

Plexus Lean™

Live lean. Lose weight[^].

Give your weight loss[^] goals a fair shake with the all-new, Plexus Lean whey meal replacement. This delicious and nutritious shake offers 24 essential vitamins and minerals, and delivers added health benefits like weight loss[^], energy, and muscle support—all with a creamy texture and two irresistible flavor options!



Go Ahead, Fall in Love with Fast Food

Unhealthy food is everywhere we turn. Our supermarkets are overrun by cheaply-made foods that are loaded with extra salt, sugar, fat, and preservatives. But our busy schedules don't always allow us to sit down for a well-balanced meal—making the drive thru look even more tempting. Isn't it time for a convenient meal replacement option that's filling enough to be a complete meal, delicious enough to crave, and nutritious enough to help you lose weight[^] or maintain your healthy lifestyle without sacrificing key nutrients?

Plexus Lean

Plexus Lean is fast food you can actually feel good about. This supercharged meal replacement shake delivers nutrition, weight loss[^] benefits, and energy—all with a smooth, creamy texture and two delicious flavor options.

Power packed with 15 grams of rBGH-free[†] whey protein, Plexus Lean will satisfy your hunger while helping to promote weight loss[^]. Add to that 24 essential vitamins and minerals (including 5-MTHF Folate, Calcium, Vitamins A, C, E, and more), and you have all the nutrition of a healthy meal in a convenient, easy-to-prepare shake.

Plexus Lean is also specifically formulated to be good for your gut, with 5g of dietary fiber per serving including prebiotic fibers that promote the growth of good gut microbes.

With plenty of protein and fiber to help you feel satisfied, you're on your way to better health! Plexus Lean can help you reach your weight loss[^] goals and fuel your body with the nutrients it needs to function at its best. And with delectably smooth texture and mouthwatering Milk Chocolate and Creamy Vanilla flavors, Lean is about to become your new favorite meal, snack, or anytime treat.

What's Inside?

To create a better meal replacement shake, we knew we'd have to include ingredients that were healthy, bioavailable, and high quality. Here's what made the cut:

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- 15 grams of ultra-pure, rBGH-free[†] whey protein
- 24 grams of protein when prepared with 8 oz. nonfat milk
- 5 grams of dietary fiber, including prebiotic fiber to support digestive health
- Highly bioavailable 5-MTHF folate
- Highly bioavailable forms of other vitamins like B-Vitamins, Calcium, Potassium, Vitamins A, D and E, Zinc and more
- A complete amino acid profile, including leucine, isoleucine, and valine
- Contains lecithin, a source of choline, along with the choline found in milk, to support brain health and more

What's Not?

We also wanted to leave out the questionable “stuff” that's usually found in protein powders. That's why Plexus Lean is:

That's why Plexus Lean is:

- Free from soy and gluten allergens
- Non-GMO
- Free of artificial flavors, artificial colors, and artificial sweeteners
- Free of preservatives, carrageenan, dipotassium phosphate and magnesium stearate

[^] When combined with a reduced calorie weight loss diet plan.

[†]No significant difference has been shown between milk derived from rBGH/bST-treated and non-rBGH/bST-treated cows.

Nourish Yourself, Help Someone in Need

Plexus® and Plexus Charities launched the Nourish One™ Initiative to help provide meals to people who need them most. With Nourish One, each purchased serving of Plexus Lean contributes a monetary donation to our partner, Feeding America®—the nation's largest domestic hunger relief organization. A serving for you = a donation to Feeding America to help provide a meal** for a child or family in need. It's that simple.

Here's how it works:

1. For every serving of Plexus Lean you purchase
2. Plexus and Plexus Charities gives a contribution to Feeding America
3. Feeding America partners with over 200 member food banks to help people in need

Advanced Bioavailability

Most protein shakes are just that – protein with not much else. Sometimes they sprinkle in a few vitamins and minerals to spruce up their labels but even then, those nutrients are often in cheap forms that the body has a hard time absorbing, meaning they go to waste. Plexus Lean uses forms of key nutrients—including 5-MTHF folate—that are designed to be more bioavailable than standard vitamins, so they're easily assimilated and can deliver maximum benefit to the body.

A Healthy Gut With Every Glass

Plexus Lean contains five grams of dietary fiber including prebiotic fiber from guar gum that supports digestion and gut health. Prebiotics work to selectively feed beneficial microbes in your gut microbiome. It's gut health, in a glass.

