

plexus®

2019

Slimdown

— challenge —

A HAPPIER YEAR.
A HEALTHIER YOU.



Your guide to the Plexus® 2019 Slimdown Challenge™



2019 *Slimdown* – challenge –

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HEALTH, HAPPINESS AND AMAZING PRIZES!



Grand Prize

2 WINNERS

- Winner and guest receive a luxury vacation package.
- Trip for two to Convention including airfare, lodging and \$300 cash.
- Pre-Convention makeover and photo shoot (winner only)
- VIP Convention Experience

Finalist

20 WINNERS

- \$1,000
- Convention ticket
- Special Convention Experience

Semi-Finalist

38 WINNERS

- \$500
- Convention Ticket
- Special Convention Experience

Accountability “Power” Partners

- Convention ticket
- Gift bag of health and fitness products



30 Day Check-In \$500 Drawing

Check in with us at 30 days and share your progress.
You'll be entered to win a \$500 gift card given away each week.

Staying consistent has it's rewards!

View Slimdown terms and conditions [here](#)

THREE STEPS TO GET STARTED!



1 Subscription

Existing Ambassadors or Customers must have two consecutive (back-to-back months) Subscription orders, between December 19, 2018 and April 30, 2019. Each qualifying Subscription Order must contain a minimum of \$135 in Weight Management or Nutrition products.

New Ambassadors enrolling can choose a \$199 Welcome Pack as a qualifying order with a \$135 Subscription Order to follow.

2 Registration

Once your Subscription is set or your qualifying Welcome Pack purchased, all that's left to do is log into your account and complete registration! Make sure you have an Accountability "Power" Partner ready to help you achieve success!

Not yet a Plexus® Preferred Customer?

No fear! The Slimdown Challenge registration will get you set up.

Already a Preferred Customer?

Great! The Slimdown Challenge registration will confirm your eligibility.

3 Get Started

Once you've registered and chosen your start date, you have 60 days to reveal the new you!

WEIGHT LOSS FROM THE INSIDE, OUT*.

Weight Management and Nutrition Products



Plexus Slim® Microbiome Activating

Drinking pink is easier than you think. Plexus Slim is clinically demonstrated to help you lose weight.*+



Plexus Slim Hunger Control

Slim Hunger Control is specially formulated to help you feel full longer and shed extra pounds by reducing your desire to overeat.*+



Plexus XFactor Plus™

XFactor delivers a high-potency B vitamin complex, and a gut-protecting polyphenol blend. It's the multivitamin—redefined.◇*



Plexus VitalBiome™

VitalBiome is a revolutionary probiotic with ingredients that help improve your health and your mood!*



Plexus Lean™

Plexus Lean is a protein-packed meal replacement that delivers nutrition, weight loss[†] benefits and energy in delicious whey or vegetarian options.



MetaBurn™

MetaBurn is a multi-action blend that helps boost metabolism, helps burn stubborn fat from hips, thighs and waist, and helps support healthy energy and mood.^*



Plexus® ProBio 5

Plexus ProBio 5 is formulated to promote optimal gut health and to balance intestinal yeast.*



Plexus Block™

Plexus Block contains clinically tested ingredients to work immediately to block the absorption of up to 48% of carbs and sugars from your meal.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

+Participants in an independent, randomized, double-blind, placebo-controlled, human clinical study who used one pack of Slim a day lost an average of 5.45 pounds in 8 weeks, while the placebo group lost an average of 3.12 pounds. Although this difference was not statistically significant ($p=0.05$), there was a trend to weight decrease with Slim group ($p=0.059$).

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

◇The results of an in vitro human gut simulator study suggest that the polyphenol blend in XFactor Plus may have several beneficial effects. Further research, including research conducted in humans, is needed to confirm these preliminary findings.

WEIGHT LOSS FROM THE INSIDE, OUT*.

