



Ingredient Glossary



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Vitamin A (as beta carotene and retinyl palmitate)

Vitamin A is a fat-soluble vitamin that plays an important role in skeletal development, healthy vision, immune function, and healthy skin. A beneficial combination of two sources of vitamin A are: retinyl palmitate—a bioavailable form that is more easily absorbed by the body, and beta-carotene—a carotenoid that is converted in the body to retinyl. By using these two sources your body quickly absorbs retinyl palmitate and only converts the amount of beta-carotene needed to ensure your body gets optimal levels of vitamin A.*

Thiamine as Vitamin B1 (as thiamine mononitrate)

Thiamine is an essential water-soluble vitamin. Every cell of the body requires vitamin B1 to form adenosine triphosphate (ATP), which is what your body uses for energy, the metabolism of carbohydrates, proteins and fats and normal muscle function, including the heart muscle. Thiamin is also required for a healthy nervous system and assists in the production of the neurotransmitter acetylcholine and gamma-aminobutyric acid (GABA) and needed for good brain function. Thiamine mononitrate has bio-identical benefits.*

Riboflavin as Vitamin B2 (as riboflavin 5-phosphate)

Riboflavin is a water-soluble vitamin that is an important cofactor for the formation of other B-Vitamins. Riboflavin helps in the release of energy from foods. It supports both the nervous system and normal growth. Riboflavin is in the free form, and must be converted to its active form – riboflavin 5-phosphate – to be utilized by the body. Riboflavin-5-phosphate sodium is considered the most bioactive form of vitamin B2.*

Niacin as Vitamin B3, (as niacinamide)

Niacin is a water-soluble vitamin that is necessary for many aspects of health and growth. Niacin supports proper circulation, healthy skin, nervous system, and digestion. Niacinamide is a non-flushing form of vitamin B3.*

Pantothenic acid (as d-calcium pantothenate)

Pantothenic acid is a water-soluble vitamin that is a precursor in the synthesis of coenzyme A, which is essential to many biochemical reactions that sustain life and play a role in the breakdown of fats and carbohydrates for energy. d-Calcium pantothenate is a salt that allows for better absorption than pantothenic acid in the digestive tract.*

Vitamin B6 (as pyridoxine hydrochloride and pyridoxal 5-phosphate)

Vitamin B6 is necessary for the transformation and utilization of amino acids for many functions in the body, including energy production and neurotransmitter synthesis. Pyridoxine must first be converted to pyridoxal 5-phosphate to be utilized by the body, a process that takes place in the liver. Individuals with compromised liver function have difficulty making this conversion and consequently may be at risk of a vitamin B6 deficiency. Pyridoxal 5-Phosphate is the most bioactive form of vitamin B6.*

Biotin (as d-biotin)

Biotin is an essential water-soluble B vitamin that assists in metabolism of fatty acids and utilization of B vitamins. It is important in energy producing steps during metabolism in the cells of the body. d-Biotin is the naturally occurring and biologically active form of Biotin; among 8 different isomers, only d-biotin has vitamin activity.*

Vitamin B12 (as Methylcobalamin)

Vitamin B12 is a water-soluble B vitamin. Vitamin B12 is essential for metabolism of fats and carbohydrates and the synthesis of proteins. It is essential that vegetarians consume a vitamin B12 supplement to maintain optimal health. Vitamin B12, when ingested, is stored in the liver and other tissues for later use. Most vitamin B12 supplements contain cyanocobalamin, however the liver must first “detoxify” the cyanide molecule to form methylcobalamin from the cyanocobalamin. Methylcobalamin is already in the bioactive, tissue-ready form. Methylcobalamin is the most bioavailable form that is used most efficiently by the body.*

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Folate as Vitamin B9 (as L-methylfolate, calcium, 5-MTHF)

Folate is an essential water-soluble B vitamin. Folate is essential for cell replication and growth assisting in the normal utilization of amino acids and proteins, as well as supporting formation of building blocks of DNA and RNA, which is necessary for all body functions. Folic acid must be converted to its active forms to be used by the body. Furthermore, up to 40-percent of the U.S. population may have a genetic enzyme defect that makes it difficult for them to convert folic acid into active 5-MTHF.*

Vitamin C (as ascorbic acid and ascorbyl palmitate)

Vitamin C is an essential water-soluble vitamin that helps with a range of functions in the body, including a healthy immune system, promoting cardiovascular health, and providing antioxidant defense. It is also needed to make collagen, a substance that strengthens many parts of the body, such as muscles and blood vessels. Ascorbyl palmitate is a fat-soluble form of vitamin C, which is better absorbed than ascorbic acid, the water-soluble form.*

