

## 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<sup>a</sup> 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.

<sup>a</sup>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



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