

30 Minute General Health & Weight Loss Event

Welcome Post:

Post at time the group page is created, typically at 48 hours prior to the actual event.

Hello everyone and welcome to Shawnice's Health and Happiness party! 🥳🥳

Our gut health products are second to none and work to repair the body from the inside out, so your body can in turn repair itself, leading to much improved symptoms from a list of health issues/diagnosis as well as weight loss and improved energy!

I'll be going live to share a bit about my journey prior to the event and sprinkling the page with a few examples of what can happen when you give the body what it needs to work optimally.

You're gonna LOVE this!

PS. Anyone wanna guess my age? 😊

Adapt this according to your style and include a selfie with a pink drink.

Post 2:

Welcome new members as they are added and include a video of the science behind our products. These videos can be found in the Plexus Youtube Playlist by the name science behind the products.

Welcome to our new members:

Amber Butler,
Kendra Jurhs,
Renita Bucholtz,
Alicia Contreras,
Ericka Diane Potter,
Ronda Mills,
Shawnice Wilson

Welcome y'all!!! 🥳🥳

I am super excited to share so much good news and so many answers to why people struggle with health issues, energy and weight gain! 💯

Here's a great introduction to the way we work on the root issues here at Plexus!

Post 3-5:

Drop several testimonials across a varying degree of health issues leading up to the party.

Post 4:

Post 5:

Go live one hour before the event starts (be sure to announce you are going live half hour in advance). Share your story, why you love, plexus, what to expect for the event.

Post 6:

Welcome to our event!!!! 🥰🥰

What to expect....

Posts every few minutes starting with our fab four for weight loss followed by gut health and skincare.

What to do....

Follow the posts and ASK QUESTIONS!!!!

Tonight is about your health, your future, and we want to make sure that you have an understanding of what the products can do and what this company stands for!

Before we get started, I know you are here for a reason. You wouldn't be tuning in if there weren't negative symptoms that you'd love to rid from your days.

Do you want more energy? Less cravings? Weight loss? Anxiety or depression? Pain free days? No more headaches? Time freedom?

To enter this giveaway for a fun sample goodie bag, comment below with your reason for attending!



Post 7:

While I jump for joy when people lose their debilitating health symptoms, the truth is most people are drawn to supplements for weight loss so I'm going to start with our Fab Four for weight loss!

👉 Slim Hunger Control

👉 Lean Meal Replacement shakes

👉 Metaburn and Active!

These four are sold in a 3 day sample and I've seen multiple people lose 5-11 pounds in just the 3 days!

Keep in mind all of our ingredients are plant based, free of common allergens like gluten, soy and dairy, ZERO artificial colors, flavors or sweeteners, and Non GMO.

Here's the cliff notes on these fab four! See the graphics for more details!

Slim Hunger Control:

- ✓ Suppresses appetite! No more snacking!
- ✓ Balances blood sugars & burns fat. No more sugar/carb cravings!!
- ✓ Decreases inflammation - a top reason people can't lose weight!

Lean Shakes:

🥤 170 calories with water or 250 calories mixed with 8 oz. non-fat milk reducing daily intake of calories while keeping you full!

🥤 Chocolate or Vanilla. Whey protein or Vegan!

🥤 Supports gut and digestive health with prebiotic fiber and digestive enzymes

🥤 24 g of protein when prepared as directed

🥤 Complete amino acid profile, including essential BCAAs (branched chain amino acids) like leucine, which helps build muscle and isoleucine.

Metaburn:

- ✓ Burns fat at the midsection and thighs! Yay!
- ✓ Improves your mood with 5-HTP! Go Plant Health for mental well being!
- ✓ Gives you a boost of clean, natural energy!
- ✓ Balances hormones that positively impact the thyroid! Major win! Plants can do amazing things! This time it's Rhodiola and Grains of Paradise.

Active:

The cleanest energy you will ever drink! It has been a game changer for anyone who has started to use it. My son drinks it every morning, the moment he wakes out of bed. He's 19 and pays for it himself which means he could choose other drinks.

- Clean, long-lasting energy
- Boosts performance & mental clarity
- Enhances feeling of alertness
- Supports improved performance
- Supports natural nitric oxide production
- Reduces oxidative stress

Full PDF's with much greater detail available upon request!



