

Armor

REINFORCE GUT LINING*

Support your body at its foundation with A2 colostrum, L-glutamine, and other gut-reinforcing ingredients that help maintain your gut's protective lining, reduce age-related intestinal permeability, enhance nutrient absorption, and defend against everyday stressors for whole-body vitality.*



Your Gut's Armor Works Overtime

As home of your gut microbiome and the trillions of beneficial microbes that drive digestion, immune health, and resilience, your gut lining acts as the armor between your body's inner workings and the world around you. Every day, this protective barrier decides what gets in, what stays out, and how well your body absorbs the nutrients that keep you healthy.

When the gut barrier is strong, digestion feels smoother, immune defenses stay resilient, and your body can handle stress, activity, and everyday demands with ease. But over time—even starting as early as your twenties—the barrier can gradually lose some of its strength, with this decline naturally increasing as you age.

Modern pressures like processed foods, lack of sleep, travel, and chronic stress can accelerate this process, further wearing down the barrier's integrity and contributing to increased permeability known as “leaky gut.” As a result, nutrient absorption drops, digestive comfort dips, and your microbiome might lose balance, affecting everything from digestion and immune health to energy, mood, and daily resilience.

Protect the Armor Protecting You

That's why proactive gut barrier support matters and is an essential step of protecting the core of your well-being. Plexus Armor™ is a daily supplement mix designed to reinforce your gut lining with a blend of science-backed nutrients that work together to support gut integrity, digestive comfort, and microbiome balance.*

Rather than chasing a single trendy ingredient, Armor takes a holistic approach—helping to reduce unwanted permeability while supporting efficient nutrient absorption. Armor features premium A2 bovine colostrum, which offers gentler digestibility

than A1 proteins and delivers bioactives that help support a strong, resilient gut lining and immune defenses. Prebiotic acacia fiber gently nourishes beneficial bacteria without excess gas or bloating, while L-glutamine fuels the cells that maintain the gut barrier through everyday stress. A soothing botanical blend, precision postbiotic, and antioxidant-rich plant polyphenols provide added support—helping the gut stay resilient against modern lifestyle challenges.*

Designed to build on the Plexus® Gut Health System, Armor reinforces the foundation your body has come to rely on, so every healthy habit works more effectively and honors your commitment to gut health.*

Primary Benefits

- Fortifies your gut barrier by strengthening intestinal lining, supporting tight junction integrity between cells, and promoting healthy barrier function.*
- Nurtures a balanced microbiome that supports digestion, immune health, and ripple effects across energy, mood, metabolism, and even skin vitality.*
- Helps maintain barrier integrity as it naturally shifts with age, while supporting resilience through stress, travel, and modern lifestyle challenges.*
- Soothes the stomach and intestinal lining to support healthy digestion, and is designed to be gentle for sensitive stomachs.*
- Supports immune function by helping to keep disruptive substances out while allowing beneficial nutrients and microbes to thrive.*
- Helps activate your body's natural GLP-2 signaling, which supports intestinal integrity and gut health.*

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Primary Features

- Bioactive-rich A2 colostrum supports immune health with a broad spectrum of nutrients, including lactoferrin, immunoglobulins, growth factors, and cytokines—all preserved through low-temperature processing. The use of predominantly A2 proteins makes it easier on digestion for many individuals.*
- Licorice and marshmallow roots work together to support the health and integrity of your gut lining, and help soothe the intestinal tract.*
- Gentle prebiotic acacia fiber nourishes your microbiome, encouraging the growth of beneficial bacteria linked with digestive balance and less bloating.*
- A unique heat-treated precision postbiotic helps fine-tune immune signaling, bolster natural defenses, support gut lining integrity, and keep microbial balance in check.*
- Clean ingredients you can trust — sugar free, gluten free, non-GMO, no artificial colors, flavors, sweeteners, or preservatives, and only 10 calories per serving.
- Versatile, neutral taste fits your routine and mixes easily into Slim, coffee (less than 140° F), smoothies, or water so you can support your gut barrier any way you like.*

DID YOU KNOW?

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- For decades, textbooks claimed your gut lining was the size of a tennis court, but it is actually closer to half a badminton court (about 32 square meters)—still a massive surface area responsible for deciding what gets absorbed and what stays out.¹
- While most of your body uses glucose for energy, the cells lining your intestine (enterocytes) prefer L-Glutamine. In fact, your gut utilizes about 30% of your body's total glutamine supply.²
- A2 protein is considered the "ancestral" milk protein. Thousands of years ago, all cows produced A2. A genetic mutation later introduced the A1 protein, which is what often causes the bloating and discomfort many people mistake for lactose intolerance.³

Sources:

1. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8863270/>
2. <https://pmc.ncbi.nlm.nih.gov/articles/PMC5454963/>
3. <https://www.healthline.com/nutrition/a1-vs-a2-milk>

Frequently Asked Questions

How do I know I need gut lining support?

