

Subject Line / Preheader

Option 1:

Feel fuller, longer.

These foods pack a punch.

Option 2:

Satisfy your appetite.

Ten must-have foods

Option 3:

Power up with foods that satisfy.

Healthy alternatives that keep you feeling full



Pack your journey with powerhouse foods.



Get essentials

Every day, you can build small habits that bring you closer to your goals—like choosing foods that help you feel fuller.

Stay on top of your hunger with nutrient-dense foods that contain more fiber, healthy fats, and protein. Foods like Greek yogurt, avocado, and whole grains are simple additions or swaps you can make to help you feel more satisfied.

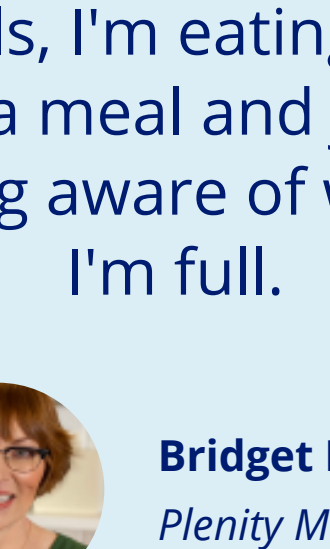


Explore more filling foods with dietitian Melissa Nieves.

Build a routine

Plenity Pro Tip

Brighten your plate and boost nutrition & flavor by adding red, orange, and dark green vegetables to your meals.



[With Plenity], I'm snacking less between meals, I'm eating less at a meal and just being aware of when I'm full.



Bridget B.
Plenity Member

Explore foods that satisfy.

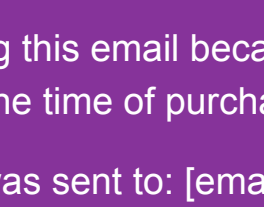
Read article

Plenity is an aid for weight management in adults who are overweight or obese and have a body mass index (BMI) of 25 to 40 kg/m², when combined with diet and exercise.

Important Safety Information

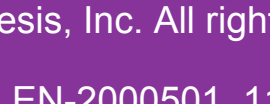
- Patients who are pregnant or are allergic to cellulose, citric acid, sodium stearyl fumarate, gelatin, or titanium dioxide should not take Plenity.
- To avoid impact on the absorption of medications:
 - For all medications that should be taken with food, take them after starting a meal.
 - For all medications that should be taken without food (on an empty stomach), continue taking on an empty stomach or as recommended by your physician.
- The overall incidence of side effects with Plenity was no different than placebo. The most common side effects were diarrhea, distended abdomen, infrequent bowel movements, and flatulence.
- Contact a doctor right away if problems occur. If you have a severe allergic reaction, severe stomach pain, or severe diarrhea, stop using Plenity until you can speak to your doctor.

Rx Only. For the safe and proper use of Plenity or more information, talk to a healthcare professional, read the [Patient Instructions for Use](#), go to [myplenity.com](#) or call 1-844-PLENITY.



Your path to feeling fuller begins here

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