
plexus
gut health
system

The key to whole body health.

Your gut is the center of your body's ecosystem. When you nourish your gut properly every day, you're fueling whole-body wellness—from healthy digestion and a strong immune system to a brighter mood, healthy weight management support, and long-lasting vitality.

Here's what happens behind the scenes:

- Your gastrointestinal (GI) system is home to trillions of microbes and thousands of unique bacterial species.
- A balanced microbiome helps break down food, extract key nutrients, and maintain a healthy metabolism.
- These microbes also communicate with your immune and nervous systems, influencing everything from resilience to overall well-being.



RESEARCH SHOWS

—

70%

of immune cells are located in the gut.



When your gut microbiome is out of balance, you may experience occasional:

- Digestive issues
- Bloating and gas
- Sluggish metabolism
- Weight gain
- Variations in immune health
- Sleep disturbances
- Fatigue or low motivation
- Moodiness
- Mental fog or reduced clarity
- Reduced nutrient absorption
- Uneven or dull skin appearance
- Skin breakouts / blemishes

Say hello to full-body feel good.

The Plexus® Gut Health System helps balance your body's microbiome so you can thrive from the inside out. The thoughtfully selected ingredients support the everyday functions your gut relies on most: comfortable digestion, microbiome balance, nutrient absorption, and regularity. It's all about helping you feel lighter, more energetic, and more at ease in your own body.*

Each step in this three-part routine plays a specific role — one helps clear what your system doesn't need, another helps restore microbiome harmony, and the final step nourishes your gut with the support that keeps everything running smoothly. Together, they create a simple, consistent rhythm your body can count on.*

It's an approachable path to better gut health and a foundation for feeling your best from the inside out.*

The system contains:

- Bio Cleanse®
- ProBio 5®
- Plexus Slim®

Expect the best, without compromise.

NON-GMO

GLUTEN FREE

NO ARTIFICIAL COLORS**, FLAVORS, SWEETENERS, OR PRESERVATIVES



*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.

**Certain Slim flavors contain added color from natural sources.


SLIM MICROBIOME ACTIVATING
SWEET TEA
NATURAL FLAVORS
DIETARY SUPPLEMENT
plexus
SLIM MICROBIOME ACTIVATING
RASPBERRY, LEMON, WATERMELON
NATURAL FLAVORS
DIETARY SUPPLEMENT
plexus
SLIM MICROBIOME ACTIVATING
BLACK CHERRY LIME BLOSSOM
NATURAL FLAVORS
DIETARY SUPPLEMENT
plexus
plexus
BIO CLEANSE
DIGESTIVE SUPPORT THROUGH CLEANSING.*
GUT HEALTH SERIES
DIETARY SUPPLEMENT
60 CAPSULES
plexus
PROBIO 5
RESTORE BALANCE TO YOUR GUT.*
GUT HEALTH SERIES
DIETARY SUPPLEMENT
60 CAPSULES
plexus
SLIM HUNGER CONTROL
BLACK CHERRY LIME BLOSSOM
NATURAL FLAVORS
DIETARY SUPPLEMENT
plexus
SLIM HUNGER CONTROL
BLOOD ORANGE, LEMON, LIME
NATURAL FLAVORS
DIETARY SUPPLEMENT
plexus
SLIM HUNGER CONTROL
SWEET TEA
NATURAL FLAVORS
DIETARY SUPPLEMENT

How your gut begins to thrive.

Your gut transforms over time. Consistency is what turns small shifts into real progress. Here's a look at what to expect throughout your gut health journey.

Days 1 – 14

Adjustment Phase

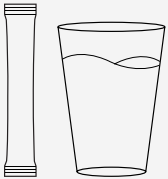
- Your gut begins clearing out what it no longer needs
- Temporary shifts in digestion (bloating, gas, bathroom changes)
- Energy may fluctuate as your body adjusts
- Skin may briefly change— either clearer or mild breakouts

Days 15 – 30

Growing Balance

- Beneficial bacteria begin to strengthen and diversify*
- Regularity becomes more consistent*
- Occasional bloating and discomfort start to ease*
- Mood and clarity may feel steadier through the gut-brain connection*

SUGGESTED ROUTINE



1 Serving Plexus Slim®
12–20 oz water
30–60 mins before main meal +

Have weight loss goals?
Take 1 serving twice daily.^

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

Days **30 – 60**

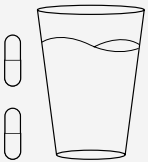
Noticeable Momentum

- Improved nutrient absorption supports steadier energy*
- Stamina and daily vitality begin to feel more consistent*
- More resilient immune function*
- Digestion becomes smoother and more predictable*