Take back control and form healthier habits with this delicious, power-packed drink! Slim Hunger Control is specially formulated with Polydextrose to help you feel full longer and shed extra pounds by reducing your desire to overeat. With its Chromium and Green Coffee Bean Extract, this tasty pink drink also supports a healthy glucose metabolism and is clinically demonstrated to help you lose weight. Enjoy less hunger and more control, delivered in a refreshing blood orange, lemon, lime drink with only 20 kcal/serving.

Clinically demonstrated to help you lose weight
Helps to reduce hunger
Supports healthy glucose metabolism

Delicious blood orange, lemon, lime flavor
No artificial sweeteners, flavors, or preservatives
Only 20 Calories
30 single serve packets for on-the-go convenience
Gluten Free
100% Vegetarian
Non-GMO

Polydextrose A low-calorie soluble fiber that takes up space in the stomach and leaves slowly, helping you feel full longer.

Green Coffee Bean Extract A naturally-derived extract that can help decrease the absorption of sugars and thereby supports a healthy glucose metabolism.

Chromium Polynicotinate An essential trace mineral that transports glucose into cells.



MetaBurn is revolutionary multi-action blend that helps boost metabolism, helps reduce stubborn fat from the thighs and waist, and helps support healthy energy and mood. Featuring a unique blend of exotic botanicals and extracts, MetaBurn delivers a fat-burning metabolism boost to help you achieve your weight management goals. You'll notice better-fitting clothes and fewer pounds on the scale, not to mention a mild energy lift, more positive mood and sharper mental focus.

MetaBurn, includes a synergistic blend of ingredients traditionally used to support fat burning and weight loss* including green tea leaf, rooibos and extracts of Pteris, Plexus Metaburn is non-GMO, gluten free and 100% vegetarian. Take your weight loss to the next level with MetaBurn.

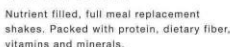
- Supports fat burning
- Helps your body reduce abdominal fat
- Supports metabolism and aids in weight loss
- Supports mood and focus

Gluten free
100% Vegetarian
Non-GMO
Contains less caffeine than a cup of coffee

Grains of Paradise (*Aframomum melegueta*) Also known as alligator or Guinea pepper, this West African plant related to the ginger family is commonly used as a spice and contributes metabolism enhancing benefits.

L-Theanine: An amino acid most commonly found in green tea that helps to increase a sense of alertness and support a healthy mood.

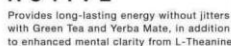
Rhodiola Rosea: A low-growing perennial plant with yellow flowers used as an adaptogen to help support a healthy mood.



- Complete amino acid profile, including essential branched chain amino acids like leucine, isoleucine, and valine
- Supports gut and digestive health with prebiotic fiber and digestive enzymes
- Highly bioavailable folate (L-methylfolate calcium)
- Contains digestive enzymes to aid in the digestion of whey protein
- Vitamin C, an antioxidant which helps fight free radical damage + help support a healthy immune system
- No artificial colors, flavors, sweeteners, or preservatives



- 15 grams of rBGH-Free[®] whey protein, to support lean muscle
- 24 grams of protein when prepared as directed
- 5 grams of fiber, including prebiotic fiber to support digestive health
- Contains bioavailable forms of 23 vitamins and minerals
- Does not contain soy and gluten!

[illegible]

Green tea and yerba mate provide 100 mg of caffeine to support energy*
S7 is a blend of seven plant-based ingredients that support the body's natural nitric oxide production including green coffee bean, green tea, turmeric, tart cherry, blueberry, broccoli and kale
Natural caffeine and **ActiGin**, a standardized extract of *Panax notoginseng* (Tienchi ginseng) and *Rosa roxburghii* (chestnut rose), help support endurance*
L-citrulline malate and **S7** help support nitric oxide production, which is associated with muscle recovery



- Enhances feeling of alertness
- Reduces oxidative stress
- Boosts performance & mental clarity
- S7 plant-based nutrient blend including turmeric, tart cherry, blueberry, kale +more
- Bioavailable forms of Vitamins A, C, E, +B-vitamins
- Natural Peach-Mango flavor
- Vegetarian
- Gluten Free
- No artificial colors, flavors, sweeteners or preservatives

[illegible]

Weight Loss Story 1 of 2.

