Prebiotics like the ones contained in Slim, can increase good microbes after just a few days of daily use. These microbes can return to unbalanced levels within a week if you skip your daily dose of the prebiotics in Slim!◊*

Slim's weight loss benefits are better than ever. Slim increases *Akkermansia*—a remarkable microbe, which positively impacts disrupted metabolism associated with being overweight—by 250 times. Slim also increases production of short-chain fatty acids, like butyrate (which regulates energy metabolism) and propionate (which may play an important role in appetite regulation).◊*

The chromium and chlorogenic acid found in the green coffee bean in Slim, work together to help support healthy glucose metabolism. Slim helps you lose weight, and the results are clinically demonstrated in a placebo-controlled study of 175 participants.*1

**WEIGHT MANAGEMENT**

**A GUT HEALTH CRISIS**

Real health begins in your gut. The delicate balance of good and bad microbes in your gut (your “microbiome”) can affect everything from your mood, to your immune system, to your weight. 70% of your immune system cells are linked to your gut and 90% of mood boosting serotonin is produced in your gut, where essential vitamins like B12, folate, and good microbes like *Akkermansia*—can thrive.

Unfortunately, your gut microbiome’s balance can be impaired by any number of factors—poor diet, high stress levels, artificial sweeteners, antibiotics, soda, processed foods, lack of exercise, or poor sleep habits (just to name a few).

This imbalance, referred to as dysbiosis, can cause problems that affect your daily life, like bloating, constipation, bad breath, and excess gas. No one wants to deal with that!

**HOW SLIM WORKS**

Plexus Slim is a patent pending health drink your body has been waiting for, with prebiotics to support microbiome health, exciting weight loss benefits and a refreshing raspberry, lemon, watermelon flavor.◊*

Plexus Slim can help your gut thrive. Packed with powerful ingredients, including the clinically demonstrated prebiotic Xylooligosaccharide (XOS), Slim increases beneficial microbes—increasing *Lactobacillus* by 365x and *Bifidobacterium* by 290x.◊*

Prebiotics like the ones contained in Slim, can increase good microbes after just a few days of daily use. These microbes can return to unbalanced levels within a week if you skip your daily dose of the prebiotics in Slim!◊*

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**WEIGHT LOST IN 8 WEEK TRIAL USING PLEXUS SLIM™**

**WEIGHT LOST (LBS)**

PLEXUS SLIM -7.2 LBS

PLACEBO -5.4 LBS

**PLACEBO**

-0.2 LBS

**PLEXUS SLIM**

-3.1 LBS

-5.4 LBS

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* The results of an in vitro human gut simulator study suggest that Slim’s formula may have several beneficial effects. Further research, including research conducted in humans, is needed to confirm these preliminary findings.

*1 Participants in an independent, randomized, double-blind, placebo-controlled, human clinical study, who used one pack of Slim twice a day lost an average of 5.45 pounds in 8 weeks, while the placebo group lost an average of 3.12 pounds. There was a trend to weight decrease with Slim group (p=0.059).
**MICROBIOME ACTIVATING FORMULA**

Slim's new formula is microbiome activating and is designed to help your gut thrive. Slim has been tested in an independent, highly advanced and scientifically validated *in vitro* study created to mimic the gastrointestinal system. This study demonstrated Slim's ability to help beneficial microbes flourish in the gut, improving your overall health.◊*

Here's what they found:

- **Our clinically demonstrated prebiotic Xylooligosaccharide (XOS) works to feed the good gut microbes increasing *Lactobacillus* by 365 times and *Bifidobacterium* by 290 times.◊**
- **Slim increases *Akkermansia* – an amazing microbe, which positively impacts disrupted metabolism associated with being overweight by 250 times.◊**
- **Increases metabolism boosting short chain fatty acids – butyrate by up to 58% and propionate by up to 25%.◊**

Slim helps feed your gut friendly microbes, so your microbiome can stay balanced, while also helping you lose weight safely and effectively.◊*

**SLIM'S PRIMARY BENEFITS**

- Clinically demonstrated to help you lose weight*
- Promotes the growth of good gut microbes**
- Increases *Lactobacillus* by 365 times and *Bifidobacterium* by 290 times – contributes to overall health*†
- Increases the metabolism enhancing *Akkermansia* microbes by 250 times\*†
- Supports healthy glucose metabolism*

**PLEXUS SLIM’S ADVANTAGE**

- Clinically studied XOS prebiotic
- Patent pending formula
- Delicious raspberry, lemon, watermelon flavor
- 5 Calories
- No artificial sweeteners, flavors or colors
- 30 single serve packets for on-the-go convenience
- Gluten Free, 100% Vegetarian, Non-GMO

**WHO SHOULD USE THIS PRODUCT?**

Plexus Slim® is a premium health drink that promotes both gut health and weight loss. If you’re looking to be healthier, happier, and slimmer, then Plexus Slim is for you.*