Days **90 & Beyond**

Long-Term Thrive

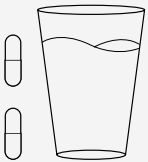
- Clearer-looking skin supported by a more balanced microbiome*
- Healthier weight-management habits through improved gut balance*
- Better sleep and mood as the gut-brain connection strengthens*
- Greater resilience against daily stressors and oxidative strain*



2 Capsules Bio Cleanse®
8 oz water
Any time of day

Have weight loss goals?
Take 1 serving twice daily.^

+



1-2 Capsules ProBio 5®
8 oz water
At bedtime

bio cleanse®

CLEANSE YOUR GUT

Support your body's natural cleansing process with Bio Cleanse. This powerful supplement combines magnesium, citrus bioflavonoids, and vitamin C to help remove and weed out unwanted substances, keep digestion moving smoothly, promote a balanced gut environment, and fortify antioxidant and immune support.*

As part of your Gut Health System, Bio Cleanse helps you feel lighter, more comfortable, and refreshed, setting the stage for the rest of the products in the system to boost beneficial bacteria and balance your gut.*

Benefits:

- Supports gentle cleansing of the GI tract*
- Reduces occasional gas, bloating, and digestive discomfort*
- Promotes regularity and relieves occasional constipation*
- Helps reduce unwanted microbes and substances*
- Provides antioxidant and immune support*

Features:

GLUTEN FREE

VEGAN

NO ARTIFICIAL COLORS

NON-GMO



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2 Billion
CFU PER CAPSULE

probio 5®

RESTORE GUT BALANCE

Create a thriving environment for good bacteria and seed your gut with ProBio 5. This proprietary formula provides a powerful probiotic and enzyme blend designed to help keep intestinal yeast in balance, strengthen your body's response to everyday gut disruptions, and support optimal gut bacteria levels.*

As part of your Gut Health System, ProBio 5 helps restore balance to your microbiome, supporting comfort and resilience as your gut begins to thrive.*

Benefits:

- Features a proprietary enzyme blend and 5 probiotic strains for maximum efficacy*
- Encourages optimal bacteria levels and gut pH*
- Helps keep intestinal yeast in balance*
- Helps your body better respond to digestive imbalance*
- Promotes healthy digestion and nutrient absorption*



Features:

GLUTEN FREE

NO ARTIFICIAL COLORS

GMO
NON-GMO

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Plexus Slim® is a powerful supplement drink blend with two distinct formulas.
Read more about the Slim you selected as part of your Gut Health System.



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. This powerhouse formula supports metabolic health, cardiovascular well-being, hydration, and even weight loss, helping you feel your best from the inside out.*#

Benefits:

- Increases beneficial gut microbes for a thriving microbiome*
- Scientifically shown to boost Lactobacillus up to 365x and Bifidobacterium up to 290x◇*
- Supports healthy glucose metabolism*
- Clinically demonstrated to support weight loss#*
- Increases metabolism-enhancing Akkermansia up to 250x◇*
- Supports cardiovascular health*

Available flavors:

- Black Cherry Lime Blossom
- Raspberry, Lemon, Watermelon
- Sweet Tea

Features:

5
ONLY 5 CALORIES

CLINICALLY STUDIED XOS PREBIOTIC

PATENTED FORMULATION

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◇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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#When combined with a reduced calorie weight loss diet plan. Individual results will vary. For weight loss, adults drink 1 serving 30-60 minutes before two main meals daily.





slim

Hunger Control

MANAGE APPETITE & METABOLISM

Power your weight-management goals with a soluble, calorie-smart prebiotic fiber that helps feed the gut while supporting healthy glucose metabolism. Powered by polydextrose to naturally boost GLP-1 and signal satiety, this targeted formula helps reduce hunger, increase fullness, and keeps you feeling satisfied longer.*

Benefits:

- Clinically demonstrated to help you lose weight#*
- Features polydextrose, shown to boost GLP-1*
- Helps reduce hunger and cravings*
- Enhances feelings of fullness and satiety*
- Supports healthy glucose metabolism*

Available flavors:

- Black Cherry Lime Blossom
- Blood Orange, Lemon, Lime
- Sweet Tea

Features:

15
ONLY 15 CALORIES

CLINICALLY STUDIED POLYDEXTROSE

VEGAN

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#When combined with a reduced calorie weight loss diet plan. Individual results will vary. For weight loss, adults drink 1 serving 30-60 minutes before two main meals daily.

GOOD THINGS BEGIN WITHIN

Including weight loss.



