

GLP-1 Support System

The Plexus® GLP-1 Support System features targeted ingredients that help support natural GLP-1 pathways[◇], healthy glucose metabolism, and your body's natural hunger signals — so you can feel more in control of your choices and your progress than ever before.*



The Hunger Hormone Rollercoaster

Ever feel like your hunger has a mind of its own? Even when you start the day determined to succeed, cravings, stress, and energy dips seem to derail your best intentions.

That's because appetite and metabolism aren't just about discipline. They're influenced by appetite-regulating hormones like glucagon-like peptide-1 (GLP-1), ghrelin, and leptin, along with blood sugar balance and how your body processes carbs and sugars.

When those internal signals are out of sync, hunger can feel louder, cravings can feel more urgent, and progress can feel inconsistent, no matter how motivated you are.

If hunger feels unpredictable and hard to manage, it's often more than a willpower problem — it's a signaling problem.

Three Steps to Smarter Weight Support

You need a system that supports your body's natural hunger and metabolic signals. The Plexus GLP-1 Support System features targeted products designed to support the hormones that influence hunger and fullness — including GLP-1[◇], ghrelin, and leptin — while also supporting healthy glucose metabolism and helping you manage calorie intake in a way your body can respond to positively.*

By supporting the hormones and metabolic processes that influence cravings, feelings of fullness, and how your body handles food, the GLP-1 Support System empowers you to eat in sync with your own hunger and fullness cues—making your wellness journey feel more natural, sustainable, and effective.*

Primary Benefits

The GLP-1 Support System features three complementary products — each designed to support a different part of the weight-management equation.*

[◇]When combined with a reduced calorie weight loss diet plan. Individual results will vary.

[◇]Polydextrose, a key ingredient in Slim Hunger Control, has been shown in studies to stimulate the production of GLP-1, a hormone involved in appetite regulation.

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1. Slim Hunger Control: Curb Your Hunger*

Power your weight-management goals with ingredients that help feed your gut with prebiotic fiber, support the body's natural production of GLP-1[◇], and support healthy glucose metabolism.^{^*}

- Polydextrose, a soluble, calorie-smart prebiotic fiber that has been shown in studies to stimulate the body's production of GLP-1, a hormone that helps regulate appetite.^{◇*}
- Clinically demonstrated to help you lose weight.^{^*}
- Helps to reduce hunger.*
- Supports enhanced satiation and satiety, so you feel fuller longer.*
- Supports healthy glucose metabolism.*

2. Restore: Detox & Control Cravings*

Restore enhances the benefits of Slim by supporting a healthy balance of hunger hormones—like ghrelin (which signals hunger) and leptin (which signals fullness)—to help promote steadier appetite control and manage stress-related cravings.*

The powerful three-in-one formula goes beyond craving control to support your body's natural detoxification process and comfort.*

- Helps control appetite and curb stress-related cravings.*
- Supports your body's natural detoxification processes and healthy liver function — including the elimination of certain heavy metals and environmental toxins.*
- Aids in cellular rejuvenation and healthy aging.*
- Promotes digestive comfort while cleansing.*

3. Balance: Block Carbs & Sugars*

This convenient, achievable approach to weight management minimizes the unwanted impact of carbs and sugars, so you can eat more of what you want while making progress toward your goals.*

- Helps maintain blood glucose levels already in the normal range.*
- Delays digestion and reduces the absorption of carbs and sugars.*
- Supports weight management.^*
- Reduces the glycemic index of carbs and sugars.*
- Helps neutralize enzymes that turn carbs and sugars into glucose.*
- Helps reduce calorie intake.*

Primary Features

Slim Hunger Control

- Contains Polydextrose, a calorie-smart fiber shown to increase satiety and support the body's natural production of GLP-1[◇] to help you feel fuller, longer.*
- Features chromium, an essential trace mineral that supports energy and healthy glucose metabolism.*
- Includes green coffee bean extract to support weight loss.*^

