

Weight Management Support Combo

SMART SUPPORT FOR STEADY PROGRESS

Targeted daily support to help you feel balanced, protected, and on your way to achieving the weight management* goals you're working toward — 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 a combination of factors, including hormones related to hunger and fullness, blood sugar balance, and how your body processes carbohydrates.

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 — you may benefit from additional nutritional support to help bring everything back into balance.

Three Steps to Smarter Daily Support

Supporting your body starts with working with its natural processes. The Weight Management Support Combo features targeted products designed to support appetite control**, cellular health for a strong foundation and reducing the glycemic index of food.

The Weight Management Support Combo 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 Weight Management Support Combo features three complementary products — each designed to support a different part of the weight management* equation.

1. Slim Hunger Control: Curb Your Hunger

Take back control and form healthier habits with this delicious drink mix! Enjoy less hunger and more control, delivered in two refreshing flavours; **black cherry lime blossom & blood orange, lemon, lime** — with only 15 calories!

- Designed to help you manage your weight*
- May help temporarily increase feelings of fullness**
- Supports healthy glucose metabolism
- Helps to maintain the body's ability to metabolize nutrients
- Helps support cardiovascular health
- A factor in the maintenance of good health

2. Restore: Antioxidant Support

This formula provides antioxidant support to help protect the body from the harmful effects of free radicals, helping you stay consistent with your wellness goals.

- Helps protect your body from the harmful effects of free radicals
- Fights oxidative stress and reduces cellular damage with antioxidants
- Supports overall well-being
- Supports cellular health for a strong foundation

*Along with a healthy lifestyle that includes calorie reduction and physical activity.

**When taken 90 minutes before a meal.

3. Block: Smarter Carb Support

Designed to help reduce the glycemic impact of foods and support healthy blood glucose levels as part of a balanced routine.

- Helps reduce the glycemic index of food
- Provides support for healthy blood glucose levels
- Helps to maintain the body's ability to metabolize nutrients
- Helps in the function of the thyroid gland

Primary Features

Slim Hunger Control

- Contains Polydextrose, which is effective in helping to reduce calorie intake and its intake is also associated with increased prebiotic activity. Polydextrose is a source of dietary fibre that helps you feel fuller and eat less**.
- Features chromium, an essential trace mineral that supports a healthy glucose metabolism.
- Includes green coffee bean extract.

Restore

- Features Roselle flower, which provides antioxidants that help optimize the body's processes.
- Includes Spinach leaf – in addition to its exceptional micronutrient content, Spinach leaf contains antioxidant carotenoids and polyphenols, which provide additional health benefits.
- Contains Aloe Vera Leaf Gel, which is classified as a superfood, containing antioxidants and polyphenols.

Block

- Contains brown seaweed blend which helps support healthy blood glucose levels and helps reduce the glycemic index of foods. It also contains the mineral iodine.
- Features Chromium (Chromium III picolinate), which provides support for healthy glucose metabolism, helps support normal blood glucose levels, helps to prevent chromium deficiency, and helps to maintain the body's ability to metabolize nutrients.
- Formulated with 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.

*Along with a healthy lifestyle that includes calorie reduction and physical activity.

**When taken 90 minutes before a meal.

DID YOU KNOW?

—

- Canadian adults consume an average of approximately 47.7% to 50.1% of their total daily energy intake from carbohydrates. Based on a standard 2,000-calorie diet, this generally equates to about 225 to 325 grams of carbohydrates per day.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 Canada consume on average approximately 110 grams of sugar or approximately 26 teaspoons a day equalling 21.4% of their total energy intake. This is about two times more than the recommended 10% by the World Health Organization.⁴

Sources:

1. <https://www150.statcan.gc.ca/n1/daily-quotidien/170620/dq170620b-eng.htm>
2. <https://www.medstarhealth.org/blog/liver-health>
3. British Journal of Nutrition, "Polyphenols and Carbohydrate Digestion," 2023
4. <https://liver.ca/the-reality-of-refined-sugars/>

Frequently Asked Questions

What makes the Weight Management Support Combo different from other combos?