Lean's Primary Benefits

- Whey meal replacement
- 15 g of rBGH-free¹ whey protein
- 24 grams of protein when prepared with 8 oz. nonfat milk
- Promotes weight loss[^] and satisfies hunger
- Helps to cut calories and lose weight[^] while providing healthy nutrition
- Supports digestive health
- Excellent source of fiber
- Contains a blend of proteins for fast and lasting satisfaction, and post-activity muscle support
- Premium whey protein to help support lean muscle
- Contains lecithin, a source of choline, along with the choline found in milk, to support brain health and more

The Lean Advantage

- Amazing taste (Milk Chocolate and Creamy Vanilla flavors)
- Five grams dietary fiber per serving
- Bioavailable forms of 24 vitamins and minerals for easy assimilation and maximum benefit
- Antibiotic-free whey protein
- Non-GMO
- Free from soy and gluten allergens
- No artificial flavors, artificial colors, or artificial sweeteners

Who should use this product?

Plexus Lean is the convenient meal replacement solution that delivers optimal nutrition and weight loss[^] benefits, all with an incredible taste. It's perfect for anyone looking for a healthy and convenient meal replacement or satisfying snack. Lean is not recommended for use by children under 18 because the product was formulated to meet the nutritional needs of adults.

The Importance of Protein

Getting enough protein can be a challenge, especially when you're on a calorie-restricted diet. But protein is key to losing[^] or maintaining weight[^] because it helps to support lean muscle—and it's more satisfying than simple carbohydrates. Lean Whey provides 15 grams of protein per serving and 24 grams when prepared with milk, including amino acids like Leucine, Isoleucine, and Valine for muscle support. These ingredients fuel your body with what it needs to function at its best every single day.

[^] When combined with a reduced calorie weight loss diet plan.

¹No significant difference has been shown between milk derived from rBGH/bST-treated and non-rBGH/bST-treated cows.

**Every bag of Plexus Lean sold contributes a donation equivalent to 14 meals to Feeding America®, providing at least 1.5 million meals annually. \$1 helps provide at least 10 meals secured by Feeding America® on behalf of local member food banks.

Frequently Asked Questions

What is Plexus Lean...?

Plexus Lean is a complete meal replacement that contains 15 grams of luxuriously rich rBGH-free[†] whey protein, highly bioavailable vitamins and minerals, and prebiotic fiber, all with an innovative formula that's free from GMO's and soy and gluten allergens.

When is the best time to take Plexus Lean?

Anytime! Plexus Lean is the easy, tasty way to control hunger, packed with protein and fiber to sustain energy and help you power through your day. Plexus Lean is perfect for a satisfying meal on the go or a tempting between-meal snack.

Use Plexus Lean as a meal replacement twice a day for weight loss[‡], once a day for weight maintenance, or whenever as a delectably-delicious snack.

Many people like to have a serving of Plexus Lean as their breakfast since it is quick and convenient. Two scoops in a shaker bottle with some water or milk of your choice makes for a perfectly satisfying morning commute. You can also try Plexus Lean as an afternoon snack to ward off the dreaded 'crash' between lunch and dinner. Packed with protein and fiber, Plexus Lean helps you feel satisfied and energized.

How do I mix Plexus Lean?

Just add two level scoops with nonfat milk and shake quickly for ten seconds. When mixed with nonfat milk, Lean provides 24 grams of protein. If you don't have milk handy, Lean tastes great in water as well, and provides 15 grams of protein. If you prefer to add ice and fruit, you can also use a blender.

How much milk or water should I use with Plexus Lean?

For a complete meal with 24g of protein, blend or stir 2 level scoops of Lean Whey with 8 oz. of cold, nonfat milk. For an in-between meal snack, use one scoop instead of two with 4-6 fl oz of nonfat milk.

Can Plexus Lean be mixed with hot or cold milk or water?

Lean is meant to be a refreshing meal replacement and is best when added to cold milk.

Do I have to add nonfat milk to Plexus Lean or can I add another beverage?

Plexus Lean is best served with cold, nonfat milk. However, feel free to substitute nonfat milk for any other animal or plant milk you choose - even water works! Please note that this will affect the caloric value of the drink.

How many servings of Plexus Lean can I take per day?