Restore

- Hibiscus flower powder, yeast hydrolysate, magnolia bark, and berberine hydrochloride help support the gut-brain connection to target hunger hormones, curb stress-related cravings, and promote appetite control.*
- Spirulina, spinach, and aloe leaf help support liver function as it naturally works to cleanse heavy metals and toxins, while providing antioxidant support for cellular renewal.*
- Ginger root and peppermint leaf aid digestion and help soothe the digestive tract, supporting a more comfortable, balanced detox experience.*

Balance

- White kidney bean extract and mulberry leaf extract help neutralize digestive enzymes that turn carbs and sugars into glucose (blood sugar), also resulting in a much slower release of glucose to avoid rapid blood sugar spikes.*
- Cinnamon bark extract contains polyphenols that may help balance the endocrine system's hormonal response to food, thereby helping maintain healthy blood glucose levels.*

[^]When combined with a reduced calorie weight loss diet plan. Individual results will vary.

[◇]Polydextrose, a key ingredient in Slim Hunger Control, has been shown in studies to stimulate the production of GLP-1, a hormone involved in appetite regulation.

DID YOU KNOW?

- Your gut hormone GLP-1 is a key player in the ileal brake, your body's natural "slow-down" system for digestion. Supporting healthy GLP-1 activity helps keep your digestive pace steady and prolongs that satisfied, full feeling after meals and can make it easier to stay in control of your appetite.¹
- One of the liver's main jobs is to produce bile, a chemical that converts fat into fuel the body can use.²
- Some polyphenols, like those found in cinnamon and hibiscus, act as natural inhibitors of certain enzymes that your body uses to break down carbohydrates into sugar. By slowing this process, polyphenols can help minimize rapid rises in blood sugar that may contribute to fat storage after a high-carb meal.³
- Adults in the U.S. consume on average about 17 teaspoons of added sugar every day, more than 2 to 3 times the recommended daily allowance for men and women respectively.⁴

Sources:

1. <https://pubmed.ncbi.nlm.nih.gov/35635627/>

2. <https://www.medstarhealth.org/blog/liver-health>

3. British Journal of Nutrition, "Polyphenols and Carbohydrate Digestion," 2023

4. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much>

Frequently Asked Questions

What makes the GLP-1 Support System different from other GLP-1 options?

The GLP-1 Support System is a drug-free, non-prescription approach to weight management, designed to work with your body's natural biology.* It supports key hunger hormones while helping your body regulate appetite, metabolism, and carbohydrate processing. Combined with healthy lifestyle habits, this comprehensive approach promotes steady, sustainable progress.*^

How does the GLP-1 Support System help manage my hunger hormones?

By working with your body's chemistry, the System addresses weight management from multiple angles. Slim Hunger Control encourages GLP-1 production[◇] to curb cravings and promote satiety. Restore builds on

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that by helping to balance ghrelin (the “go” hormone that increases appetite) and leptin (the “stop” hormone that signals fullness) so appetite and stress-related cravings are easier to manage. Balance then complements both by helping control how your body processes the carbs and sugar you eat.*

Can I use the GLP-1 Support System with my medication?

The System is formulated with clean, nourishing ingredients — but it’s always a good idea to speak with your healthcare provider or pharmacist before introducing new dietary supplements. They can help ensure the products are a fit for your unique needs and any treatments you’re using.

Is the GLP-1 Support System safe for pregnant or nursing women?

As with any new vitamin or supplement, we recommend consulting with your healthcare provider before starting use during pregnancy or while nursing. They can provide personalized advice to ensure the products are safe for you and your baby.

How long does it take to see results?

Results vary from person to person and depend on factors like diet, lifestyle, and consistency. When combined with a reduced-calorie diet and healthy lifestyle habits, the ingredients in the GLP-1 Support System are designed to support steady progress over time.

Do I still need to diet or exercise while using the GLP-1 Support System?

The GLP-1 Support System is intended to complement healthy lifestyle habits. For best results, it should be used alongside balanced nutrition, regular physical activity, and a reduced-calorie diet plan.

Can I take the GLP-1 Support System with other Plexus® products?

Yes! Many people combine the GLP-1 Support System with other Plexus products as part of their wellness routine. It complements MetaBurn by supporting fat burning and energy, and it pairs well with Lean, which delivers satisfying protein and fiber to help keep you on track throughout the day.*

Are the products in the System gluten-free and non-GMO?

