic acid and less than 2% natural caffeine), *Garcinia cambogia* fruit extract, alpha lipoic acid, white mulberry fruit extract	531 mg	†

‡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%‡
Appetite Control Blend Hibiscus flower powder, yeast hydrolysate (from *Saccharomyces cerevisiae*), magnolia bark extract (min. 2% honokiol & 1% magnolol), berberine hydrochloride (from phellondendron bark extract)	1,583 mg	†
Digestion Support Blend Ginger root powder, peppermint leaf powder	275 mg	†
Cellular Defense Blend Spinach leaf concentrate, spirulina whole plant powder, aloe vera inner leaf fillet powder	176 mg	†

‡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%

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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)