Use Plexus Lean as a meal replacement twice a day for weight loss[‡], once a day to maintain a healthy weight, or whenever as a delectably-delicious snack.

What protein is used for Plexus Lean?

Plexus Lean Whey uses ultra-pure, rBGH-free[†] whey protein to support muscles and keep you feeling full. For those who do not consume animal protein, the Plexus Lean Family also includes a vegetarian option made from plant-based protein sources.

How does Plexus Lean help maintain muscle?

Protein is essential for maintaining strong muscle. When prepared as directed, Plexus Lean provides 24 grams of protein, including essential branched chain amino acids like leucine, isoleucine and valine for muscle support.

What is the prebiotic and protease enzyme blend in Plexus Lean and how is it beneficial to me?

The prebiotic and protease enzyme blend in Plexus Lean includes guar gum, a prebiotic fiber that supports the microbiome and digestive enzymes derived from *Aspergillus niger* and *Aspergillus oryzae* which contribute to digestive health.

What is a prebiotic? How does it work?

Your gut is full of microbes. Some of them are good; some of them are bad. Prebiotics are non-digestible soluble fibers that make their way through our digestive system and help feed good microbes. These fibers like guar gum are derived from the seeds of the Indian cluster bean, cyanopsis tetragonolopus. Prebiotics act as a fertilizer, selectively feeding good microbes in the gut and assisting in their growth.

Are there vitamins or minerals in Plexus Lean?

There are 24 highly bioavailable vitamins and minerals including 5-MTHF Methylated Folate, Calcium, Zinc, Vitamins A, C, E and more!

Will I experience any side effects when I start taking Plexus Lean?

Experiencing side effects with Plexus Lean is not common. However, certain people who are not used to products rich in protein or fiber may experience temporary gas and bloating. One way to avoid this is to start with a smaller amount—like one scoop per day—and then gradually increase your intake over 1 to 3 weeks. Your body should adjust to the additional fiber and protein over time.

[‡] When combined with a reduced calorie weight loss diet plan.

[†] No significant difference has been shown between milk derived from rBGH/bST-treated and non-rBGH/bST-treated cows.

Frequently Asked Questions

Can Plexus Lean™ help me lose weight?

When combined with a reduced calorie diet and regular exercise, Plexus Lean is a great addition to a weight loss plan. If you are trying to lose weight, it is recommended to replace two meals per day with Plexus Lean. It is packed with satiating protein and fiber so you are less tempted to make impulsive, unhealthy food choices. Plexus has provided a sample seven-day meal plan for you to try which is available in the Virtual Office. The meal plan is a guide for choosing healthier, lower-calorie meals while incorporating Plexus Lean to support your weight loss[^] goals.

If I'm not trying to lose weight, will I still benefit from taking Plexus Lean?

Absolutely! Even if you are not looking to lose weight, Plexus Lean delivers protein that supports lean muscle growth and maintenance, vitamins and minerals necessary for a healthy lifestyle, and dietary fiber to support digestive health. Plus, it tastes great, mixes quickly, and is portable so it fits into your active lifestyle.

What's the advantage of bioavailable ingredients?

The vitamins and minerals found in Plexus Lean are in highly bioavailable forms so they are more easily absorbed and better utilized by the body.

Why is there 5-MTHF instead of Folic Acid?

Up to 39% of the population cannot utilize absorbed Folic Acid. Plexus Lean is formulated with the most bioavailable form that everyone can utilize. Folic Acid is a form of Vitamin B9, also known as Folate. It is vital for making red blood cells, the synthesis and repair of DNA and RNA, and aiding cell division and growth.

Is Plexus Lean safe?

Yes, Plexus Lean is safe. It contains no stimulants, antibiotics, artificial flavors, colors or preservatives, and is free from soy and gluten allergens.

Is it safe to take Plexus Lean while pregnant or breastfeeding?

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

Can Plexus Lean be used by children under the age of 18?

Plexus Lean is not recommended for use by children under 18 because the product was formulated to meet the nutritional needs of adults.

What flavor is the Plexus Lean?

Plexus Lean Whey comes in two delicious flavor options, Milk Chocolate and Creamy Vanilla. The Plexus Lean Family also includes a 100% vegetarian option that comes as a decadent Chocolate Mocha flavor.

