

Subject Line / Preheader

Option 1:

Understand your food cravings.

Learn the triggers and how to control them.

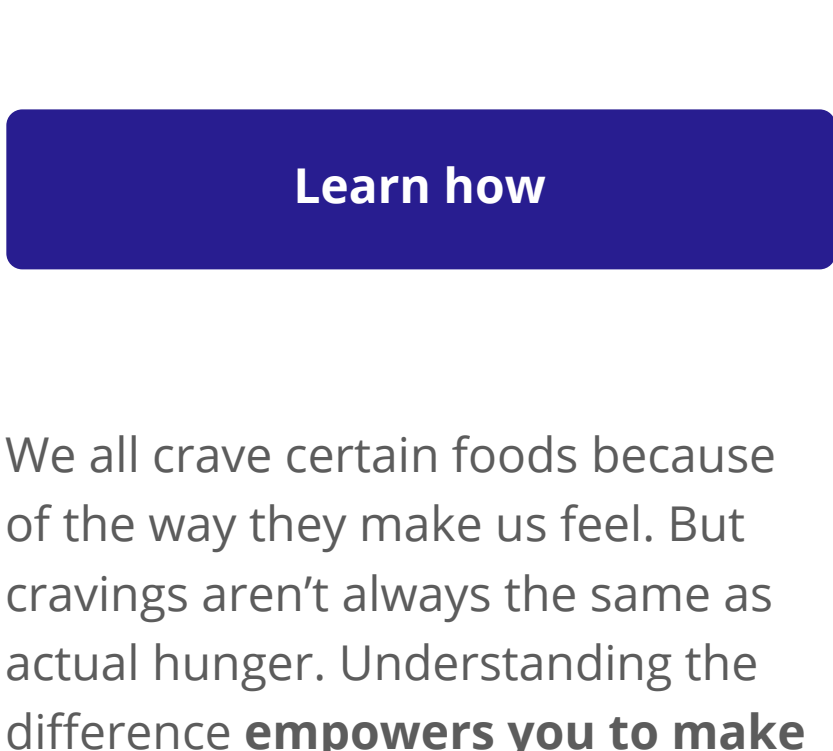
Option 2:

Overcome food cravings.

Learn the triggers and how to beat them.



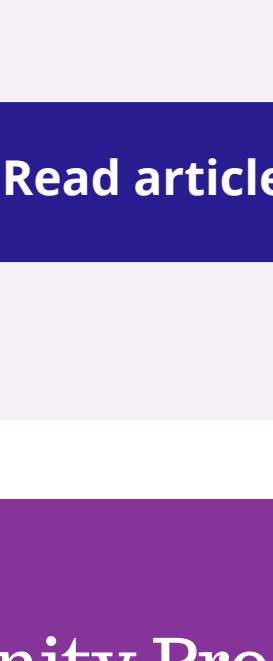
Break free from food cravings.



Learn how

We all crave certain foods because of the way they make us feel. But cravings aren't always the same as actual hunger. Understanding the difference **empowers you to make goal-oriented choices.**

You can minimize food cravings by eating regularly, listening to your body's cues, and having healthy snacks on hand—oh yeah, and occasionally indulging a little!



Learn more ways to break free from food cravings with Nurse Barb Dehn.

Read article

Plenity Pro Tip

Before grocery shopping, make a list and grab a snack. Shop with a full stomach and stick to your list so you're not tempted by unhealthy items.



Plenity really taught me how to control my portions and make smarter decisions about eating and not eat as much.



Heather

Plenity Member

Learn how to break free from food cravings.

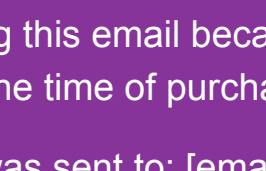
Read article

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

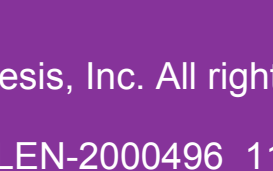
- Patients who are pregnant or are allergic to cellulose, citric acid, sodium stearyl fumarate, gelatin, or titanium dioxide should not take Plenity.
- To avoid impact on the absorption of medications:
 - For all medications that should be taken with food, take them after starting a meal.
 - For all 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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