

plexus  
**Lean**™

Delicious Meal,  
Healthy Snack.





## Fuel up, **Lean** up.

It's not always easy to fit a well-balanced meal into your day. A busy lifestyle begs for quick, convenient options, but too many choices fall short on taste, texture, health benefits, quality of ingredients—or all of the above! Believe it or not, it is possible to find a healthy, mouthwatering option and still lose weight. Why choke down a chalky, sub-par shake when there's a better alternative—one that's healthy, delicious, and will help you reach your goal weight?

Enter Plexus Lean™. Lean is the 100% vegetarian meal replacement that fuels your body in all the right ways and helps you reach your weight loss goals—without making any compromises. Plexus Lean contains 20 grams of luxuriously smooth pea and rice protein, 24 highly bioavailable and bioactive vitamins and minerals, prebiotic fiber, and leucine, all in a delicious shake free from GMOs and common allergens like soy, gluten, and dairy.

With a smooth, delectable chocolate mocha flavor, Lean is nutrition you'll want to reach for, any time of day!





## Lose the Weight, Keep the Muscle

Plexus Lean™ is nutrient-dense and packed with protein and fiber to leave you feeling fuller, longer. Because it's a healthy way to help keep your appetite in check, Lean can help you achieve a healthier weight. When most people 'diet' they restrict calories by skipping meals. An unintended result is that you may lose muscle mass and retain fat!

Because Lean contains 20 grams of protein and 7 grams of fiber, you can cut calories, not be hungry and lose weight while still holding on to metabolism-boosting lean muscle, even on a

vegetarian diet. Unlike many plant-based protein powders, Lean provides all essential amino acids including two grams of leucine per serving for muscle support.

It all adds up to a healthier, leaner you.

## Lean into Gut Health

Plexus Lean™ is specifically formulated to be good for your gut, with 7g of dietary fiber per serving including FOS, GOS and XOS – prebiotic fibers that work to selectively feed beneficial microbes in your gut microbiome. It's gut health, in a glass.





Pea, quinoa, chia and millet protein pack a satisfying punch while natural cocoa powder lends a rich, chocolatey flavor.

## Ingredients Every Body Needs

Plexus Lean™ gives your body everything it needs to feel satisfied, energized, and ready to take on the world.

- 20 grams of Non-GMO vegetarian protein from pea, rice, and six ancient grains (sacha inchi, amaranth, quinoa, buckwheat, millet, chia)
- Powered with highly bioactive forms of B-Vitamins, 5-MTHF folate, Calcium, Potassium, Vitamins A, D and E, Zinc and more
- Healthy source of Alpha Linolenic Acid (ALA), a plant-based Omega-3 fatty acid
- High in protein and fiber
- Cholesterol free food
- 2 grams of leucine for muscle support
- 7 grams of dietary fiber including FOS, GOS and XOS for digestive system support
- 100% vegetarian & Non-GMO
- Free from common allergens including soy, gluten, and dairy
- No artificial flavors, colors, sweeteners or added preservatives

Eat Healthy.  
Feel Healthy.  
Be Healthy.



Try Lean risk-free  
for 60 days or your  
money back!



plexus®

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