The Weight Management Support Combo is a clean approach to weight management*, designed to work with your body's natural biology. It offers a convenient way to support key areas of health related to weight management*, including glucose metabolism, nutrient metabolism, and antioxidant support.

How does the Weight Management Support Combo help manage my hunger?

By working with your body's chemistry, the Combo addresses weight management* from multiple angles. Slim Hunger Control is designed to help you manage your weight* and may help temporarily increase feelings of fullness**. Restore gives your body the cellular support it needs and Block then complements both by helping control how your body processes the carbs and sugar you eat.

Can I use the Weight Management Support Combo with my medication?

The Combo 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 Weight Management Support Combo safe for pregnant or nursing women?

As with any new vitamin or natural health product, 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 products in the Weight Management Support Combo are designed to support steady progress over time.

Do I still need to diet or exercise while using the Weight Management Support Combo?

The Weight Management Support Combo 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 Weight Management Support Combo with other Plexus® products?

Yes! Many people combine the Weight Management Support Combo with other Plexus products as part of their wellness routine. It complements MetaBurn by supporting fat burning and energy, and it pairs well with Protein+, which delivers satisfying protein and fibre to help keep you on track throughout the day.

Are the products in the Weight Management Support Combo gluten-free and non-GMO?

Yes. The products in the Weight Management Support Combo are formulated with high-quality ingredients and meet several dietary preferences. Slim Hunger Control and Restore are gluten-free, vegan, and non-GMO. Block is gluten-free, vegetarian, and non-GMO. Block is made without artificial colours, and Slim Hunger Control and Restore contain no artificial colours, flavours, sweeteners, or preservatives.



*Along with a healthy lifestyle that includes calorie reduction and physical activity.

**When taken 90 minutes before a meal.

Slim Hunger Control

MEDICINAL INGREDIENTS	
Each Packet Contains:	
Polydextrose	6,250 mg
Green coffee bean (<i>Coffea canephora</i>) seed extract (50% chlorogenic acid)	500 mg
Malabar tamarind (<i>Garcinia gummi-gutta</i>) fruit peel extract (50% hydroxycitric acid)	20 mg
DL-alpha-Lipoic acid	10 mg
White mulberry (<i>Morus alba</i>) fruit 4:1 extract (QCE: 4 mg)	1 mg
Chromium (Chromium (III) nicotinate)	200 mcg

Non-Medicinal Ingredients: Natural flavours, citric acid, rebaudioside A, fruit and vegetable blend, silicon dioxide, spirulina platensis whole, beetroot red, maltodextrin.

WARNING: Do not exceed suggested daily dose. Consult a health care practitioner prior to use if you have diabetes, breastfeeding, are taking medications which inhibit peristaltic movement (e.g. opioids, loperamide), have symptoms such as abdominal pain, nausea, vomiting or fever (as these could be signs of abnormal constrictions of the gastrointestinal tract, diseases of the esophagus and/or the superior opening of the stomach (cardia), potential or existing intestinal blockage, paralysis of the intestine, megacolon, fecal impaction, inflamed bowel or appendicitis). If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, consult a health care practitioner immediately. Do not use if tamper evident seal is broken or missing. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place.

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 colour in Slim Hunger Control.

Cellulose Gum: This ingredient comes from natural cellulose obtained from wood pulp and cotton fibres. A natural, non-GMO version of cellulose is modified to form a gum that helps give a well-rounded mouthfeel 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: Green coffee bean extract is derived from coffee that has not yet been roasted. Green coffee beans have a higher level of Chlorogenic acid compared to regular, roasted coffee beans. Green coffee bean extract can help maintain healthy blood pressure levels and helps support cardiovascular health.

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 fibre 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 (*Stevia rebaudiana*) Leaf Extract: 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.



