

Frequently Asked Questions

What is the exact source with the XOS in Slim Microbiome Activating*?

The XOS in Slim Microbiome Activating* is derived from Non-GMO corn.

Is there a corn derived ingredient in Slim Microbiome Activating*?

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

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. When we use these types of ingredients, we test thoroughly to ensure bioavailability, safety, purity, and potency. Chromium polynicotinate is a good example.

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 Xylooligosaccharide. 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 Slim Microbiome Activating.^{0*}

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.

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.*

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

⁰The 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

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.

XOS Clinical Study References

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Yang J, Summanen PH, Henning SM, et al. Xylooligosaccharide supplementation alters gut bacteria in both healthy and prediabetic adults: a pilot study. *Front Physiol*. 2015 Aug 7;6:216.

Kobayashi T, Okazaki M, Fujikawa S, et al. Effect of xylooligosaccharides on feces of men. *Agronomic Sci Soc Japan*. 1991;65:1651-1653.

Chung YC, Hsu CK, Ko CY, et al. Dietary intake of xylooligosaccharides improves the intestinal microbiota, fecal moisture, and pH value in the elderly. *Nutr Res*. 2007;27:756-761.

Xu HJ, He SL, Wang XJ. Effect of xylooligosaccharides in the gut dysfunctions caused by chronic hepatitis. *Chin J Integr Trad West Dig*. 2004;12:365-366. (In Chinese)

Beijing Institute of Nutrients. Study report on the effects of xylooligosaccharides on the regulation of the intestinal function and glycemic response. December, 2013. (In Chinese, unpublished)

Na MH, Kim WK. Effects of xylooligosaccharides intake on fecal bifidobacteria, lactic acid and lipid metabolism in Korean young women. *Korean J Nutr*. 2007;40:154-161. (In Korean)

Supplement Facts		
Serving Size 1 Slim Packet (3.25g)		
Servings Per Container 30		
	Amount Per Serving	% DV
Calories	5 cal	
Total Carbohydrate	2 g	1%***
Chromium	200 mcg	167%
(as chromium polynicotinate)		
Xylooligosaccharide	1,000 mg	**
Plexus Slim® Blend	531 mg	**
Green coffee (<i>Coffea robusta</i>) bean extract (contains 50% chlorogenic acid and less than 2% natural caffeine), garcinia (<i>Garcinia cambogia</i>) fruit extract, alpha lipoic acid, white mulberry (<i>Morus alba</i>) fruit extract		
***Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value (DV) not established		

Other Ingredients: Citric acid, natural flavors, stevia (*Stevia rebaudiana*) leaf extract, fruit and vegetable juice with beet (*Beta vulgaris*) root extract (for color), cellulose gum, silicon dioxide

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