Weight Management and Nutrition Products *continued...*



Plexus Accelerator+™

Plexus Accelerator+ helps boost the body's metabolic rate and burn fat more efficiently with active ingredients like Higenamine and Green Tea Extract.*



Plexus Bio Cleanse™

Plexus Bio Cleanse helps get your digestion on track by speeding up the removal of harmful microbes and substances to support your body's natural detoxification process.*



Plexus MegaX®

Plexus MegaX is a full spectrum plant-based Omega that delivers the heart-healthy benefits of fish oil, without the unpleasant aftertaste.*



Plexus Boost™

Plexus Boost is a traditional hunger suppressant with a proprietary blend of botanicals and super foods.*



Plexus Nerve™

Plexus Nerve is a specially formulated combination of vitamins, minerals, herbs, and amino acids to help support healthy nerve cells and nervous system.*



Plexus Edge®

Plexus Edge® is the solution to your personal energy crisis. Edge gives you healthy, sustained energy and increased mental focus.*



Plexus 96®

Available in vanilla and chocolate, the P96 protein shake has been designed to deliver healthy, sustained energy with 15 grams of high-quality whey protein.*



Plexus Ease®

Plexus Ease capsules are designed to soothe away the daily discomforts that result from your active lifestyle. With the specially formulated ingredients in Ease, you will notice your discomforts easing away.*

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WEIGHT LOSS FROM THE INSIDE, OUT*.

Weight Management and Nutrition Products *continued...*

Convenient Combos

Most of our weight management and nutrition products are available as combinations based on your specific needs and goals. And you'll save some extra money too!



Plexus TriPlex™ Microbiome Activating

The clinically demonstrated TriPlex System works in 3 ways to remove, restore and rebalance your body to help get your gut back into balance.*



Plexus Triplex Hunger Control

This clinically-demonstrated combo helps you achieve your weight loss goals by reducing your desire to overeat and promoting optimal gut health.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

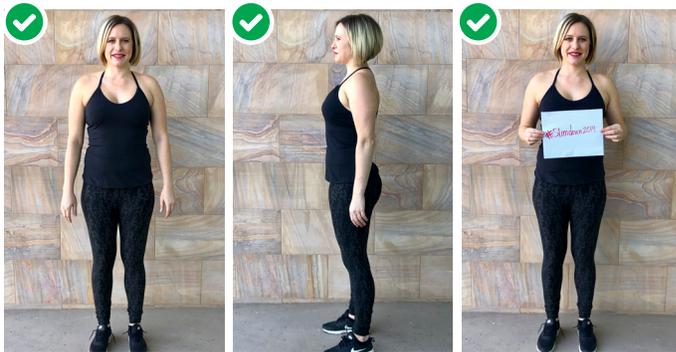
YOUR NOT-SO-SELFIE GUIDE

Once you've registered, be sure to take your three before photos:

1. Front: facing the camera. **2. Profile:** facing to your right. **3. Hashtag:** On a large piece of paper, write in bold print: #Slimdown2019. Take a picture of yourself with the sign.

Be sure to save these pics on your phone or computer because you **MUST** have them at the end of your 60 days!

Follow these other simple do's and don'ts to snap the best pic:



What you should do:

- Wear tight-fitting athletic gear.
Girls: Athletic bra or tank top and shorts or yoga pants
Guys: Shirt and shorts
- Ask a friend to take your photo for best results
- This challenge is all about you! Take your picture with a bare wall in the background.
- Make sure your room is well-lit. You'll want to make sure we can see your face and your image is high quality.
- Be consistent! Make sure that your before and after pictures are as near to identical as possible. Use the same; pose, lighting, clothing, location and camera angles.
- In addition to a photo facing the camera and a profile photo facing to your right, don't forget to include a third photo holding up a sign with the hashtag #Slimdown2019.