Restore

MEDICINAL INGREDIENTS	
Each Packet Contains:	
Roselle (<i>Hibiscus sabdariffa</i>) flower	800 mg
Yeast hydrolysate (from <i>Saccharomyces cerevisiae</i> – whole)	500 mg
Magnolia bark (<i>Magnolia officinalis</i>) 4-8:1 extract (2% honokiol, 1% magnolol; QCE: 1.125-2.25 g)	281.25 mg
Ginger (<i>Zingiber officinale</i>) root	175 mg
Peppermint (<i>Mentha x piperita</i>) leaf	100 mg
Spinach (<i>Spinacia oleracea</i>) leaf (QCE: 5-10 g)	100 mg
Spirulina (<i>Arthrospira platensis</i>) whole	75 mg
Berberine (<i>Phellodendron amurense</i> – stem bark)	2.5 mg
Aloe vera leaf gel	1 mg

Non-Medicinal Ingredients: Natural flavours, citric acid, stevia leaf extract, silicon dioxide.

WARNING: Do not exceed suggested daily dose. If you are taking any prescription medication, consult a health care practitioner prior to use. Consult a health care practitioner prior to use if you have kidney disease/disorder. Consult a health care practitioner prior to use if you have gallstones or anaemia. Do not use if you are pregnant or breastfeeding. May cause heartburn, shaking hands, perioral numbness, sexual dysfunction and thyroid dysfunction, and headache, in which case discontinue use. Consult a health care practitioner prior to use if you suffer from any psychological disorder and/or condition such as frequent anxiety or depression. Consult a health care practitioner prior to use if you have blood pressure problems. 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*, works at the cellular level to support overall health and well-being.

Citric acid: Naturally present in many fruits, particularly citrus fruits, citric acid contributes a mild sour flavour 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 flavour 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.

Natural flavours: Natural flavours are naturally occurring compounds that contribute to the unique flavour profiles found in foods. These various flavours 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 colour. It has been studied for a variety of beneficial health effects.

Stevia leaf extract: 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*). Yeast hydrolysate is rich in bioactive peptides and amino acids.

Block

MEDICINAL INGREDIENTS	
Each Capsule Contains:	
Brown Seaweed Blend (<i>Ascophyllum nodosum</i> / <i>Fucus vesiculosus</i> blend) thallus 20:1 extract (QCE: 5 g)	250 mg (providing >25 mg Polyphenols and <75 mcg Iodine)
White kidney bean (<i>Phaseolus vulgaris</i>) seed 10:1 extract (900 AAU; QCE: 1 g)	100 mg
Chromium [Chromium (III) picolinate]	100 mcg

Non-Medicinal Ingredients: Microcrystalline cellulose, hypromellose, silicon dioxide, magnesium stearate.

WARNING: Do not exceed suggested daily dose. Consult a health care practitioner prior to use if you have a kidney disorder and/or diabetes. Discontinue use and consult a health care practitioner if you experience symptoms of hypoglycemia including feelings of anxiety, dizziness, tremor, sweating, nausea, or headache. Not recommended for use by children under 12 years of age. If you are taking blood thinners, consult a health care practitioner prior to use. 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.

Brown Seaweed Blend: Brown Seaweed blend helps support healthy blood glucose levels (already in the normal range) and helps reduce the glycemic index of foods. It is a source of iodine that helps in the function of the thyroid gland, helps to maintain normal production of thyroid hormones and helps to prevent iodine deficiency.

Chromium Picolinate: Chromium provides support for healthy glucose metabolism, helps support normal blood glucose levels (already in the normal range), helps to prevent chromium deficiency, and helps to maintain the body's ability to metabolize nutrients.

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.

Magnesium Stearate: Magnesium salt form of the fatty acid stearic acid. Used in small amounts to aid in the flow of ingredients during encapsulation.

Microcrystalline Cellulose: Cellulose is the structural component of the primary cell wall of green plants. Microcrystalline cellulose (MCC) is in the form of a fine powder and helps to ensure the capsules are filled properly during manufacturing.

Silicon dioxide powder: 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.