Vitamin D3 (as cholecalciferol)

Vitamin D is a fat-soluble vitamin that aids in the absorption of calcium and helps maintain normal blood levels of calcium and phosphorus. Vitamin D works with calcium to promote bone density. Vitamin D also contributes to the digestive system, bone and the immune system function. There are several forms of vitamin D but the form primarily utilized by the human body is cholecalciferol (vitamin D3) which is a bioavailable form.*



Vitamin E (as d-alpha tocopherol)

Vitamin E is an essential fat-soluble vitamin that is a powerful immune-boosting antioxidant, and is known to promote cardiovascular health. The natural-derived form of vitamin E, known as d-alpha tocopherol is the most bioactive and is better absorbed and retained in the body.*

Vitamin K – (as phytonadione [K1] and menaquinone-7 [K2])

Vitamin K is an essential fat-soluble vitamin. There are several forms of vitamin K – vitamin K1 is present in green leafy vegetables; Vitamin K2 is a more bioavailable form of vitamin K, that is often missing from western diets. Vitamin K2 is naturally derived and comes directly from the fermentation of *Bacillus subtilus natto*.*

LACTOBACILLUS

Lactobacillus is a 'friendly' microbe that lives in our digestive system. *Lactobacillus* produce lactic acid which helps make your digestive system less hospitable for undesirable microbes. *Lactobacillus* helps improve the digestion of foods and also help support a healthy immune system. *Lactobacillus* stimulates powerful defense cells like natural killer cells to help counter unhealthy invaders. The following highly studied strains of *Lactobacillus* to deliver a number of health benefits.*

Lactobacillus rhamnosus GG ATCC 53103 is a strain of *L. rhamnosus* that was isolated in 1983 and is the world's most studied probiotic bacterium with more than 800 scientific studies. It is acid- and bile-stable, has a great avidity for human intestinal mucosal cells, and produces lactic acid. It delivers demonstrated digestive and immune benefits for people of all ages. It delivers clinically demonstrated digestive and immune benefits for people of all ages.*

Lactobacillus acidophilus NCFM is one of the most highly studied probiotic strains that are supported by over 100 scientific studies, including 50 human clinical studies. *L. acidophilus* NCFM survives the journey through the gastrointestinal tract and helps crowd out bad microbes while producing compounds that overpower bad microbes to help improve gut health and maintain the balance of healthy microbiota.*

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BIFIDOBACTERIUM

Bifidobacterium is one of the best-studied probiotics.

Bifidobacterium attaches to the cells of the intestine and help protects the physical lining of your intestine against damage from bad microbes. *Bifidobacterium* also helps produce important vitamins like vitamins B12, biotin and K. When you were born, *Bifidobacterium* made up 95% of your intestinal bacteria and helps promote gut microbiome health. Bifidobacteria are broadly recognized for their key role in the gut microbiome throughout life. It is a highly studied strains of the *Bifidobacterium* to promote balance in the intestinal tract and benefits health.*

***Bifidobacterium lactis* Bi-07** (Natural) is a very powerful probiotic that has been demonstrated in over 36 scientific studies to help improve digestion and enhance immune system response.

In a human clinical study, *B. lactis* Bi-07 has been shown to help reduce bloating, improve intestinal regularity and provide relief for gastrointestinal problems.*

Xylitol

Xylitol is a sugar alcohol that is commonly used as a sugar substitute as it has a very low glycemic index with little to no aftertaste.

Xylitol can be found in plants, fruits, vegetables, and fermented foods.

Erythritol

Erythritol is a sugar alcohol that is 60-70% as sweet as sugar. It does not affect blood sugar levels and has low caloric content making it a popular sweetener substitute. Erythritol can be found in plants, fruits, vegetables, and fermented foods.

Citric Acid

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.

Rice Extract Blend

The rice extract blend contains rice extract, rice hulls, gum Arabic, and sunflower oil. It aids in the manufacturing process by improving powder flow and tableting accuracy.

Natural Flavors

The natural flavors are made up of natural aromatics with the biggest percentage coming from orange oil.

Beet Powder

Beet powder is derived from the red or purple root vegetable known as the beet root or garden beet. .

Plexus uses Non-GMO beet powder which provides natural color.*

Malic Acid

Malic acid can be found naturally in many fruits like apples, cherries, pears, and strawberries. It is used as a flavor enhancer.

Hydroxypropyl Cellulose

Hydroxypropyl cellulose is a water-soluble cellulose that improves a tablets compressibility.

Stearic Acid

Stearic acid is a fatty acid that helps machinery run smoothly during the tableting process. Stearic acid also allows the tablet to be compressed harder.



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