Yes. The products in the GLP-1 Support System are formulated with high-quality ingredients and meet several dietary preferences. Slim Hunger Control and Restore are gluten-free, vegan, and non-GMO. Balance is gluten-free, vegetarian, and non-GMO. Balance is made without artificial colors, and Slim and Restore contain no artificial colors, flavors, sweeteners, or preservatives.



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Slim Hunger Control

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

	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	531 mg	†
<small>Green coffee bean extract (min. 50% chlorogenic acid and less than 2% natural caffeine), <i>Garcinia cambogia</i> fruit extract, alpha lipoic acid, white mulberry fruit extract</small>		
<small>‡Percent Daily Values are based on 2,000 calorie diet. †Daily Value (DV) not established.</small>		

Other Ingredients: Natural flavors, citric acid, stevia, fruit and vegetable juice (color), silicon dioxide, spirulina extract (color), and beet root extract (color).

Alpha Lipoic Acid (ALA): Alpha lipoic acid is a fatty acid found naturally inside every cell in the body. ALA is a potent antioxidant and helps recycle other antioxidants such as vitamin C, vitamin E, and glutathione.

Beet (*Beta vulgaris*) Root Extract: Beet root is the red or purple root vegetable known as the beetroot or garden beet. Plexus® uses non-GMO beet root, which provides natural color in Slim Hunger Control.

Chromium Polynicotinate: Chromium is an essential trace mineral that supports healthy glucose metabolism and helps facilitate glucose transport into cells.* Chromium polynicotinate is a combination of chromium and niacin. This form of chromium is more bioavailable.

Citric Acid: This ingredient is naturally found in citrus fruits like lemons and oranges. Plexus citric acid is non-GMO.

Garcinia Cambogia (*Garcinia cambogia* Desr.) Fruit Extract: Plexus uses a standardized extract from the fruit rind of *Garcinia cambogia*, a citrus fruit tree native to Southeast Asia, which contains hydroxycitric acid (HCA), a bioactive phytonutrient. Slim Hunger Control uses a non-GMO *Garcinia cambogia* extract.

Green Coffee Bean Extract: Derived from unroasted coffee beans, green coffee bean extract contains higher levels of chlorogenic acid than roasted beans. Chlorogenic acid acts as an alpha-glucosidase inhibitor, supporting healthy blood glucose already in the normal

range. It may also promote fat loss by increasing thermogenesis. Slim Hunger Control uses a non-GMO extract standardized to 50% chlorogenic acid and less than 2% natural caffeine.*

Polydextrose: A plant-based polysaccharide, polydextrose is derived from non-GMO corn starch. Its unique linkages make it resistant to digestion, giving it just 1 calorie per gram. Partially fermented in the gut, it acts as a prebiotic fiber that helps increase satiety and reduce caloric intake. In a blinded, randomized, placebo-controlled study, the dose used in Slim Hunger Control reduced desire to eat before and between meals.*

Silicon Dioxide: Also known as silica, silicon dioxide is one of the most abundant minerals on earth. The ultra-pure, food-grade form used in Slim Hunger Control helps powders mix more easily.

Stevia: A perennial herb native to South America, Stevia has long been used as a natural sweetener. The extract from its sweet leaves is standardized to 99% Rebaudioside A, then purified and crystallized into a compound ~200x sweeter than sugar with zero calories. Plexus uses pure, non-GMO *Stevia rebaudiana*.

White Mulberry (*Morus alba*) Fruit Extract: White mulberry fruit has a long history of use in China and Europe and contains health-promoting phytonutrients. It is considered a superfood and a potent antioxidant.*



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INGREDIENT GLOSSARY

Restore

Directions: Mix 1 packet with 12 - 16 fl. oz. (350 - 470 mL) of water and drink up to twice daily. For maximum weight loss benefits - drink 1 serving 30 minutes before two main meals daily. Use in conjunction with a reduced-calorie weight loss diet plan. Individual results will vary.