Does Plexus Lean contain any allergens (Dairy, Egg, Peanut, Soy, Shellfish, Tree-Nut, Fish, and Wheat)?

Whey protein is a byproduct of milk. Although the whey we use contains very little lactose, it would not be suitable for those who have a dairy allergy. Plexus Lean Whey is free from egg, peanut, soy, shellfish, tree nut, fish and wheat allergens.

Is Plexus Lean Gluten Free and Non-GMO?

Yes.

Is there caffeine or any other stimulants in Plexus Lean?

No.

What is used to sweeten Plexus Lean?

Plexus Lean is free from artificial sweeteners. We use organic, sustainably grown coconut sugar, stevia (rebaudioside A) leaf extract, and natural flavors to create a delicious Milk Chocolate and Creamy Vanilla flavors.

Can I take Plexus Lean with other Plexus products?

Absolutely! Lean is a great addition to any Plexus regimen. We highly recommend using it with our TriPlex Combo. The effects of this combination are very beneficial to your overall health, and help you lose weight[^] while maintaining muscle.

Ingredient Glossary

A Word About Proteins

Before describing the details of our protein blend, a brief primer on the world of proteins may be helpful in order to gain a better understanding.

Protein

In the simplest terms, proteins are biological molecules made of chains of amino acids. The body uses amino acids to produce its own proteins which act as structural components of muscle and other tissues. Proteins also participate in a wide range of essential processes that include enzyme function, cell growth, and cell signaling. Proteins can come from both animal and plant sources.

Protein Concentrate

A form of supplemental protein powder made from a specific source, which contains 70-80% protein content. Protein concentrates are the most popular protein supplements on the market.

Protein Isolate

A purified version of a protein concentrate powder that contains 90% or more protein.

Plexus® Whey Protein Blend:

Protein

Proteins are biological molecules made of chains of amino acids. The body uses amino acids to produce its own proteins, which act as structural components of muscle and other tissues, and participate in a wide range of essential processes that include enzyme function, cell growth, and cell signaling.

Whey Protein

The main constituents of milk protein are casein and whey fractions. Whey is the soluble protein remaining after casein has been coagulated during the cheese making process. Whey is a complete protein source, abundant in essential amino acids, particularly branch chain amino acids like leucine. Whey protein is highly digestible and highly absorbable source of amino acids, which is why it is often the protein of choice for athletes who supplement protein in their diet for their recovery needs.

Whey Protein Concentrate

A form of supplemental protein powder made from a specific source, which contains 80% protein content. Protein concentrates are the most popular proteins supplements on the market.

Whey Protein Isolate

A purified version of a protein concentrate powder that contains 90% or more protein.

Prebiotic fiber:

Prebiotics promote the growth of beneficial bacteria, both those that are already established in the colon, as well as those externally administered as probiotic bacteria. Prebiotics are food ingredients which are indigestible in the upper GI tract and reach the colon, selectively promoting the growth and/or activity of certain bacteria in the colon that confers health benefits upon the host and increased host well-being.

Hydrolyzed Guar Gum (Naturally derived):

Partially hydrolyzed guar gum is a source of galactomannan fiber from cluster beans. It is an indigestible prebiotic fiber that has been shown to enhance the growth of helpful gut microbes *Bifidobacterium* and *Lactobacillus spp.*

Vitamin and Mineral Blend:

Vitamin A as beta carotene (Scientifically formulated) and retinyl palmitate (Scientifically formulated):

Vitamin A is a fat-soluble vitamin. It is derived from two sources: preformed retinoids and provitamin carotenoids. Vitamin A is involved in a range of functions the body; we need vitamin A for good vision and eye health, for a strong immune system, and for healthy skin and mucous membranes. Beta-carotene is a precursor of vitamin A, and a powerful carotenoid antioxidant. In the body, beta-carotene converts into vitamin A. Taking big doses of vitamin A could be toxic, but our body only converts as much vitamin A from beta-carotene as it needs. That means beta-carotene is considered a safe source of vitamin A.

Vitamin C (as ascorbic acid and ascorbyl palmitate) (Scientifically formulated):

Vitamin C is an essential water-soluble vitamin that has a wide range of functions in the human body. These include energy production, antioxidant, maintenance of connective tissue (tendons, cartilage, ligaments and blood vessel), skin, muscle and bone health, minor wound healing, brain and nerve function, immune health and assisting the absorption of iron. Ascorbyl palmitate is a fat-soluble form of vitamin C, which is better absorbed than ascorbic acid, the water-soluble form, and easy to be incorporated into cell membranes, protecting them from oxidative damage. It offers all the benefits of ascorbic acid.

