



LISTEN TO YOUR BODY

EASE INTO IT. Begin each stage and stick with it a few days before moving on.

DETOX CAN HAPPEN. Headaches, fatigue, nausea, or other unpleasant symptoms? You may be experiencing detox—that is, signs that Candida die-off is happening, which is a GOOD thing ... but sometimes feels bad.

WATER!!!

WATER IS VITAL! 76% of Americans are chronically dehydrated, and nothing in our bodies work properly when dehydrated. Make sure you are drinking PLENTY -- but Slim will help you crave it!

TARGET: Drink half your body weight in ounces per day.
Example: 150 lbs person > 75 oz H2O

CONSISTENCY!

CONSISTENCY IS KEY. Going to the gym once won't make you strong. And taking Plexus occasionally won't let it do its best for you.

starting Triplex

STAGE 1

MORNING

1 Slim
1 BioCleanse

EVENING

STAGE 2

MORNING

1 Slim
1 BioCleanse

EVENING

1 ProBio5

STAGE 3

MORNING

1 Slim
1 BioCleanse

EVENING

2 ProBio5
1 BioCleanse

STAGE 4

MORNING

1 Slim
2 BioCleanse

EVENING

3 ProBio5
2 BioCleanse

MAINTENANCE DOSES

Maintenance dosage varies by individual, so I'll ask questions to help find your sweet spot.

I will check in with you periodically, but reach out to me any time. I am here to help you problem solve!