**DID YOU KNOW?**

Dysbiosis includes bad breath, bloating, gas, constipation, moodiness and anxiety. If these conditions go unnoticed things like digestive problems, skin conditions, and mood fluctuation may occur.²

Diet sodas can actually lead to weight gain, as they can trigger overeating and fat storing responses in the body.³

**FREQUENTLY ASKED QUESTIONS**

**What is Plexus Slim?**

Plexus Slim is the delicious way to promote overall health and lose weight. Slim supports healthy glucose metabolism and helps good microbes thrive which keeps your gut microbiome healthy.*

**When is the best time to drink Plexus Slim?**

If you want to lose weight, drink Slim 30 minutes before a meal. If you want to support your gut microbiome, enjoy Slim at any time of the day! Simply pour one packet of Slim into a glass of water or water bottle, mix, and enjoy!

**How many Plexus Slims can I drink per day?**

You can enjoy Slim up to two times a day.

**How much water should I use with Plexus Slim?**

Each packet of Slim can be mixed into 12-20 ounces of water.

**Should Plexus Slim® be added to hot or cold water?**

Slim is meant to be a refreshing drink, and its best added to cold water. We don’t recommend adding Slim to hot water, as hot water could affect the stability of Slim’s green coffee extract, making it less effective.

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Can you tell me about the new study that was done on Plexus Slim®?

We wanted to see what Slim can really do, so we put it through rigorous, testing procedures. In a highly advanced, in vitro study created to mimic the human gastrointestinal system, Slim's powerful microbiome activating formula was tested, which produced astounding results.*

Here’s what they found:

- Increases friendly microbes called Akkermansia – a remarkable microbe, which positively impacts disrupted metabolism associated with being overweight by 250 times.*,◊
- Increases Lactobacillus by 365 times and Bifidobacterium by 290 times – microbes that contribute to your overall health.*,◊
- Increases butyrate by up to 58% and propionate by up to 29% – Short-chain fatty acids that help regulate your metabolism.*

What is the prebiotic in Plexus Slim and how is it beneficial to me?

Xyooligosaccharides (XOS), Slim’s incredible prebiotic, is a fiber that friendly microbes love to eat. XOS has been clinically shown to improve intestinal microflora for enhanced health and well-being. In a double-blind, randomized, placebo-controlled study conducted by researchers at the University of California at Los Angeles (UCLA), daily doses of XOS (as low as 1 gram) were found to significantly improve gut microbiota balance, promoting growth of more species of good gut microbes, while reducing bad microbes, thereby, promoting intestinal 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 fibers that make their way through our digestive system and help good microbes grow and flourish. Prebiotics are non-absorbable fibers like fructo-, xylo- and oligo-saccharides, and inulin, which can be found naturally occurring in whole grains, chicory root, onions, leeks, fruits and legumes. Prebiotics act as a fertilizer, selectively feeding good microbes in the gut and assisting in their growth. This leads to benefits for your overall well-being and health. Nearly everyone needs prebiotics to experience optimal health, particularly those who don’t get enough from their diet.*

Have we enhanced the quality of ingredients in Plexus Slim?

Absolutely. The ingredients in the new Slim were specifically qualified by our in-house Quality Assurance department using world-class quality standards. Each material is rigorously tested for purity and potency by Plexus Worldwide® before ever being selected for use. The difference in this hands-on approach and dedication to ingredient quality ensures that you can feel confident in the purity and potency of Slim’s ingredients.

Do I need to keep taking Plexus Slim to keep the microbiome benefits?

If you stop drinking Plexus Slim every day, the improvements in your gut can start to disappear in as little as a week. So it’s best to take Slim every day.*

Will I experience any side effects when I start drinking Plexus Slim?

In certain people, supplementing with prebiotics could cause temporary gas and bloating. One way to avoid this is to ease into Slim. We recommend starting with 1/2 stick per day for the first week, 1 stick for the second week and up to 2 sticks per day after the second week. Of course you can do more or less depending on how your body reacts. Your gut microbes should adapt to prebiotic supplementation over time, which will help relieve any discomfort. For additional information, see the Product Use Recommendation Shareable (not attached).*

Is there a clinical study on Plexus Slim for weight loss?

Yes! Plexus Slim has been scientifically demonstrated to promote weight loss. In a double-blind, placebo-controlled, randomized study of 175 subjects, Slim helped study participants lose over 5 pounds in 8 weeks.†

What is the difference between the original Slim and the new Slim?