Ingredient Glossary

Iron (as ferric orthophosphate) (Scientifically formulated):

Iron is an essential mineral found in the body. Most of the body's iron is found in the hemoglobin of red blood cells where it is necessary for its function of transporting oxygen throughout the body. Iron is also important for metabolism where it works as a co-factor for aerobic enzymes and a charge carrier in the mitochondria. Ferric orthophosphate is an absorbable form of iron that does not have an unpleasant taste that is common with other forms of iron.

Vitamin D3 (as cholecalciferol) (Scientifically formulated):

Vitamin D is a fat-soluble vitamin that has a variety of roles involving nearly every system of the body. The major function of vitamin D is to aid in the absorption of calcium and maintain normal blood levels of calcium and phosphorus. Vitamin D contributes to the reproductive system, the digestive system, bone and the immune system function. There are several forms of vitamin D, the form primarily utilized by the human body is cholecalciferol (vitamin D3), rather than ergocalciferol form (Vitamin D2). Cholecalciferol (vitamin D3) is used in Plexus® products.

Vitamin E (as d-alpha tocopherol succinate) (Naturally derived):

Vitamin E is an essential nutrient and a powerful antioxidant, important for cell and tissue health, which may have a role in blood flow, immune function and blood cell functioning and in protecting against cellular stress. There are a family of several naturally occurring compounds, four tocopherols (alpha, beta, gamma, and delta) with widely varying degrees of biological activity. The most active form is the "d" isomer of alpha-tocopherol. The succinate form of d-alpha tocopherol is used in Plexus products. Vitamin E in this product is derived from non-GMO sunflower oil.

Vitamin B1; Synonyms: Thiamine (as thiamine mononitrate) (Scientifically formulated):

Vitamin B1 plays a crucial role in certain metabolic reactions and functions as a co-enzyme in energy production and carbohydrate metabolism. Every cell of the body requires vitamin B1 to form adenosine triphosphate (ATP). Vitamin B1 is also essential for the proper functioning of nerve cells.

Vitamin B2; Synonyms: Riboflavin (as riboflavin 5-phosphate sodium) (Scientifically formulated):

Vitamin B2 is important for body growth and red blood cell production. It is involved in the body's production of energy, immune health as well as the healthy growth of hair, skin and nails, and important cofactor for formation of other B vitamins. Riboflavin-5-phosphate is the bioactive, tissue ready form of riboflavin.

Niacin; Synonyms: Vitamin B3 (as niacinamide) (Scientifically formulated):

Niacin is required for cell respiration and helps release the energy in carbohydrates, fats, and proteins. It supports proper circulation, healthy skin, nervous system, and digestion. Nicotinamide is a non-flushing form of vitamin B3.

Vitamin B6; Synonyms: Pyridoxine (as pyridoxal 5-phosphate and pyridoxine hydrochloride) (Scientifically formulated):

Vitamin B6 is a cofactor for enzymes that are involved in more than 100 reactions impacting the metabolism of protein, fats and carbohydrates. It is also involved in the synthesis of some neurotransmitters and helps maintain normal nerve function, and acts in the formation of red blood cells. Pyridoxal-5'-phosphate (PLP) is active form of B6.

Folic acid; Synonyms: Folate, Vitamin B9 (as L-methylfolate) (Scientifically formulated):

Folic acid is the supplemental form of folate, which is essential for cell replication and growth. Folic acid is important in the utilization of proteins (amino acids) and DNA synthesis. Folic acid also plays an important role in pregnancy. Dietary folate and folic acid both undergo conversion in the body to the active form tetrahydrofolate (THF), and then finally into L-methylfolate (5-MTHF) to be used in the body. 5-MTHF is the active form of folate.

Vitamin B12 (as methylcobalamin) (Scientifically formulated):

Vitamin B12 is needed for the function of all cells as it is required for normal cell growth and replication. Vitamin B12 also makes healthy blood cells and helps keep nerves working properly. Natural sources of this vitamin are only found in animal foods; vegetarians may not be getting enough vitamin B12. Methylcobalamin is a bioactive and bioavailable form, immediately ready to be used by our body.

