

**Subject Line** / Preheader

Option 1:

**Ritual Refresh #1: Make drinking water more exciting**

See how to liven up your hydration routine.

Option 2:

**Ritual Refresh #1: Try infused water**

Why not make staying hydrated more fun?

Option 3:

**Make drinking water more exciting**

See how to liven up your hydration routine.

Option 4:

**Try infused water**

Why not make staying hydrated more fun?



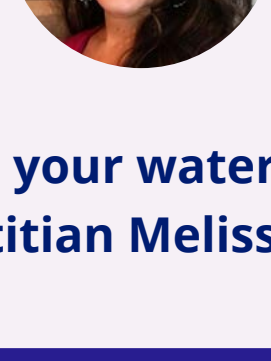
# Water doesn't have to be boring.



**Stay hydrated**

Managing your weight shouldn't have to feel like a slog. Over the next few days, we'll share ways to shake up your routines and recommit to the building blocks of a healthy lifestyle.

Let's start with water. Drinking water is a key part of taking Plenity *and* keeping your body functioning properly. And the good news: it doesn't have to be boring!



**Refresh your water routine with dietitian Melissa Nieves.**

**Shake it up**

## Plenity Pro Tip

Try downloading a hydration app that can track your water intake, remind you to drink up, and keep you motivated with milestones.



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/m<sup>2</sup>, when combined with diet and exercise.

### Important Safety Information

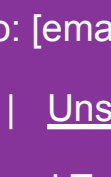
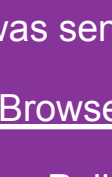
- Patients who are pregnant or are allergic to cellulose, citric acid, sodium stearyl fumarate, gelatin, or titanium dioxide should not take Plenity.
- To avoid impact on the absorption of medications:
  - For all medications that should be taken with food, take them after starting a meal.
  - For all 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](https://myplenity.com) or call 1-844-PLENITY.



**Your path to feeling fuller begins here**

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