As much as we loved the original Slim, we love the new Slim even more. We have developed a new world-class standard for ingredient and supplier qualification that ensures that the new Slim ingredients are better than ever! We’ve also added a unique and powerful clinically tested prebiotic, so your gut will be healthier while still enjoying those great weight loss benefits. Also, it has a new, delicious flavor we can’t get enough of (raspberry, lemon, watermelon for the win!). It’s more soluble, so it dissolves more easily in your water bottle (you can enjoy it sooner). Gut health, weight loss, and great taste—what more could you want?**

Why does the new Slim stick feel lighter? Is there less good stuff in Slim?

We have formulated Slim to be even more potent and efficacious than ever. Each ingredient was carefully designed to be the most concentrated and efficacious form possible with minimal fillers.

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and other ingredients that you don’t want or need. We are still delivering the same levels of our great bioactives, but with even fewer calories than before. Slim now has only 5 calories, not 10!

**If I’m not trying to lose weight, will I still benefit from taking Plexus Slim®?**

Absolutely! Plexus Slim is a delicious health drink with amazing microbiome benefits. Even if you are not looking to lose weight, Slim delivers prebiotics that promotes the growth of good gut microbes and supports a healthy glucose metabolism. You are drinking your way to a healthier and happier gut!*◊*

**Is Plexus Slim safe?**

Yes, Plexus Slim is safe to drink.

**Is it safe to drink Plexus Slim while pregnant or breastfeeding?**

If pregnant or nursing, consult your physician prior to use.

**Can Slim be used by children under the age of 18?**

Slim is not recommended for use by children under 18.

**What flavor is the Plexus Slim?**

Plexus Slim is a delicious raspberry, lemonade, watermelon flavor.

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

No.

**Is Plexus Slim gluten free, 100% vegetarian and Non-GMO?**

Yes.

**Can I take Plexus Slim with other Plexus® products?**

Absolutely! Slim is the perfect complement to other Plexus products. The general guidelines below are for anyone who wants to simplify their supplement routine. These are just suggestions, and ultimately as everyone’s body is unique, you should do what works best for your body and lifestyle.

<table>
<thead>
<tr>
<th>3X DAILY GUIDELINES</th>
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<tr>
<td>AM OR WITH MEAL</td>
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<tr>
<td>XFactor Plus</td>
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<tr>
<td>VitalBiome+</td>
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<tr>
<td>[Accelerator+ or Boost]</td>
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<td>[Nerve]**</td>
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**May be taken AM, before meal, or before bed**

**Is there caffeine or any other stimulants in Plexus Slim?**

The chlorogenic acid in Slim is extracted from green coffee bean, and it contains less than 2% natural caffeine, which is negligible.

**Is Akkermansia in the new Slim or already in your gut?**

Akkermansia is a beneficial bacterium that is already present in your gut. Plexus Slim’s new formula with XOS helps feed good microbes and has been shown in a preliminary study to increase Akkermansia levels by up to 250 times.*◊*

**Is Chromium safe?**

Many human studies have demonstrated the safety of daily doses of up to 1,000 mcg of chromium and Slim has 200 mcg. Scientific authorities and professional associations, including Institute of Medicine (IOM) and National Research Council (US), and the Council for Responsible Nutrition (CRN), have stated that the clinical trial data are sufficient to indicate safety for chromium supplements at levels of up to 1,000 mcg per day for healthy adults.

**Is the mulberry extract mixed with the raspberry, lemon, and watermelon to create the flavor profile?**

Mulberry is used in Slim to help enhance the flavor.

**What are the natural flavors in Plexus Slim®?**

The natural flavors in Plexus Slim are raspberry, lemon, and watermelon.

**If I’m allergic to raspberry, lemon, and watermelon can I still drink Plexus Slim?**

Plexus uses flavors that are extracted from actual fruit. Typically, the proteins that could cause an allergic reaction would be removed during extraction. The possibility of an allergic reaction is very small; however, we recommend that if you have an allergy to any of these fruits, please consult your physician prior to use.

**What is the fruit and vegetable concentrate for color in Plexus Slim?**

The fruit and vegetable concentrate in Plexus Slim for color is the following:

- Beetroot extract (Beta vulgaris)
- Sweet potato concentrate (Ipomoea batatas L.)
- Radish concentrate (Raphanus sativus)
- Cherry concentrate (Prunus avium)
- Apple concentrate (Malus domestica)

**What is the exact source with the XOS in Plexus Slim?**

The XOS in Plexus Slim is derived from Non-GMO corn.

**Is there a corn derived ingredient in Plexus Slim?**

XOS is derived from Non-GMO corn. If you’re allergic to corn, please consult your physician prior to use.

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The results of an in vitro human gut simulator study suggest that Slim’s formula may have several beneficial effects. Further research, including research conducted in humans, is needed to confirm these preliminary findings.
**INGREDIENT GLOSSARY**

**NATURAL INGREDIENTS**
Our number one priority is to use natural, Non-GMO ingredients in our products whenever possible. Ingredients in this category are primarily obtained directly from a natural source, or they may be obtained through an extraction process. Such reactions do not significantly alter the chemical structure of the original natural ingredient. White Mulberry is a good example.