Here's something most people don't realize: When your gut feels balanced and supported, it can naturally influence your weight. The Gut Health System is clinically demonstrated to help you lose weight, thanks in large part to Slim, a product designed to complement your gut health journey while also helping you stay aligned with your weight management goals.*^



Plexus Slim® Microbiome Activating

Increases Bifidobacterium up to

▲ 290x⋄

Bifidobacterium attach to the mucous lining and help protect the physical lining of your intestine against damage from unwanted microbes. Bifidobacterium also help produce important vitamins like B12, biotin, and K.*

Increases Lactobacillus up to

▲ 365x⋄

Lactobacillus helps improve the digestion of foods and helps support a healthy immune system.*

Increases production of butyrate up to

▲ 58%⋄

Butyrate regulates energy metabolism.*

Increases propionate up to

▲ 29%⋄

Propionate may play an important role in appetite regulation.*

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⋄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.

FAQ

Can I use the Gut Health System with other Plexus® products?

Yes. The Gut Health System pairs well with all Plexus products.

What sets the Gut Health System apart?

The Gut Health System helps rebalance your gut, supporting overall wellness so you can feel healthier, happier, and more confident.*

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

Absolutely. Both Slim products complement each other to support your overall well-being.

What is a CFU count and why is it important?

A colony-forming unit (CFU) count shows how many live bacteria are in a probiotic, but the number is only part of the story. Strain diversity is just as important. ProBio 5® combines Bacillus, Lactobacillus, and Bifidobacterium strains, plus *Saccharomyces boulardii*, a supportive yeast-based probiotic—giving your gut a broader, more effective range of benefits.*

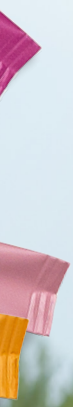
How much caffeine is in Plexus Slim?

Slim does not deliver enough caffeine in a single serving to affect the body.

Blood Orange Lemon Lime, Black Cherry Lime Blossom, and Raspberry Lemon Watermelon flavors all have less than 2% caffeine from green coffee extract. The Sweet Tea Flavor has approximately 25mg of caffeine derived from the black tea in the flavoring.

Is the Gut Health System clinically studied?

Yes. In addition to helping overall health by focusing on the gut, it is a clinically demonstrated weight loss system.*^



Enhance your gut health system.

Discover the products that take your gut support further and elevate whole-body wellness.



VitalBiome®

SUPPORT MOOD & GUT BALANCE

VitalBiome is a daily precision probiotic designed to help you feel more balanced. Its thoughtfully selected, clinically studied blend of diverse probiotic strains supports digestive comfort, reduces occasional bloating, and helps reduce stress, nervousness, and tension. With extended release capsules that deliver beneficial microbes right where they're needed, VitalBiome works with your body to support a healthier, more resilient microbiome. It's an easy, one-capsule-a-day habit to support a calmer gut, a brighter mindset, and a better-feeling you from the inside out.*



Ease

SUPERCHARGE YOUR RECOVERY

When life leaves you feeling sore, stiff, or simply worn out, Ease helps you get back to feeling like yourself again. This gentle, daily formula supports your body's natural recovery, eases occasional muscle and joint discomfort, and helps your cells stay healthy and resilient. With added liver support benefits for smoother digestion and whole-body balance, Ease gives you the comfort and steadiness you need to keep moving through your day with confidence.*

Wellness stories that inspire.

Real-life results from a community you can trust.

"I have been using the Gut Health System for 4 years. My lifestyle, mindset, and habits have completely changed for the better! It has helped me balance sugars, reduce cravings, improve my digestion and bloating, and overall feel better.^*"

Heather A.

"I have had amazing results with the Gut Health System and Ease. They have helped my joint and knee comfort after exercise, energy levels, and I have lost 46 lbs. I feel so good and will forever be grateful for these product and this company. Thank you Plexus!^*#"

Amy M.

"The Gut Health System has literally changed my life. I used to struggle with occasional irregularity, bloating, and fatigue... In fact, I struggled with gut health since I was a kid. Only 5 months in I am more regular (woohoo!).^*"

Michaela L.



Success is better shared.

Show us your results. Share your before and after pictures using the Plexus® Gut Health System and tag us on social media for a chance to be featured.

PlexusworldwideOfficial

Plexusworldwide

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#Participants in an independent, randomized, double-blind, placebo-controlled, human clinical study who used Slim twice a day and Bio Cleanse and ProBio 5 lost an average of 7.21 pounds in 8 weeks, while the placebo group only lost an average of 0.19 pounds. Individual results will vary.

^The benefits expressed in this testimonial are the individual's personal opinion. Individual results will vary.



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