Your gut lining faces daily challenges—from stress and busy schedules to less-than-perfect eating habits and alcohol consumption. Over time and as early as in your twenties, this everyday strain can weaken barrier integrity, sometimes described as “leaky gut” or increased intestinal permeability. If you notice occasional bloating or digestive discomfort, your gut lining may benefit from added support. That said, gut lining health isn’t always obvious. Many people don’t realize how much their gut barrier was working overtime until they begin supporting it and start feeling more comfortable and resilient.

What is meant by “leaky gut”?

“Leaky gut” is a common way to describe increased intestinal permeability. Your gut lining is meant to act like a smart filter—letting nutrients in while keeping unwanted substances out. When that barrier becomes weakened, which can occur due to age or lifestyle stressors, it may not function as efficiently. Supporting gut barrier integrity helps maintain healthy digestion and well-being.

Do I need Armor, if I’m already taking the products in the Plexus® Gut Health System?

The Gut Health System helps create a strong foundation by supporting a balanced microbiome and healthy digestive function. Armor works alongside that foundation with targeted support helping to fortify and reinforce the gut lining—the protective layer that houses your microbiome and helps regulate what passes into the bloodstream.*

In a nutshell, the Gut Health System helps nourish and balance what lives in your gut, while Armor helps further strengthen and protect the environment where it lives. Together, they work in synergy to support a healthy, more resilient gut.*

What makes Armor different from other gut supplements?

Armor stands apart with a dual-action approach. It combines premium A2 bovine colostrum with complementary ingredients designed to support gut barrier integrity, the microbiome that lives within it, and natural GLP-2 signaling. This combination helps reinforce the structure of the lining while supporting the biological environment that keeps it functioning optimally.*

What is the difference between GLP-2 and GLP-1?

The GLP-2 support that is reinforced by Armor plays a key role in maintaining intestinal integrity and overall gut health. GLP-1 is more widely known for its metabolic support. (If you’re looking for GLP-1 support, you might also consider Plexus Slim® Hunger Control, which uses polydextrose to help stimulate natural GLP-1 production.)*

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What makes the colostrum in Armor unique?

Armor's colostrum is a naturally nutrient-dense powerhouse that supports a healthy gut and strong immune system. It's rich in key bioactives—like lactoferrin, immunoglobulins, growth factors, cytokines, and proline-rich polypeptides — carefully preserved through a gentle, low-temperature process to maintain their maximum potency. Together, these bioactives help reinforce the gut lining and keep immune cells working efficiently.*

The colostrum is calf-first sourced, meaning the calf receives its full nutritional needs before only the excess colostrum is collected. It comes from grass-fed cows that predominantly produce A2 proteins, which can make it easier for many people to digest than traditional dairy proteins. These cows are also non-rBGH treated, antibiotic-free, and non-hyper-immunized, ensuring a clean, high-quality product from the start.*

Can I take Plexus Armor™ with my other Plexus® products?

Absolutely. In fact, Armor has a neutral taste and mixes smoothly into liquids, including water and your favorite Plexus mix like Slim Microbiome Activating, Slim Hunger Control, or Hydrate. And because it fortifies the gut-health foundation established by the Plexus Gut Health System, it helps protect and enhance your gut-health investment so you can keep feeling your best.*



How long will it be before I see results with Armor?

Most people start to notice improvements in digestive comfort within a few weeks, though some may need 30–60 days of consistent use. Gut-lining support works gradually—it's not meant to be instant—because it helps strengthen the barrier over time.*

Consistency is key. Daily factors like stress, irregular eating, travel, poor sleep, and environmental triggers can continuously challenge the gut lining. Taking Armor regularly helps counter those ongoing stressors so you can experience and maintain the full benefits.

Can Armor be mixed with both cold and hot beverages?

Armor can be enjoyed mixed with either cold or warm beverages. For best results, avoid using hot or boiling temperatures and ensure the beverage stays below 140°F (60°C). Armor contains colostrum standardized for Immunoglobulin G (IgG), a heat-sensitive bioactive protein, and exposure to higher temperatures may reduce IgG activity and effectiveness.

Can I use Armor with my medication?

This supplement is formulated with quality 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 Armor 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.

Does Armor contain gluten?

Armor is gluten-free, vegetarian, and non-GMO. It also doesn't contain any artificial colors, flavors, sweeteners, or preservatives.

Is Armor appropriate for individuals who are sensitive to FODMAPs, since it contains colostrum?

