Chapter 3:
Learning About the Plexus Products
Section A.
Introduction
A. Introduction

You can learn so much about the fifteen Plexus products through your back office, the ingredients and results lists in Appendix B of the PASS binder, the product cards that came in your Success Kit, Donna’s Plexus Peeps blog, Donna’s Plexus Peeps Youtube channel, Youtube videos galore, internet research on ingredients, and this section of your Plexus Ambassador Success School (PASS) binder!

As indicated in Section I: Welcome and Your First Week or Two, you want to become a product of the product in order to get customers and/or build your Plexus business. You do this by faithfully taking your products, drinking your water, and observing any and all changes that are taking place in your body. Don’t wait for the huge changes—the twenty pound weight loss, two sizes dropped, or ability (with your doctor’s approval) to go off certain medications. Notice the little things along the way—fewer cravings, eating more greens, happier when you wake up, fewer naps, better sleep, jeans not as tight, less pain, etc. ---and share as each benefit unfolds!

This section is going to take the products (did I mention how wonderful it is that we only have fifteen amazing, life-enhancing, plant-based, natural products??!!) one by one and give you videos, articles, and more to study in order to learn about them. In the PASS Zoom training, we will take one product per week, but you can study them more thoroughly and at your own pace by using the links below and researching on your own as well.
Section B.
TriPlex—An Introduction
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This Section will take each of the TriPlex components one at a time, but this first one will give you info on the three together...briefly...since most Plexus users begin with the triple, we will look at it first and all together. This will help you be able to answer people’s questions about the three together almost immediately.

In a nutshell, everybody needs Slim, the pink drink, to balance blood sugars, burn fat, and give that all-round feeling of health and wellness. It is truly the Plexus anchor, and I haven’t missed a day since I began taking Plexus in November of 2015! I wouldn’t want to be without my pink drink. Add to that the ProBio 5—three products in one as it has good bacteria, fungals to break down bad bacteria, and digestive enzymes to help the product work. Finally, the BioCleanse—the amazing magnesium that truly brings health and energy to everybody but also has cleansing powers to break down and carry out the bad bacteria that is being broken down by the ProBio 5. This trio is a formula for health, weight management, energy, carb craving reduction, appetite suppressant, joint health, inflammation reduction, gut health, regularity, fat burning, and more!

There is sooo much info out there about the TriPlex combo. I will leave you with a few of my favorites.

Some of the health coaches and nutritionists give warnings about asking your doctor if you can use TriPlex. This is obviously to be on the safe side from a health practitioner’s perspective. When you are working with your customers, offer them the ingredients list (See PASS Appendix) if they want to (or need to) consult with their doctor, but most people will not need to take the list to their physician any more than they would before they started new vitamins or other supplements from GNC (especially since Plexus is all natural ingredients). That being said, do not discourage it if they feel they need to! We want users to be comfortable, and if they have health concerns, you are not equipped to answer questions about their condition (i.e. heart condition, high blood pressure, sugar diabetes, etc.) and Plexus. Plexus is not intended to cure—it balances the body from the inside in order to bring optimal health!

Favorite short video about TriPlex from a health coach

Another nutritionist video that isn’t too long

Nutritionist’s short TriPlex Instructions
How to Take Plexus Products General but Super Helpful

Suggested Schedule for TriPlex

When You Feel Like You Are Detoxing

What Is TriPlex [Article]

[9-minute video] What Is TriPlex video

Your First Week on TriPlex Video

Ingredient List for All Plexus Products: APPENDIX B
Section C.
Product #1: Plexus Slim
C. Product #1: Plexus Slim

[Video] Full Product Training

Slim Links:

[Video] Almee Darling, Master Nutritionist, on Slim (four minutes)

[Video] Jennifer Pickett, Dietitian and Nutritionist, on Slim (five minutes)

[Video] Another medium length video on Slim (five minutes)

(1) GENERAL INFO

a. 10 calories/3 carbs per serving
b. Natural berry flavor—cherry Tootsie Pop or cherry/pomegranate
c. Fast and easy—just add water, shake/go
d. Not a meal replacement....no blender needed
e. Gluten-free, 100% vegetarian
f. Best mixed in room temp water (then may add ice, lemon, stevia, etc. as desired)
g. Even sweetener and color are created with natural ingredients (sweetened with stevia leaf extract and lo-han-guo fruit extract; colored with beet juice)

(2) GENERAL BENEFITS

a. Blood sugar stabilization creates benefits across the board (sleep, mood, mental clarity, cravings, balanced body, etc.)
   - typical diet wreaks havoc on glucose levels—up and then crash then more sugar (like a car...gas, brakes, gas, brakes...)
   - strong correlation between blood sugar being stabilized and your natural bio-rhythms (sleep, wake, restfulness, etc.)
   - Slim works on insulin to allow sugar to get to our cells, brains, muscles, etc., which makes it more efficient (not just stuck in the blood stream, stored as fat)

b. Decreases cholesterol and lipids

c. Controls appetite

d. Prevents food cravings

e. Pain relief/inflammation relief
(3) MAIN INGREDIENTS and THEIR BENEFITS

a. Chromium Polynicolate (the good kind of chromium!)
   - Chromium is an essential element that most are deficient in
   - Burns carbohydrates and fat
   - Builds lean muscle
   - Crucial in moving blood sugar into cells so that the body can use it for energy

b. Chlorogenic Acid (from Green Coffee Bean Extract)*
   - Lowers blood pressure, gets rid of excess blood sugar that stores fat
   - Great antioxidant
   - Helps get rid of extra sugar in the blood stream

*less than 2% natural caffeine...compared to a decaf coffee

c. Garcinia Cambogia Fruit Extract

d. Alpha Lipoic Acid
   - Powerful antioxidant that awakens other antioxidants in your body....the only one that wakes up other antioxidants and breaks down free radicals
   - Pain reliever and anti-inflammatory