Biotin; Synonyms Vitamin B7 (as d-biotin) (Scientifically formulated):

Biotin has an important role in metabolic function. It assists in metabolism of fatty acids and utilization of B vitamins. It is also important in energy producing steps during metabolism in the body.

Pantothenic Acid; Synonyms: Vitamin B5 (as calcium d-pantothenate) (Scientifically formulated):

Pantothenic acid has a role as a cofactor for enzymes involved in the metabolism of fats, carbohydrates and proteins, and in regulating the ability to cope with stress, due to its involvement in the synthesis of the neurotransmitter acetylcholine. It is also needed for the synthesis of cholesterol, vitamin D and some hormones.

Ingredient Glossary

Calcium (Natural):

Calcium is the most abundant mineral in our body. It is essential for the development and maintenance of strong bones and teeth, where about 99% of the body's calcium is found. Calcium also helps the heart, nerves, muscles, and other body systems work properly.

Magnesium (as magnesium hydroxide) **(Naturally derived):**

Magnesium is one of the most abundant minerals in the human body, with half of magnesium located in the bones and teeth. Magnesium is involved in over 300 enzymatic processes, contributes to energy production, and helps regulate levels of calcium, zinc, potassium, and other important nutrients in the body. Our magnesium is from natural marine source, which also contains over 50 trace minerals from the Irish Sea.

Zinc (as zinc citrate) **(Scientifically formulated):**

Zinc is an essential trace mineral that acts as a cofactor in approximately 300 different enzyme reactions, and contributes to our total physical and mental well-being, including immune system function, growth, bone strength, and cognitive function. Zinc citrate is among the best forms of chelated zinc, being more absorbable than zinc sulfate, zinc acetate, zinc gluconate, or zinc oxide.

Selenium (as L-selenomethionine) **(Scientifically formulated):**

Selenium is an essential trace mineral and a constituent of the antioxidant enzyme glutathione peroxidase, which is necessary for neutralizing free radicals. Selenium exerts important positive effects on normal cell function and cell development. Selenium supports health of the heart and immune system. Additionally, selenium supports thyroid function. L-selenomethionine consists of selenium chelated to the amino acid methionine and is biologically active in humans, providing a highly bioavailable form of selenium.

Copper (as copper citrate) **(Scientifically formulated):**

Copper is an essential trace mineral for bone health, connective tissue health, cardiovascular health, lipid metabolism, neurological health, and skin health. Copper is also important for natural antioxidant defense system. Copper activates a number of enzymes important to energy metabolism and assists in the formation of hemoglobin and red blood cells by facilitating iron absorption. Copper citrate is a highly bioavailable form of copper.

Iodine (as potassium iodine) **(Scientifically formulated):**

Iodine is an essential mineral nutrient. Iodine is the primary component of thyroid hormones which are responsible for the regulation of metabolism, as well as protein synthesis and many

enzymatic processes in the body. Thyroid hormone is important for early development with myelination of the developing nervous system. Potassium iodine is a common form of iodine that readily dissolves and is well absorbed.

Manganese (as manganese citrate) **(Scientifically formulated):**

Manganese is an essential trace mineral that helps activate and synthesize important enzymes and nutrients necessary for skeletal and connective tissue healthy and cellular integrity, energy production and immune function. Manganese citrate is a highly bioavailable form of manganese.

Molybdenum (as molybdenum glycinate) **(Scientifically formulated):**

Molybdenum is an essential trace mineral that is needed by the body for assisting enzymes in the breakdown of fats and carbohydrates, and required by the body to properly metabolize nitrogen. Molybdenum also supports the body's storage of iron and other cellular functions. Molybdenum glycinate is a nutritionally functional, highly absorbable form of molybdenum.

Iodized Sea Salt **(Naturally derived):**

Sea salt is a natural source of essential minerals sodium and chloride made from evaporated sea water. Sea salt contains traces of magnesium, calcium and potassium as well. Iodine is an essential trace mineral necessary for thyroid function and synthesis of thyroid hormone.

Potassium **(Natural):**

Potassium is an essential mineral important for the regulation of fluid balance, acid-base balance, and cell membrane function. It is involved in many physiologic processes including nerve impulse firing, and muscle contraction.