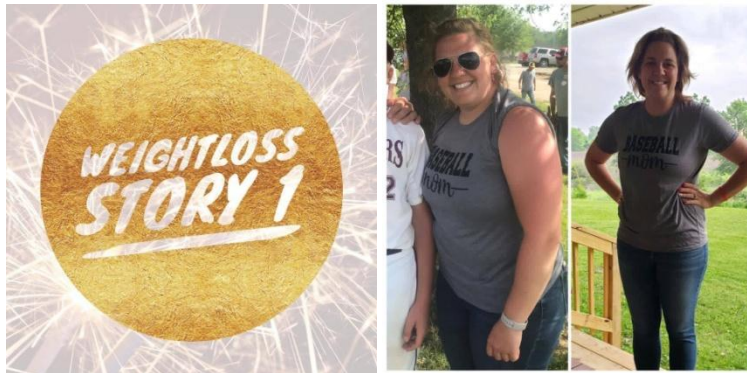
Trish Sprague's story started June 2020 when she decided to put herself and her health first. She has lost 25lbs but gained so many non-scale victories.

The person on the far left was mentally and physically broke down, I knew I wasn't myself but at same time I was making excuses ...next was still the bad eating habits and sleeping all the time, June - I started doing Plexus and it was so easy to adjust too, include in my everyday life.. little did I know .. I was slowly getting back to ME! Final pic is tonight and the non scale victory is this shirt is loose!

Since starting plexus, I no longer crave the pop and candy or coffee. It actually makes me sick to stomach. I can take the kiddos to Sonic after baseball and only order a tea while they order yummy food! Not only am I physically feeling better but mental clarity is amazing! I'm not sharing this to convince you to buy plexus (okay well maybe a little 😊) ..because it's worth it!) I'm sharing this so that if you are like me and stuck in a rut...

let me be your jump start, your accountability partner, your motivator , your positive quote to start your day person... I Got You!

❤️💜 We are all beautiful in Gods eyes but you deserve to feel it too!



Post 9"

Weight Loss Story 2 of 2:

This is another favorite of mine and I love sharing stories of men in Plexus. This is my sweet friend and team member, Annie Galart's husband and as of a couple weeks ago is down 72lbs. This has truly been life changing for both of them as you will see when I share her story shortly!

As taken from Annie's write up...

"July rolled around and my husband who has always struggled with weight was at his heaviest. He was constantly run down, never able to feel rested, had constant heartburn, high blood pressure, his asthma and allergies were really bad, he was extremely irritable, his joints and back were bothering him daily, and he was retaining so much fluid. I knew we needed to make a change for our family but drastic diet/weight loss plans that had worked in the past were not at reach do to cost and his current health.

On July 23rd my husband started his plexus journey and me being the selfless person I am told myself I was going to let him start first in case we could only swing the cost for one of us. After hearing him talk about the products and how much he had already felt change, I placed a 2nd order for more products so we could give ourselves the opportunity to change together.

By day 7, my husband was doing so amazing! He was down 16 lbs his first week! He hadn't had any heartburn, was waking rested, he didn't need allergy or asthma meds all week (major game changer!!!), his joints weren't aching, and his mood was more pleasant!!!

Now we're approaching the end of our first month on plexus and I am down 8lbs but feel like I lost 20! My husband is down 26lbs but looks and feels like he's already completely changed!

Who knew our gut health was the problem all this time! Why don't doctors talk about this??!! This is only the beginning for us and I can't imagine turning back and not sharing our journey along the way!!!



Post 10:

Next up, my favorite, gut health!!!

It's great to lose weight, but if you don't tackle the underlying issues of toxicity, deteriorated gut bacteria, and inflammation, you will NEVER keep the weight off, at least not without an enormous struggle!

And the results of these three products are so far beyond weight loss, it will leave you speechless! Success stories to follow!

Check out this short video explanation:

[\(449\) Plexus Triplex™ Learn – It's a gut feeling. - YouTube](#)

Post 11:

Gut Health: Story 1 of 2

Because mental health is just as important as physical health and fixing what Triplex targets IS key!

Gut health saved sweet Mandy Avery's life!

"There is so much hope ❤️

I was on the highest dosage of [#prozac](#) you could take. I'm not bashing anyone for taking meds, but I needed to get off of them.

I wanted to get pregnant, and I was also dealing with so many negative side effects. I felt like a zombie. I had no energy and didn't want to get out of bed in the morning. Doctors told me I'd probably never be able to stop taking them.