Supplement Facts

Serving Size 1 Stick
Servings Per Container 30

	Amount Per Serving	% DV
Calories	20	
Total Carbohydrate	4 g	1% [‡]
Total Sugars	0 g	†
Includes 0g Added Sugars		0% [‡]
Appetite Control Blend	1,583 mg	†
Hibiscus flower powder, yeast hydrolysate (from <i>Saccharomyces cerevisiae</i>), magnolia bark extract (min. 2% honokiol & 1% magnolol), berberine hydrochloride (from phellodendron bark extract)		
Digestion Support Blend	275 mg	†
Ginger root powder, peppermint leaf powder		
Cellular Detox Support Blend	176 mg	†
Spinach leaf concentrate, spirulina whole plant powder, aloe vera inner leaf fillet powder		

†Percent Daily Values are based on a 2,000 calorie diet.
‡Daily Value (DV) not established.

Other Ingredients: Natural flavors, citric acid, stevia, and silicon dioxide.

NOTE: Do not exceed suggested daily serving. Not recommended for use by individuals under 18. As with any dietary supplement, consult your physician prior to use if you are pregnant, nursing, have or suspect a medical condition, or are taking medication. Do not use if tamper-evident seal is broken or damaged. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place.

Aloe vera inner leaf fillet powder: Aloe vera contains antioxidants and polyphenols and is a superfood.

Berberine hydrochloride (from phellodendron bark extract): Berberine, the main bioactive of *Phellodendron amurense*, has demonstrated significant stress-reducing effects in pre-clinical models; these effects appear to be enhanced with co-ingestion of magnolia bark extract.*

Citric acid: Naturally present in many fruits, particularly citrus fruits, citric acid contributes a mild sour flavor that complements the sweetness. Citric acid can be found naturally in citrus fruits such as lemons and oranges. It is often used to enhance the flavor of foods and beverages.

Ginger root powder: Ginger has been widely employed in Chinese, Ayurvedic, and Unani traditional/home remedies since antiquity. Ginger is commonly used to help calm a mildly upset stomach and has been linked to other health benefits.*

Hibiscus flower powder: Commonly named "red sorrel" or "roselle," this traditional herbal plant is distributed

in tropical and subtropical regions around the world. It is well known for its nutritional- and health-promoting properties, many of which are directly linked to its various antioxidant compounds, including flavonoids, anthocyanidins, and triterpenoids.

Magnolia bark extract: Magnolia and phellodendron barks are herbs used as traditional remedies for reducing stress.*

Natural flavors: Natural flavors are naturally occurring compounds that contribute to the unique flavor profiles found in foods. These various flavors are taken from essential oils, resins, essences, or extracts.

Peppermint leaf powder: The peppermint herb comes from the leaves of *Mentha piperita* and has a history of use in traditional herbal remedies to soothe an upset stomach.*

Silicon dioxide: This is added to the powder mixture to ease the flow of the material through the manufacturing equipment and to remove moisture to prevent the powder from clumping. Silica is one of the most abundant minerals on earth. The form used is a food-grade silica that is ultra pure and free of contaminants and helps powders mix more easily.

Spinach leaf concentrate: In addition to its exceptional micronutrient content, spinach contains antioxidant carotenoids and polyphenols, which provide additional health benefits.

Spirulina whole plant powder: Spirulina, an alga, contains beneficial antioxidants that give it a bright blue-green color. It has been studied for a variety of beneficial health effects.

Stevia: Stevia is a perennial herb native to South America that has been used for centuries as a traditional herbal remedy and a natural sweetener. The extract is prepared from the sweet-tasting leaf and then purified by filtration and crystallized into a compound that is typically 200 times sweeter than table sugar and has 0 calories. Plexus® uses a pure, non-GMO *Stevia rebaudiana* leaf extract.

Yeast hydrolysate (from *Saccharomyces cerevisiae*): This is a natural ingredient derived from the enzymatic hydrolysis of yeast (*Saccharomyces cerevisiae*). It is used in dietary supplements and functional foods for its benefits in weight management and metabolic health. Yeast hydrolysate is rich in bioactive peptides and amino acids and has been shown to reduce body fat and improve body composition.*

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Balance

SUGGESTED USE: Adults take 2 capsules 20-30 minutes before or with your largest meal each day. Use in conjunction with a reduced calorie weight loss diet plan. Individual results will vary.