Coconut Palm Sugar **(Organic) (Natural):**

Palm sugar is a natural sugar derived from the sap of the flower bud stem of the coconut palm. According to the Sydney University Glycemic Index Research Service, coconut sugar has a glycemic index of 54, qualifying it as a low glycemic source of carbohydrate. Coconut palm sugar imparts a distinct caramel flavor with its sweetness to naturally enhance flavor while helping to contribute to a balanced carbohydrate composition found in a complete meal.

Sunflower (*Helianthus annuus*) Oil Powder **(Natural):**

Sunflower oil is extracted from the seeds of the sunflower, and is a neutral tasting plant oil rich in healthful unsaturated fatty acids. Sunflower oil provides a healthy source of dietary fats necessary to round out the balanced nutritional composition of a complete meal.

Ingredient Glossary

Natural Flavors (Natural):

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. Plexus Lean's natural flavors are uniquely blended to provide a classic milk chocolate and creamy vanilla flavor.

Flax (*Linum usitatissimum*) Seed Powder (Natural):

Flax seeds are an abundant source plant based omega-3 fatty acids and help to augment the healthy lipid profile in Plexus Lean™.

Sunflower Lecithin (Natural):

Lecithins are naturally occurring phospholipids that help to emulsify and suspend lipids to aid improve texture and ensure all ingredients dissolve into liquid well. Sunflower lecithin is less allergenic than more commonly used soy based lecithins.

Xanthan Gum (Natural):

Xanthan gum is a naturally occurring polysaccharide made from the fermentation of sugars. Small quantities help to stabilize solutions that are mixtures of water-soluble and fat-soluble ingredients to ensure an even consistency.

Protease Enzyme Blend (Natural):

Natural enzymes derived from *Aspergillus oryzae* and *Aspergillus niger* that have been added to enhance the digestion of whey protein and to help prevent gastrointestinal issues some may experience when ingesting high amounts of whey protein.

Stevia (*Stevia rebaudiana*) Leaf Extract (Natural):

Stevia is a perennial herb native to South America that has been used for centuries as a medicinal herb and a natural sweetener. The extract is prepared from the sweet-tasting leaves, and is standardized to 99% Rebaudioside A. The extract is then purified by filtration and crystallized into a compound that is typically 200 times sweeter than table sugar, and has zero-calories. Plexus® uses a 100% pure, Non-GMO *Stevia rebaudiana*.

Medium Chain Triglyceride Oil Powder (Natural):

Medium chain triglycerides naturally occur in palm and coconut oil. These shorter chain fats aid with the blending of other lipids like the flax seed and sunflower oils.

Cocoa Powder (Natural) (In the milk chocolate flavor only):

Cocoa powder is the fermented and dried seed of the cocoa tree. Cocoa is a naturally rich source of antioxidants, particularly procyanidins and flavonoids. Cocoa is a natural source of flavor, contributing the distinct chocolate taste the plant is known for.

Milk Chocolate

Nutrition Facts			
Serving Size 2 Scoops (40 g)			
Servings Per Bag 14 Meals			
Amount Per Serving	Powder	w/ 8 fl. oz. Nonfat Milk	
Calories	170	250	
Calories from Fat	50	50	
			% Daily Value**
Total Fat 6 g	9%	9%	
Saturated Fat 2 g	10%	10%	
Trans Fat 0 g			
Polyunsaturated Fat 1 g			
Monounsaturated Fat 2.5 g			
Cholesterol 35 mg	12%	13%	
Sodium 140 mg	6%	10%	
Potassium 250 mg	7%	18%	
Total Carbohydrate 14 g	5%	9%	
Dietary Fiber 5 g	20%	20%	
Sugars 5 g			
Protein 15 g	30%	47%	
<hr/>			
Vitamin A	6%	15%	
Vitamin C	15%	15%	
Calcium	10%	40%	
Iron	15%	15%	
Vitamin D	10%	40%	
Vitamin E	10%	10%	
Thiamin	15%	25%	
Riboflavin	20%	45%	
Niacin	25%	25%	
Vitamin B6	10%	15%	

Amount Per Serving	Powder	w/ 8 fl. oz. Nonfat Milk	
			% Daily Value**
Folate	10%	15%	
Vitamin B12	4%	25%	
Biotin	8%	10%	
Pantothenic Acid	2%	10%	
Phosphorus	8%	30%	
Iodine	25%	60%	
Magnesium	8%	15%	
Zinc	10%	15%	
Selenium	10%	20%	
Copper	25%	25%	
Manganese	50%	50%	
Molybdenum	25%	35%	