Great question! Armor is formulated with digestive tolerance in mind, and many individuals who are sensitive to FODMAPs are able to use it comfortably. Armor includes A2-sourced colostrum, which some people find gentler on digestion than traditional A1 dairy proteins. It also contains acacia fiber, a well-tolerated prebiotic that is generally considered compatible with a low-FODMAP approach when used in appropriate amounts.

Individual responses vary, so those with strict low-FODMAP needs or sensitive digestion should check with a healthcare provider to ensure it's a good fit.

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DIRECTIONS: Mix 1 scoop with 8–12 fl. oz. of cold water (or drink of choice) once daily.

Supplement Facts

Serving Size 1 Scoop (about 6 g°) Servings Per Container 30		
	Amount Per Serving	% DV
Calories	10	
Total Carbohydrate	3 g	1%†
Dietary Fiber	2 g	7%
Protein	less than 1 g	
Sodium	70 mg	3%
Gut Lining Support Blend		
Acacia, licorice root extract, marshmallow root extract, luteolin (from Japanese pagoda tree aerial parts extract), naringenin (from pomelo dried fruit extract)	3.03 g	†
L-glutamine	1.5 g	†
Bovine colostrum (standardized to IgG)	1 g	†
Heat-killed <i>Lactocaseibacillus paracasei</i> (10 billion TFU postbiotic cells)	20 mg	†
‡Percent Daily Values are based on a 2,000 calorie diet. †Daily Value (DV) not established.		

Other Ingredients: Allulose, sodium citrate, and silicon dioxide.
CONTAINS: Milk

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. Avoid direct sunlight and excess heat.

°6 grams per scoop is an average. Individual scooping technique may yield slightly more or slightly less than 6 grams. This product is filled by weight, not volume. Some settling of the contents may occur during transit and cannot be avoided.

Gluten Free | Vegetarian | Non-GMO
No Artificial Colors, Flavors, Sweeteners, or Preservatives

Acacia: A gentle, plant-based prebiotic fiber, Acacia helps feed beneficial bacteria in the gut microbiome, including species linked with improved regularity and digestive comfort. By encouraging these microbes, acacia contributes to a more balanced intestinal environment and helps reduce occasional bloating. With slow fermentation and a low FODMAP profile, it’s also well tolerated by those sensitive to fermentable carbohydrates, offering steady prebiotic support without typical gas or discomfort.*

Allulose: A naturally occurring sweetener that provides sweetness without the calories or blood sugar impact of traditional sugars. Beyond its clean taste, allulose is recognized for being gentle on digestion and may offer unique benefits for gut health.

A2 bovine colostrum: A nutrient-rich powerhouse ingredient that delivers broad support for immune function and gut health. It’s naturally packed with bioactives like lactoferrin, immunoglobulins, growth factors, and cytokines, which help maintain a healthy intestinal lining and coordinate immune defense. Colostrum also provides proline-rich polypeptides (PRPs) to help regulate immune activity and support natural white blood cell production. Uniquely, the colostrum in Armor comes from cows that predominantly produce A2 proteins, making it gentler to digest for many individuals compared to traditional dairy proteins. A careful low-temperature process preserves its broad spectrum of bioactives.*

Gut Lining Support Blend: This gentle blend features a synergistic combination of soothing botanicals and antioxidant polyphenols. Licorice and marshmallow roots work together to support the health and integrity of your gut lining, and help soothe the intestinal tract. Polyphenols naringenin and luteolin, sourced from citrus and botanical extracts, offer antioxidant and calming benefits that help protect the gut lining from everyday stressors. Together, the blend delivers digestive aid, helps ease occasional GI discomfort such as bloating or irregularity, and contributes to a strong, balanced digestive environment—especially during times of stress or dietary changes.*

Heat-treated *L. paracasei* MCC1849: A unique postbiotic that bridges immune and gut health. This specialized strain helps fine-tune immune signaling pathways, supporting natural defenses while encouraging microbial balance by limiting the growth of unwanted strains. It also supports gut lining integrity, helping reduce age-related changes in intestinal permeability ("leaky gut") that can compromise overall health. Its ability to bolster immune communication and reinforce the intestinal barrier—without requiring live bacteria or refrigeration—makes it both effective and convenient for daily use.*

L-Glutamine: An amino acid that provides essential fuel for the cells that make up the intestinal barrier, helping to maintain their strength and resilience. By nourishing these cells, L-glutamine helps promote healthy barrier function and supports recovery from periods when the gut lining may become more permeable.*

Sodium Citrate: A sodium salt of citric acid, sodium citrate is used in foods and beverages to enhance flavors, as an antioxidant, or to adjust pH level.

Silicon Dioxide: Added to powder mixtures, silicon dioxide can ease the flow of material through manufacturing equipment and remove moisture to prevent powder from clumping.

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