

Superfoods

ELEVATE DAILY NUTRITION WITH 40+ SUPERFOODS

Busy days, modern diets, and nutrient-depleted foods can make it hard to get enough fruits, vegetables, and key micronutrients. Plexus Superfoods is a clean, plant-based blend of 40+ superfoods that can help—delivering a full serving of vegetables plus antioxidants, functional mushrooms, fiber, and trace minerals to support gut health, natural energy, and whole-body wellness in one easy scoop.*



Modern Nutrition Gaps Are Everywhere

Your body is designed to thrive on a steady supply of nutrient-dense foods. But today's fast-paced lifestyles and modern food systems don't always make that easy.

Busy schedules can make it harder to consistently get enough fruits, vegetables, and fiber throughout the day. Processed and convenience foods often fill the gap, but can leave behind foundational nutrition. And even the foods we do eat may contain fewer micronutrients due to modern agricultural practices and soil depletion.

Over time, these everyday gaps can affect digestion, natural energy, immune resilience, and overall wellness—creating the need for a simple, consistent way to help bridge them.

A Smarter Way to Fill the Gaps

Plexus Superfoods is designed to fit seamlessly into everyday life—helping fill the gaps modern diets often leave behind. Rooted in nature, each scoop delivers a thoughtful blend of over 40 superfood ingredients, including a full USDA serving of vegetables alongside fruits, botanicals, and phytonutrients.

As it nourishes from within, prebiotic fiber and fermented ingredients help support the gut microbiome and promote healthy digestion, while more than 70 trace minerals help replenish nutrients that are often missing from today's food supply. Functional mushrooms and antioxidants add another layer of support, helping to support immune health and equip the body to better handle everyday stress.*

The result is a synergistic, easy-to-use blend that helps bridge nutritional gaps, support gut health, and promote steady, balanced energy—all without caffeine, complicated prep, or unnecessary calories.*

Primary Benefits

- Helps fill nutritional gaps with a full serving of vegetables and nutrient-dense plant ingredients.*.
- Supports gut health and digestion with prebiotic fiber and fermented superfoods.*
- Provides immune system support with antioxidants and functional mushrooms.*
- Replenishes essential micronutrients with a broad spectrum of trace minerals.*
- Simplifies daily wellness routines with comprehensive nutritional support.*
- Supports whole-body wellness including digestion, vitality, and everyday resilience.*

Features

- Contains 40+ superfoods that provide broad-spectrum daily nutrition.
- Delivers a full USDA serving of vegetables in each scoop.
- Includes 70+ trace minerals to help support micronutrient intake.
- An organic blend of acacia and apple fiber provides both soluble and insoluble prebiotic fiber to support gut and microbiome health.*
- Includes organic fermented fruits and vegetables to help support nutrient diversity and digestive balance.*
- Incorporates functional mushrooms, which help support immune health.*
- An antioxidant-rich botanical blend helps support protection against everyday stressors.*
- The formula is plant-based, vegan, and gluten-free.
- Contains no artificial colors, flavors, sweeteners, or preservatives.
- Each serving is only ~15 calories.
- Designed as a smooth-mixing, convenient daily scoop for easy use.

*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.

DID YOU KNOW?

- Modern farming has changed how our food is grown. With crops harvested again and again from the same soil, land can lose trace minerals over time—meaning the foods we eat today may not be as nutrient-rich as they once were.¹
- For nearly 10,000 years, fermentation has preserved and enhanced foods—and today we know it also delivers beneficial microbes that can help shape the gut microbiome and support digestive balance.²
- Prebiotic fiber isn't digested by your body—instead, it feeds beneficial gut bacteria, which produce short-chain fatty acids that support digestion, immunity, and metabolic health.³
- Long before modern science could explain why, cultures around the world prized functional mushrooms for their wellness benefits. Today, scientists know that one reason may be their beta-glucans, naturally occurring compounds found in mushroom cell walls that can help support immune function and contribute to overall wellness.⁴

Sources:

1. <https://agris.fao.org/search/en/providers/122436/records/675994adc7a957febd197c>
2. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9003261/>
3. <https://pmc.ncbi.nlm.nih.gov/articles/PMC5390821/>
4. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10000499/>

Frequently Asked Questions

How do I know if I need a superfoods supplement?

Many people struggle to consistently get enough fruits, vegetables, fiber, and key nutrients each day due to busy lifestyles and modern eating habits. If your daily routine makes it difficult to eat a wide variety of whole foods, a superfoods blend can help fill those nutritional gaps and support overall wellness.

Can I take Superfoods with my other Plexus® products?

Absolutely, yes! Superfoods is designed to be easily incorporated into your daily routine and can work well alongside your other Plexus products to support overall wellness—from gut health and energy to daily nutritional balance. Superfoods is a great way to further nourish your body and round out your regimen with plant-based nutrients.
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Can I use Superfoods with my medication?

This supplement is formulated with carefully selected, 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.

How is this different from the original Greens formula?

Superfoods builds on the foundation of Greens with an upgraded formula that includes organic fermented ingredients, a gentler prebiotic fiber blend, added antioxidants, functional mushrooms, increased spirulina, and 70+ trace minerals—making it a more comprehensive, modern approach to daily nutrition.

