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NOVEMBER

newsletter 2026

November Is... A Chance to Let Go and Give Thanks.

“The only things I’d be thankful to get ghosted by this November? My afternoon slump, restless nights, and that constant blah feeling.” 👻🍂



November has me feeling grateful for the little things that help me feel more like myself. Taking care of our health doesn’t always need a big reset—sometimes it starts with a few small choices:

1. Make time for meals that nourish you.
2. Move your body in ways you enjoy.
3. Give yourself the rest you keep putting off.

You don’t have to change everything at once. Choose one small habit and give yourself room to build on it.

Testimony of the *Month*



Lexi H.

“Same girl. Different gut. Different energy. Different confidence.
The picture on the left? I constantly felt puffy, inflamed, exhausted, and uncomfortable in my own skin.
The picture on the right? Less bloating. More energy. Weight coming off. Better digestion. Clearer skin. And a smile that came from finally feeling GOOD again.
This wasn’t about a quick fix or starving myself. It started with taking care of my gut and being consistent.
Plexus has truly changed my life, and it’s why I can’t stop talking about it. Because if it helped me feel like me again, maybe it can help someone else too.“



A Little Extra This November 🤎

Start for $1
New VIPs receive $1 membership + FREE standard shipping on their initial 100 PV+ order.

Stay Consistent. Get Rewarded.
New VIPs receive 10% off their initial 100 PV+ order, plus a FREE product on their second and third consecutive subscription orders of 100 PV+.

Something New Every Friday
Discover limited-time product deals and bundles, available for three days per sale.



30 days. small gains. everyday thanks.

What if this November was not about everything you need to fix, but about noticing the little things you are already doing right?

That is exactly what November Gains & Gratitude is.

A simple 30-day calendar to help you move a little more, soak up the everyday moments, and build healthy habits that actually stick. No perfection required.

It is free. The guide has all 30 days laid out for you, prompts, gains, and space to write it all down.

GET YOUR FREE COPY

Ingredient Highlight

HESPERIDIN

It has been studied for its antioxidant properties and its role in pathways associated with healthy nitric oxide availability.

Product *Highlight*



SKINNY COCOA

FOR WHEN YOU WANT SOMETHING CHOCOLATEY AND COZY BUT NONE OF THE GUILT.

- Feel fuller and more satisfied between meals or after dinner.
- Support your weight management goals with purposeful nutrition that fits your routine.
- Satisfy sweet cravings with a delicious option designed for mindful indulgence.

Community Corner | November

What healthy habit are you making room for this November? 🤎