The mineral ingredients that we use are also categorized as natural ingredients. Minerals are natural elements of the earth, and some are dietary essentials for good health. Sometimes, minerals must be purified and bound to specific carriers to enhance their bioavailability and digestibility. When a mineral source has a carrier, it is noted in the Nutritional Products Ingredient Glossary. Mineral carriers include natural compounds like mineral salts, organic acids, and protein/amino acids.

**NATURALLY DERIVED INGREDIENTS**
Although an ingredient may be found in nature, it may not occur in a concentration that is high enough for our high potency formulations. Fortunately, such ingredients can often be derived from natural sources through a series of chemical processes.

Naturally derived also includes ingredients originating from natural sources which undergo significant modifications so that their final form is structurally and functionally different from the starting material. Although properties of such ingredients have been changed, they are extensively tested for safety and efficacy. This subcategory of “naturally sourced” ingredients includes Cellulose gum which is a natural plant fiber, originating from wood pulp. In this case it is custom tailored by a series of chemical modifications so that it takes on different properties that make it functionally advantageous to certain products.

**SCIENTIFICALLY FORMULATED INGREDIENTS**
Sometimes, a sufficiently concentrated source of an ingredient cannot be found in nature, nor can it be derived from natural sources. In these instances, advances in nutritional technology allow us to use highly bioavailable ingredients formulated from biochemical building blocks. Whenever we use these types of ingredients, they are tested thoroughly to ensure bioavailability, safety, purity, and potency. Chromium polynicotinate is a good example.

**SLIM INGREDIENTS**

**Xylooligosaccharides (XOS) (Naturally derived)**
XOS is a prebiotic fiber that feeds good bacteria. XOS is derived from a Non-GMO corn-derived form of oligosaccharide called Xylooligosacchaide. In a double-blind, randomized, placebo-controlled study, researchers at the University of California at Los Angeles (UCLA) found that daily doses of XOS as low as 1 gram strongly fosters the growth of bifidobacteria and other good gut microbes, while helping reduce bad bacteria in healthy people. XOS is effective in promoting the intestinal health and is found in Plexus Slim*. **

**Green coffee bean extract (Natural)**
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. Chlorogenic acid is a phytochemical that acts as an alpha-glucosidase inhibitor. That means that Chlorogenic acid can help maintain healthy blood glucose already in the normal range. Chlorogenic acid may also induce body fat loss via increasing body heat produced. Plexus Slim uses a Non-GMO green coffee bean extract standardized to 50% Chlorogenic acid and less than 2% of natural caffeine.*

**Garcinia Cambogia (Garcinia Cambogia Desr) fruit extract (Natural)**
Garcinia Cambogia is a citrus fruit tree that grows in Southeast Asia. Plexus uses a standardized extract from the fruit rind that contains a phytonutrient called hydroxycitric acid (HCA), which is bioactive compound. Plexus Slim uses a Non-GMO Garcinia Cambogia extract.

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Chromium polynicotinate (Scientifically formulated)
Chromium polynicotinate is a combination of chromium and niacin. This form of chromium has been found to be a more bioavailable source. Chromium is an essential trace mineral that supports energy and healthy glucose metabolism. Chromium polynicotinate also helps facilitate glucose transport into cells.*

Alpha Lipoic Acid (ALA) (Scientifically formulated)
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 and E and glutathione. Alpha Lipoic Acid is found in Plexus Slim and Plexus Nerve.*

Citric acid (Naturally derived)
Citric acid can be found naturally in citrus fruits such as lemons and oranges. It is used to enhance the flavor of foods and beverages. Plexus citric acid is Non-GMO.

White Mulberry (Morus Alba) fruit extract (Natural)
White mulberry fruit has a long history of medicinal use in China and Europe, and contains health promoting phytonutrients. White mulberry extract is considered a superfood and a potent antioxidant. Plexus uses Non-GMO version of White Mulberry which is found in Plexus Slim.*

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.

Beet (Beta vulgaris) root extract (Natural)
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 color in Plexus Slim.

Cellulose gum (Naturally derived)
Cellulose gum comes from natural cellulose obtained from wood pulp and cotton fibers. A natural, Non-GMO version of cellulose is modified to form a gum that helps give a well-rounded mouth feel in Plexus Slim.

Silicon dioxide (Scientifically formulated)
Silica is one of the most abundant minerals on earth. In Plexus Slim, the form used is a food grade Silica that is ultra-pure and free of contaminants and helps powders mix more easily.

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SOURCES
2 http://www.saragottfriedmd.com/dysbiosis-symptoms-and-conditions/

XOS CLINICAL STUDY REFERENCES


