

plexus

RESET

A supported 3-day fast that delivers protein, energy, electrolytes, vitamins and minerals your body needs to help revitalize, refresh, and restore.



Welcome To Plexus Reset™

This scientifically formulated combo blends foods and natural health products to support your overall well-being, so you can enjoy all of the benefits of a healthy journey and remove hurdles that could be standing between you and your desired goals. This is the first step on your exciting journey to higher hope, health and happiness.

Features

- **HydroPlex Lemon Lime:** Helps maintain normal electrolyte balance and deliver electrolytes for the maintenance of good health.
- **Protein+ Whey Chocolate:** Excellent source of protein for the maintenance of good health.
- **Slim Hunger Control Blood Orange, Lemon, Lime:** Helps manage your weight^ and maintain the body's ability to metabolize nutrients.
- **Southwest Chicken Collagen Bone Broth Blend:** This tasty soup mix is only 90 calories and has a savoury chicken flavour that can be enjoyed any time.
- **Smart Snack Blueberry Almond Crumble:** Delicious, rich in fibre, and provides energy to help you achieve your daily goals.
- **Active Peach Mango:** Helps temporarily enhance cognitive performance and promote mental alertness.
- **Roasted Red Pepper & Tomato Collagen Soup:** Supports your wellness journey by fueling you with energy to make sure your body is getting the optimal ingredients it needs to keep you on track towards your health goals.
- **Restore:** Provides antioxidants to fight and protect cells against free radicals.



[^]Along with a healthy lifestyle that includes calories reduction and physical activity

Getting Started

- **STEP 1: CHOOSE YOUR START DATE**

Select 3 consecutive days that allow you to get the most from your Reset.

- **STEP 2: FOLLOW THE PLAN**

Use the program guide in your Reset box for easy-to-follow instructions and most favoured routine!

- **STEP 3: COMPLETE YOUR RESET**

Get the support you need to remove roadblocks standing between you and your desired goals so you can confidently move through your hope, health, and happiness journey!

- **STEP 4: PLEXUS PIVOTAL™**

Embrace resources for nutrition, movement, and motivation that offer a seamless transition from your Reset to your Health and Happiness journey with Plexus® products!

Most Favoured Routine

EARLY MORNING: HYDROPLEX LEMON LIME

BREAKFAST: PROTEIN+ WHEY CHOCOLATE

LATE MORNING: SLIM HUNGER CONTROL BLOOD ORANGE, LEMON, LIME

LUNCH: SOUTHWEST CHICKEN COLLAGEN BONE BROTH BLEND

MID-AFTERNOON: SMART SNACK BLUEBERRY ALMOND CRUMBLE & ACTIVE PEACH MANGO

DINNER: ROASTED RED PEPPER & TOMATO COLLAGEN SOUP

EVENING: RESTORE



To shop or view the latest product information

SCAN OR
TAP HERE!