Well, I'm now 3.5 years med free, and feeling better than I have in a very long time.

[#miracle](#)

My side effects now are better sleep, clear thinking, energy, a healthy 2 year old 🧒🥳, and restored [#joy!](#)

If you struggle with [#depression](#) or [#anxiety](#), it's worth it to take a look at caring for your gut, and I happen to have found something that is extremely effective.

I am beyond [#grateful!!](#) 🙏🥰

The research is there, and my story is one of thousands of testimonies of healing, health, and hope! ❤️

Take care of your [#gut](#). It matters. 😊

For those asking what I take

I started on Triplex and XFactor Plus.

I have added in MegaX, Ease, and Vitalbiome! I also take Metaburn on and off.

A big tip is that I was willing to stay the course! Consistency is king!!

And, I needed a support system.

I worked with my family, my doctor, and my sponsor. I listened to my body (and my sponsor haha) and changed up dosage when needed. Everyone's body is different- so that will vary. Time and consistency. Good food, good water, exercise, positive words and thoughts.

Take care of your body - you deserve it."



Post 12:

Health story 2 of 2

Get ready for your jaw to drop!!!

[#guthealthiswhereitsat](#)

Tonya shares

"Have you ever reached the point where you felt like 'This is how I'm going to be forever' or 'There isn't much hope of improvement'? Have you made a plan to continue suffering while all around you plan their day around helping to take care of you?

You see, I was that mom who was sick, tired, in chronic pain, had very little to give her children/spouse/self or anyone else around me. Everyone's schedule was built around how I was feeling, and that could change in a blink. I was battling crippling rheumatoid arthritis, debilitating migraines, insomnia, gallbladder disease, hormone issues, depression, and that list just kept growing. I was on 21 medications and the side effects of those only seemed to create more issues. I was in a position to give up hope and it reflected in everything I did. By God's Grace, my husband loved me through it and our

children never fed my misery back at me. Looking back, I am able to recognize that I was a miserable person and don't know that I could have been as strong as they were.
- Then I received a cancer diagnosis and everything had to change.

I had heard about Plexus from a friend... and she was convinced that she could help me... but she wasn't my doctor. When I was diagnosed with metastatic melanoma we were faced with even tougher decisions regarding my health. I sat with my Rheumatologist, who I trusted with my health, and he recommended a different approach to my care as we worked to come off of some of the meds that would feed the cancer. He recommended Plexus as a starting point. I called that friend and she guided me to a new plan. I started on Triplex and then added X Factor and Ease. Within a few weeks I noticed that I would sleep more than an hour or two at night, I wasn't napping multiple times during the day, and I was simply starting to feel better. Within a few months I had noticed major differences... migraines were fewer and further between, I would sleep 6 hours a night, I could exercise, I was going places and doing things with my family. By September 2017 I was off all 21 of those medications and I was released from my Rheumatologist, Neurologist, Gastro, and Physical Therapist. I do take a growth preventative for the cancer and I do see an Oncologist/Dermatologist... I have a family doctor who has me charted as healthy!! I am a different person, for me and for my family. I was given a second chance at health and a new outlook on happiness. I... we... are able to be out in the world, in any adventure, without worry over how I feel! We are enjoying making up for lost time!

- Now, about that weight loss.

We were relocated to Fort Worth from Houston for just a year. It was like a vacation!! We had the best neighbors and we did everything together. We knew how to have fun and we for sure knew how to enjoy food. I gained over 50 pounds in an 18 month period. Once we moved back to Houston I began to work on losing weight but wasn't truly dedicated to myself. In May 2019, my doctor told me that I was healthy but that I was medically obese. Something had to happen! I had already noticed that my relationship with myself had changed and this was my breaking point. Plexus had recently released their weight loss products and since I already had so much of a blessing with their gut health products, there was no reason to try anything else. I incorporated MetaBurn, Lean, and Balance into my daily routine and noticed some big changes pretty quickly. I did make other changes. I started moving more, drinking more water, making better food choices, and really working on my relationship with myself. I looked to my Plexus friends to help me be accountable to myself, and to help me see me and not the messed up version that had crept into my head. Joy & gratitude became my new normal and I could find it in any situation. These changes really opened my eyes to the person that I truly am, and I have a much better relationship with me and my people! *48 pounds and 110+ inches lost"



Post 13

Although I've focused on gut health and weight loss, we have a lineup of other products including skin care. 🙌🙌🙌

What sets us apart in this arena? Once again, it's our commitment to undoing damage rather than just band-aiding the problem!