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Ingredients: Whey protein blend (whey protein concentrate, whey protein isolate), hydrolyzed guar gum, sunflower oil, organic coconut palm sugar, cocoa powder (processed with alkali), natural flavors, sunflower lecithin, medium chain triglyceride oil powder, flaxseed powder, xanthan gum, guar gum, iodized sea salt, protease enzyme blend (*Aspergillus niger*, *Aspergillus oryzae*), stevia (rebaudioside A), magnesium (magnesium hydroxide), vitamin E (d-alpha tocopherol), vitamin C (ascorbic acid, ascorbyl palmitate), iron (ferric orthophosphate), zinc (zinc citrate), niacin (niacinamide), iodine (potassium iodide), manganese (manganese citrate), copper (copper citrate), biotin (d-biotin), selenium (l-selenomethionine), vitamin A (beta carotene, retinyl palmitate), molybdenum (molybdenum glycinate), riboflavin (riboflavin 5-phosphate), vitamin D3 (cholecalciferol), pantothenic acid (calcium d-pantothenate), thiamin (thiamin mononitrate), vitamin B6 (pyridoxal-5 phosphate, pyridoxine hydrochloride), vitamin B12 (methylcobalamin), folate (L-methylfolate, calcium)

Contains: Milk

Creamy Vanilla

Nutrition Facts			
Serving Size 2 Scoops (39 g)			
Servings Per Bag 14 Meals			
Amount Per Serving	Powder	w/ 8 fl. oz. Nonfat Milk	
Calories	170	250	
Calories from Fat	50	50	
			% Daily Value**
Total Fat 6 g	9%	9%	
Saturated Fat 2 g	10%	10%	
Trans Fat 0 g			
Polyunsaturated Fat 1 g			
Monounsaturated Fat 2.5 g			
Cholesterol 35 mg	12%	13%	
Sodium 135 mg	6%	10%	
Potassium 140 mg	4%	15%	
Total Carbohydrate 14 g	5%	9%	
Dietary Fiber 5 g	20%	20%	
Sugars 6 g			
Protein 15 g	30%	47%	
<hr/>			
Vitamin A	6%	15%	
Vitamin C	15%	15%	
Calcium	10%	40%	
Iron	10%	10%	
Vitamin D	10%	40%	
Vitamin E	10%	10%	
Thiamin	15%	25%	
Riboflavin	20%	45%	
Niacin	25%	25%	
Vitamin B6	10%	15%	

Amount Per Serving	Powder	w/ 8 fl. oz. Nonfat Milk	
			% Daily Value**
Folate	10%	15%	
Vitamin B12	4%	25%	
Biotin	8%	10%	
Pantothenic Acid	2%	10%	
Phosphorus	6%	30%	
Iodine	25%	60%	
Magnesium	6%	15%	
Zinc	10%	15%	
Selenium	10%	20%	
Copper	25%	25%	
Manganese	50%	50%	
Molybdenum	25%	35%	

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Ingredients: Whey protein blend (whey protein concentrate, whey protein isolate), hydrolyzed guar gum, sunflower oil, organic coconut palm sugar, natural flavors, sunflower lecithin, medium chain triglyceride oil powder, flaxseed powder, xanthan gum, guar gum, iodized sea salt, protease enzyme blend (*Aspergillus niger*, *Aspergillus oryzae*), stevia (rebaudioside A), magnesium (magnesium hydroxide), vitamin E (d-alpha tocopherol), vitamin C (ascorbic acid, ascorbyl palmitate), iron (ferric orthophosphate), zinc (zinc citrate), niacin (niacinamide), iodine (potassium iodide), manganese (manganese citrate), copper (copper citrate), biotin (d-biotin), selenium (l-selenomethionine), vitamin A (beta carotene, retinyl palmitate), molybdenum (molybdenum glycinate), riboflavin (riboflavin 5-phosphate), vitamin D3 (cholecalciferol), pantothenic acid (calcium d-pantothenate), thiamin (thiamin mononitrate), vitamin B6 (pyridoxal-5 phosphate, pyridoxine hydrochloride), vitamin B12 (methylcobalamin), folate (L-methylfolate, calcium)

Contains: Milk