Supplement Facts		
Serving Size 2 Capsules		
Servings Per Container 30		
	Amount Per Serving	% DV
Proprietary Blend	1,150 mg	†
White kidney bean (<i>Phaseolus vulgaris</i>) extract, mulberry (<i>Morus alba</i> L.) leaf extract, cinnamon (<i>Cinnamomum cassia</i>) bark extract, common bean (<i>Phaseolus vulgaris</i> L.) extract		
†Daily Value (DV) not established.		

Other Ingredients: Hypromellose (vegetarian capsule), rice flour, dicalcium phosphate, medium chain triglyceride powder, and silicon dioxide.

Gluten free, vegetarian, and non-GMO
No artificial colors

NOTE: Do not exceed suggested daily serving. Not recommended for use by individuals under 18. As with any dietary supplement, consult your physician prior to use if you are pregnant, nursing, have or suspect a medical condition, or are taking medication. Do not use if inner safety seal under the cap is broken or missing.

Keep out of reach of children. Use only as directed. Store in a cool, dry place.

Cinnamon bark extract (*Cinnamomum cassia*):

Cinnamon, the spice, is made from the ground dried bark of plants from the genus *Cinnamomum*. Cinnamon has been cultivated for centuries due to its use in Chinese herbal traditions as well as its unique, warm spice flavor that it is known for. Polyphenols found in cinnamon are thought to help balance the endocrine system’s hormonal response to food, thereby helping maintain healthy blood glucose levels (already within the normal range). *Cinnamomum cassia* is abundant in the bioactives responsible for cinnamon’s benefits in helping maintain healthy blood glucose levels and is the most extensively studied variety of cinnamon.*

Common bean extract (*Phaseolus vulgaris* L.):

Phaseolus vulgaris, also known as the common bean, is an annual plant grown worldwide for its edible dry seeds (called beans). This ingredient is extracted from uncooked cranberry beans, another cultivar of bean that is rich in special types of glycoproteins that reduce the function of α -amylase, the digestive enzyme responsible for the breakdown of starch molecules into sugar. The process by which these glycoproteins bind to α -amylase to block its activity takes a little bit of time and is why for optimal results, Balance should be taken with or before your largest meal of the day.*

Dicalcium phosphate: This is added to help with flow of the product ingredients and compaction during encapsulation.

Hypromellose (vegetarian capsule): The capsule shell is made from hypromellose, derived from pine trees. This capsule shell is non-GMO, vegan, kosher, and halal. It is a natural and non-GMO filler (not flow agent) to ensure specified weight is met consistently during encapsulation by adequately filling the capsule.

Medium chain triglyceride powder: Medium chain triglycerides naturally occur in coconut oil and palm kernel oil. Unlike most other lipid molecules that require a complex process of digestion, MCTs are more easily absorbed into the bloodstream from the digestive tract. Animal and human studies have shown MCTs may have a positive impact on energy expenditure and satiety when included in the diet as a replacement for fats containing long-chain triglycerides (LCT).

Mulberry leaf extract (*Morus alba* L.): Mulberry trees are native to China, and their leaves and stems are abundant in special types of nitrogen-containing sugars, the most abundant of which is 1-deoxynojirimycin, also called moranoline but often abbreviated DNJ. DNJ is an inhibitor of α -glucosidase enzymes in our small intestine, effectively slowing down and blocking the ability of our digestive enzymes to break down simple sugars like sucrose into their monosaccharide forms (glucose and fructose). Sugars cannot be absorbed unless they are broken down into monosaccharides. Additional minor components in mulberry leaf extract have been found to reduce intestinal absorption of glucose, making this a multifaceted carb-blocking ingredient.*

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.

Silicon dioxide: This is added to the powder mixture to ease the flow of the material through the manufacturing equipment and to remove moisture to prevent the powder from clumping.

White kidney bean extract (*Phaseolus vulgaris*):

An ingredient extracted from uncooked white kidney beans. This cultivar of bean is rich in special types of glycoproteins. These glycoproteins reduce the function of α -amylase, the digestive enzyme responsible for the breakdown of starch molecules into sugar.*

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