What you should NOT do:

- Don't wear loose clothes or cover your face – we need to see you to judge your results!
- Don't take a selfie or a picture in the mirror.
- Avoid backlit, busy backgrounds.
- Don't use a low-quality, pixelated photo.

How to write your Slimdown story

Your weight loss journey is about so much more than your workout routine.

- Why did you decide to participate?
- Was it fun?
- What does it mean to you?
- Did you ever want to give up?
- How did you feel when you started?
- How did this experience change your life?

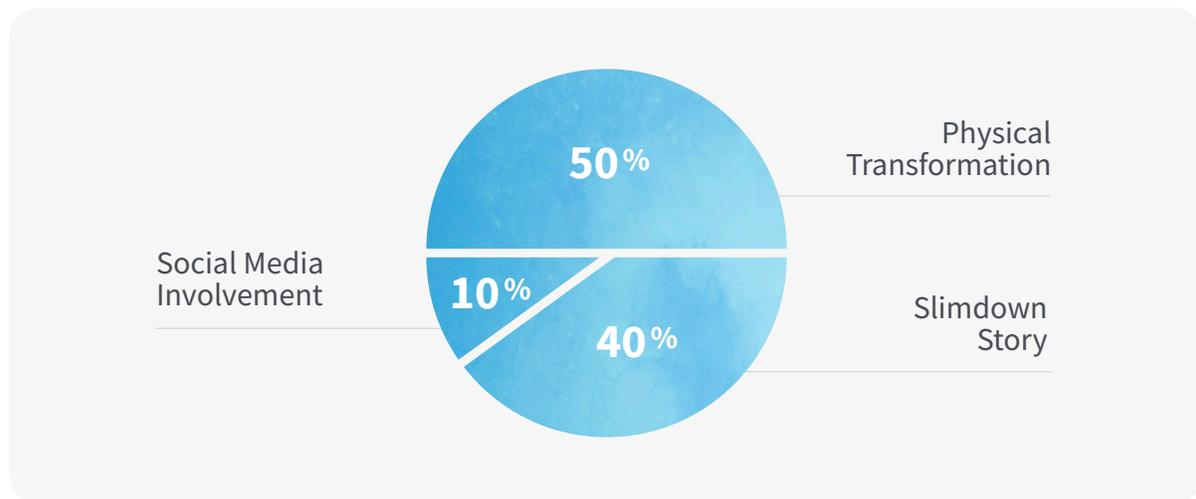
The moments that transform you are the ones you'll always remember. They're also the ones we'd love to hear.

THE ONLY TIME WE'LL JUDGE YOU

Once you complete your 60 days, you have 7 days to upload after photos and your 250-500 word Slimdown story. Don't let your hard work go to waste!

How Winners Are Chosen

A panel will select the winners based on the following:



Important Dates

REGISTRATION OPEN: Dec 19, 2018 - Feb 28, 2019

START DATE: Participants can start their 60 days any time between Jan 1, 2019 through Feb 28, 2019. Your start date cannot be amended or changed after submitted during registration.

30 DAY CHECK IN: At 30 days from start date, check back in to be entered into a weekly draw for a \$500 gift card.

FINISH LINE: To stay eligible, upload your after photos within 7 days of finishing your 60 days

WINNERS ANNOUNCED: Plexus Convention; June 18 - 21, 2019

STAY CONNECTED.
STAY MOTIVATED.



Who doesn't love support?

Join the Plexus® Fit Squad

As a Slimdown participant you're now eligible to win weekly prizes in the Plexus Fit Squad Facebook group

Use this group to comment and cheer others on, get tips and tricks or try recipes and post photos of how they turn out

facebook.com/groups/plexusfitsquad/

Check your tailor made Slimdown Support page

Find insider tips and health articles on the Slimdown support page custom-built with YOUR goals in mind!

plexusworldwide.com/slimdown-support

Share your victories!

10% of judging comes from your engagement on social. Show off the new you and don't forget to use the hashtag #Slimdown2019