Our Joyome skincare line was created by a double doctorate, one being from Harvard, who specialized in skin cancer.

Benefits:

It's super easy! One night serum and one day serum. Add collagen to your pink drink and bamm! That's it!

Rids the skin of damaging cells and regenerates healthy cells. REAL change!

Free from over 1,300 questionable ingredients including GMOs, BHA, BHT, Ethanolamines, Hydroquinone, Parabens, Phthalates, Propylene glycol, sulfates, synthetic fragrances and others on our Absolutely Not list.

The results speak for themselves! 🙌🙌🙌



Post 14:

VIP wholesale membership! Typically \$39.95, it is on sale right now for \$1!!!!!! Already nearly \$40 in savings!

Benefits:

👉 A deeply discounted first month combo options. See graphics for a few of my favorites.

👉 The cheapest pricing on all products for a year.

👉 Perks Credits! Earn a FREE full bottle of product every 2 to 3 months! 250 points provided upon purchase!

👉 60 day money back guarantee

👉 Earn 15% cash back on all your purchases over 100!

👉 Receive a referral link that will provide you cash bonuses when friends and family join!



WEIGHT LOSS BASIC

Welcome Pack

Healthy weight support to reduce stubborn fat, support lean muscle, boost metabolism, and promote overall health.

Products

Slim:

Natural drink focused to balance gut health, blood pressure, blood sugar and cholesterol.
Gut health + blood sugar drink

MetaBurn:

Daily bioavailable multivitamin packed with aloe to support absorberency and high antioxidants to support strengthened immune system, along with extra vitamins for more comprehensive optimal health.

High absorberency multivitamin + added vitamins

Lean:

Meal replacement based on balanced macros (fats to carbs to proteins) to support healthy metabolism, gut health, and fullness.
Balanced meal replacement



WEIGHT LOSS ADVANCED

Welcome Pack

This combo helps achieve your weight loss goals by reducing your desire to overeat, promote optimal health, reduce stubborn fat, support lean muscle, and support nitric oxide

Products

Slim:

Natural drink focused to balance gut health, blood pressure, blood sugar and cholesterol.
Gut health + blood sugar drink

ProBio5:

Probiotic focused on balancing gut bacteria, removing yeast, and repairing colon tissue.

Targets yeast + gut balance

BioCleanse:

Gentle daily body detoxifier and colon cleanse to reduce GI issues.

Body + Colon Cleanse

MetaBurn:

Daily bioavailable multivitamin packed with aloe to support absorberency and high antioxidants to support strengthened immune system, along with extra vitamins for more comprehensive optimal health.

High absorberency multivitamin + added vitamins

Hydrate:

Drink mix fortified with balanced electrolytes to help you rehydrate better than water alone.
Electrolytes

Active:

Delicious clean energy drink with zero fillers or crashes that also supports alertness and nitric oxide production to support muscles and performance (where natural caffeine is equivalent to 1 cup of coffee).

Clean energy drink + performance

Lean:

Meal replacement based on balanced macros (fats to carbs to proteins) to support healthy metabolism, gut health, and fullness.
Balanced meal replacement



TRIPLEX

Welcome Pack

Three-product system works to help weed, seed, and feed your gut to get it back into balance so you can thrive!

Products

Slim:

Natural drink focused to balance gut health, blood pressure, blood sugar and cholesterol.
Gut health + blood sugar drink

ProBio5:

Probiotic focused on balancing gut bacteria, removing yeast, and repairing colon tissue.

Targets yeast + gut balance

BioCleanse:

Gentle daily body detoxifier and colon cleanse to reduce GI issues.
Body + Colon Cleanse

Final Post:

Thank you for showing up and letting me share what matters most in life - our health! A final note. Because our company knows how well their products work, and that anyone jumping on board is likely to stay, they offer an incredible referral bonus program.

If budget is an issue, I will host an event for anyone interested, and you can earn a referral bonus equal to several months worth of product while having the benefits of doing this with your friends and family!

Say YES to your health now and I'll give free shipping to the first three people to do so!!!

Thank you, thank you, thank you for taking the time for YOU!

Have a wonderful night!