How does Superfoods support gut health?

Superfoods includes prebiotic fiber and organic fermented fruits and vegetables that help nourish beneficial bacteria in the gut. This supports a healthy microbiome, digestive function, and nutrient absorption—key foundations for overall wellness.*

Is Superfoods safe for pregnant or nursing women?

If you are pregnant or nursing, you should consult your physician prior to beginning any new supplementation, diet, or exercise program.

Is Superfoods gluten-free?

Yes, in fact, Superfoods is gluten-free, plant-based, and vegan, as well as being made without artificial colors, flavors, sweeteners, or preservatives—so you can feel confident in what you're putting into your body.

Does Superfoods contain dairy?

Superfoods is a vegan product and doesn't contain any dairy ingredients.



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Superfoods

TROPICAL PINEAPPLE
NATURAL FLAVORS

DIRECTIONS: Mix 1 scoop with 16 fl. oz. (475 mL) of cold water or drink of choice.

Supplement Facts		
Serving Size 1 Scoop (about 8 g*)		
Servings Per Container 30		
	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	5 g	2%†
Dietary Fiber	3 g	11%
Total Sugars	less than 1 g	†
Protein	less than 1 g	
Vitamin C (ascorbic acid)	45 mg	50%
Sodium	20 mg	<1%
Potassium	60 mg	<1%
Organic Fiber Blend	3.5 g	†
Organic acacia, organic apple fruit fiber		
Organic Greens Blend	2 g	†
Organic kale leaf, organic broccoli stalk & flower, organic spinach leaf		
Organic Fermented Fruit & Veggie Blend	150 mg	†
Organic apple fruit, organic blueberry fruit, organic carrot root, organic cranberry fruit, organic broccoli stalk & flower, organic kale leaf, organic parsley leaf, organic spinach leaf		
Organic Mushroom + Immune Support Blend	100 mg	†
Organic royal agaricus mushroom (<i>Agaricus blazei</i> Murrill), organic turkey tail mushroom (<i>Trametes versicolor</i>), organic reishi mushroom (<i>Ganoderma lucidum</i>), organic hen of the woods mushroom (<i>Grifola frondosa</i>), organic shiitake mushroom (<i>Lentinula edodes</i>), organic <i>Cordyceps sinensis</i> mushroom, organic <i>Cordyceps militaris</i> mushroom		
Organic apple cider vinegar powder	100 mg	†
Organic spirulina whole cell powder	75 mg	†
Superfood Antioxidant Blend	50 mg	†
Coffee bean extract, green tea leaf extract, broccoli sprout concentrate, onion bulb extract, apple fruit extract, quercetin (from Japanese sophora flower extract), acerola fruit extract, tomato fruit concentrate, broccoli floret/stems concentrate, açai palm fruit concentrate, basil leaf concentrate, cinnamon bark concentrate, garlic clove concentrate, oregano leaf concentrate, turmeric rhizome concentrate, carrot root concentrate, elderberry fruit concentrate, mangosteen fruit concentrate, camu-camu fruit concentrate, blackberry fruit concentrate, blackcurrant fruit extract, blueberry fruit extract, raspberry fruit concentrate, spinach leaf concentrate, chokeberry fruit concentrate, kale leaf concentrate, sweet cherry fruit concentrate, bilberry fruit extract, brussels sprout bud concentrate		
Fulvic trace mineral complex	50 mg	†
*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.

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

NOTE: 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.

◊8 grams per scoop is an average. Individual scooping technique may yield slightly more or slightly less than 8 grams. This product is filled by weight, not volume. Some settling of the contents may occur during transit and cannot be avoided.

Fulvic Trace Mineral Complex:
Provides 70+ essential trace minerals to help address micronutrient gaps caused by modern soil depletion and support metabolic and cellular function.*

Organic Apple Cider Vinegar:
Contains acetic acid and beneficial bioactive compounds such as polyphenols and antioxidants that may support digestion and overall wellness.*

Organic Fiber Blend (Acacia + Apple Fiber):
A gentle prebiotic blend of soluble and insoluble fibers designed to nourish the gut microbiome, support digestive comfort, and promote overall wellbeing with less bloating and gas.*

Organic Fermented Fruit & Vegetable Blend:
A powerhouse blend of fermented superfoods that helps enhance antioxidant capacity and nutrient availability while supporting overall health, vitality, and balance.*

Organic Greens Blend (Kale, Broccoli, Spinach):
A nutrient-dense combination of greens that delivers the equivalent of a full serving of vegetables to support foundational nutrition and overall health.

Organic Mushroom & Immune Support Blend:
A blend of functional mushrooms and antioxidants that helps support immune health and protect the body’s natural defenses.*

Organic Spirulina Whole Cell Powder:
A nutrient-rich algae packed with antioxidants that helps support energy, vitality, and overall wellness.*

Superfood Antioxidant Blend:
A diverse mix of botanical extracts and phytonutrients designed to help combat oxidative stress and support daily vitality.*

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