

Bio Cleanse®

CLEANSE YOUR GUT*

Use the power of magnesium to help weed out unwanted microbes and substances from your digestive system, leaving you feeling more comfortable and balanced.*

Feeling Sluggish?

It's ok — we've all been there. A busy lifestyle means less time and energy to focus on things like a fiber-rich diet and regular exercise. Of course, that does take its toll after a while. Neglecting to care for your digestive tract can leave you feeling bloated and uncomfortable.

The Might of Magnesium

Bio Cleanse is a specially formulated, gentle formula that contains a unique combination of magnesium and citrus bioflavonoids that helps you manage those days when you feel irregular and uncomfortable. Magnesium ions draw water into the intestine, increasing fluidity and essentially having a gentle stimulation effect. This helps reduce unwanted substances.*

Primary Benefits

- Helps cleanse the gastrointestinal tract*
- Helps reduce occasional gas, bloating, and discomfort*
- Helps promote regularity*
- Helps reduce unwanted microbes and substances*
- Helps relieve occasional constipation*
- Source of antioxidants*
- Helps aid in digestive health*
- Contains vitamin C to support immune function*
- Studies suggest magnesium supplementation, as found in Bio Cleanse may be associated with improvements in sleep quality in older adults*



Primary Features

- Citrus bioflavonoids comprised of hesperidin (from orange), orange peel powder, lemon peel powder, and quince fruit powder
- Gluten free, vegan, and non-GMO
- No artificial colors

DID YOU KNOW?

It is estimated that 500 to 1,000 species of bacteria live in the human gut.



*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.

Frequently Asked Questions

When should I take Bio Cleanse®?

Adults take 2 capsules with 8 ounces of water daily. As part of the Plexus® Gut Health System weight loss regimen – adults take 2 capsules with 8 ounces of water twice daily between meals, in conjunction with a reduced calorie weight loss diet plan. Individual results will vary.

Can I take Bio Cleanse with other Plexus products?

Absolutely! Bio Cleanse is the perfect complement to other Plexus products. We recommend to take Bio Cleanse with ProBio 5® and Slim (Microbiome Activating or Hunger Control), which make up the Gut Health System.

Why should I take Bio Cleanse?

If you struggle to eat a balanced diet consistently, or if you have a hard time keeping a regular exercise regimen, Bio Cleanse is a great product for you. It will help weed out and reduce unwanted microbes and substances from your intestines.*

How many Bio Cleanse capsules can I take a day?

We recommend taking two capsules of Bio Cleanse up to twice a day. As with all Plexus products, you should take the product as directed. It is not recommended to take more than the daily serving.

How much water should I take with Bio Cleanse?

We recommend 8 ounces of water.

Will I experience any side effects when I start taking Bio Cleanse?

While Bio Cleanse is not a laxative, it can temporarily increase the frequency and urgency of bowel movements you experience in the beginning as it starts to cleanse and balance your gut.*

Can I take Bio Cleanse while pregnant or breastfeeding?

If pregnant or nursing, consult your physician prior to use.

Can Bio Cleanse be used by children under the age of 18?

Bio Cleanse is not recommended for use by children under 18.

Does Bio Cleanse contain any common food allergens?

Bio Cleanse is vegan, gluten free, and does not contain common food allergens. It also features no artificial colors.

Can I take Bio Cleanse with my medication(s)?

As with all Plexus products, we recommend that you

consult your physician before adding any supplement to your daily regimen alongside medications.

What capsule counts is Bio Cleanse available in?

Bio Cleanse is available in 60, 120, and 180-count containers.

60 ct

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	150 mg	167%
Magnesium (as magnesium hydroxide)	380 mg	90%
Sodium	50 mg	2%
Sodium bicarbonate	190 mg	†
Citrus bioflavonoids	50 mg	†
Hesperidin (from orange), orange peel powder, lemon peel powder, quince fruit powder		

†Daily Value (DV) not established.

Other Ingredients: Hypromellose (vegetarian capsule) and rice flour.

120 ct

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 60

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	150 mg	167%
Magnesium (as magnesium hydroxide)	380 mg	90%
Sodium	50 mg	2%
Sodium bicarbonate	190 mg	†
Citrus bioflavonoids	50 mg	†
Hesperidin (from orange), orange peel powder, lemon peel powder, quince fruit powder		

†Daily Value (DV) not established.

Other Ingredients: Hypromellose (vegetarian capsule) and rice flour.

180 ct

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 90

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	150 mg	167%
Magnesium (as magnesium hydroxide)	380 mg	90%
Sodium	50 mg	2%
Sodium bicarbonate	190 mg	†
Citrus bioflavonoids	50 mg	†
Hesperidin (from orange), orange peel powder, lemon peel powder, quince fruit powder		

†Daily Value (DV) not established.

Other Ingredients: Hypromellose (vegetarian capsule) and rice flour.

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INGREDIENT GLOSSARY

Bio Cleanse®

Bioflavonoid Complex

Orange Peel and Lemon Peel

Citrus fruit peels are abundant sources of antioxidant polyhydroxyl-flavonoids including hesperidin, neohesperidin, and naringin, as well as unique polymethoxyflavones like nobiletin, tangeretin, and sinesetin.

Hypromellose (vegetarian capsule) (naturally derived)

The capsule shell is made from hypromellose, derived from pine trees. This capsule shell is non-GMO, vegan, Kosher, and Halal.

Magnesium (as Magnesium Hydroxide)

Magnesium is an essential mineral that promotes protein synthesis, healthy muscles, and healthy bones. Magnesium hydroxide is an alkali mineral form of magnesium that promotes regularity and eases bowel movements by naturally helping to retain more water in the colon.*

Quince (whole fruit)

The fruit of the plant *Cydonia oblonga* M, which has an apple/pear hybrid shape and a very firm texture, usually eaten cooked. Quince fruit is abundant in phytonutrient antioxidants, particularly caffeoylquinic acids.

Rice Flour

Rice flour is made from rice hulls that are sterilized and ground into a fine powder. Rice flour is used as an excipient to ensure consistent capsule fill weight.

Sodium Bicarbonate

Sodium bicarbonate is an alkali salt of sodium. The body naturally produces sodium bicarbonate to neutralize the acidic contents of the stomach entering the small intestine.*

Vitamin C (as ascorbic acid)

Vitamin C is an essential water-soluble vitamin that has a wide range of functions in the human body. These include energy production, antioxidant activity, maintenance of connective tissue (tendons, cartilage, ligaments, and blood vessels), skin, muscle, and bone health, brain and nerve function, immune health, and assisting the absorption of iron.*



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