

plôs®

something extra

T H E R M O



plôs®, pronounced [pluhs], our line of beverage companions, is designed for adding to your favorite beverage of choice for a little **something extra!**

Rather than a disappointing instant coffee that won't meet your flavor standards, **plôs® Thermo** is a non-dairy creamer you'll love adding to your home-brewed coffee or favorite barista creation to help with your **fitness and body composition goals**.



Supports
Healthy Weight
Management[†]



Contributes
to a Healthy
Metabolism[†]



May Help
Support Appetite
Control[†]



May Help
the Conversion
of Fat to Energy[†]



Contributes to
Healthy Lipid
Synthesis[†]



Plays a Role in
the Metabolism
of Nutrients[†]

What if your favorite part of the morning delivered **stacked benefits** to serve you throughout the day?

Your Own Brew + plôs® Thermo = A New, Satisfied you!

However you take your coffee, take it with a little something extra!

plôs® Thermo is a convenient, healthy way to feel better, more confident, and ready for an awesome day that gets you closer to your goals.

Enjoy if you have an interest in:

- Intensifying weight loss efforts.
- Curbing cravings.
- Increasing your metabolism.
- Eliminating calorie-rich creamers.



plôs® Thermo is designed to help with your body composition goals in 3 ways:

- Eliminates calories from fat & sugar in your coffee.
- Helps control daily caloric intake.
- Improves your body's metabolism.

Your Cup, plôs®!

plôs® Thermo brings the heat to every cup with a creamy smooth consistency and flavor boost.

Why plôs® THERMO?

Complement your morning brew and over time, see less of you! Enjoy a quality cup while supporting your healthy weight loss efforts.

Created with YOU in mind, our biohacking formula is loaded with a powerful blend of ingredients to bring you closer to your **health** and **fitness** goals.

Benefits of Non-Dairy

Increasing research from successful studies is pointing to health benefits from a dairy free diet. Such results include benefits that may:

- Prevent milk allergies and sensitivity reactions.
- Increase healthy digestion.
- Help develop stronger bones.
- Identify or resolve medical mysteries.
- Contribute to weight loss.

“

Several large studies have actually pinpointed beverage milk as a **factor in the rising rates of obesity**.

”

The **British Women's Heart and Health** Study examined 4,286 British women ranging in age from 60 to 79. The non-milk drinkers benefited from lower insulin resistance levels, lower triglyceride levels, lower BMI's (an indicator for obesity) and higher levels of healthy HDL cholesterol.

Dairy-Free Benefits: The Top 10 Reasons to Go Dairy Free, godairyfree.org

What's the Big Deal with Calorie Restriction Diets?

WebMD's article, Restrict Calories, Revive Your Life, highlights the benefits of a calorie reduced diet and the possibility of an increased life span as a result.

“ There seem to be two mechanisms by which a restricted-calorie diet increases life span,” says Mark Mattson, PhD, chief of the Laboratory of Neurosciences at the National Institute on Aging. “First, it reduces free radical production, or the production of highly damaging forms of oxygen, and the second is that calorie restriction increases the resistance of cells to stress.”

Restrict Calories, Revive Your Life, webmd.com

If you've been looking for a healthy, safe way to control your appetite and conquer cravings, we're excited for you to add **plôs® Thermo** to your mornings!

Ingredients Made with You in Mind | FRENCH VANILLA:

Supplement Facts

Serving Size: 1 Snap (15mL)
Servings Per Container 25

Amount Per Serving	%DV
Calories 30	
Total Fat 3.5 g	4%*
Saturated Fat 2.5 g	13%*
Total Carbohydrate 1 g	<1%*

Velovita Proprietary Thermogenic Blend 5.6g †

Medium Chain Triglycerides, L-Carnitine, CLA (Conjugated Linoleic Acid), Garcinia Cambogia Extract, Acetyl-L-Carnitine HCl, Synephrine HCl, Alpha Yohimbine, Chromium Picolinate

* Percent Daily Values (DV) are based on a 2000 calorie diet
† Daily Value (DV) not established

Other Ingredients: Purified Water, Gum Acacia, Natural Flavor, Preservatives (Sorbic Acid, e-Polylysine, Vitamin E).

Contains: Coconut

*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.

HOW TO ENJOY a little something extra with **plôs® THERMO:**

1

Take once daily. Add to **8-10 oz.** of coffee. **Enjoy!** Store at room temperature or below to preserve freshness.



2

Use in conjunction with **brăn®** and **zlēm®** for maximum body composition optimization.

SCAN FOR MORE



INFORMATION

Did you Know?

“ A recent ScienceDirect article on Cell Metabolism outlines a study conducted to analyze results from calorie restriction over 2 years. In 53 (34 *calorie-restricted* and 19 *control*) non-obese adults, “approximately 15% calorie restriction was achieved over 2 years, resulting in an average 8.7 kg weight loss, whereas controls gained 1.8 kg.” ”

~ScienceDirect, April 2018.



NON
GMO



GLUTEN
FREE



VEGAN



KETO-
FRIENDLY



DAIRY
FREE

WARNING: Before taking any dietary supplement or undertaking any diet, fitness or exercise plan, you should always consult your doctor. If you are under medical supervision for any allergy, disease, taking prescription medications, or you are breastfeeding, contact your medical provider before adding any new supplements to your daily regimen. plôs® Thermo is meant to be consumed with a caffeinated or decaffeinated beverage. Do not combine plôs® Thermo with any other stimulants. Do not consume any other energy drinks, or stimulants while taking plôs® Thermo. If you have an extreme sensitivity to caffeine, we suggest drinking only decaffeinated beverages, and as always consult your doctor or other qualified healthcare provider.