



Envelope

Inside Left

Plenity isn't a magic pill. And that's a good thing.

Your commitment to a healthy lifestyle, including diet and exercise, is key to building sustainable routines and making lasting change.

Taking Plenity every day before lunch and dinner can make that easier by helping you feel fuller so you eat less.

Right Gate

In a clinical trial, people taking Plenity

7 days per week
20 minutes before lunch and dinner
were 4x more likely
to lose 10% body weight

than those who took it less often.*

*See back panel for study design.

In a survey,

77% more members
reported being
satisfied taking
Plenity consistently†

than those who took it less than 5
days per week.

15 or more days per week

Back

Plenity

Plenity® is indicated to aid weight management in adults with excess weight or obesity. Body Mass Index (BMI) of 25-40 kg/m², when used in conjunction with diet and exercise.

Important Safety Information

- Patients who are pregnant or are attempting to become pregnant should not take Plenity. Plenity may cause harm to the fetus.
- 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 on an empty stomach, take them 2 hours before or 2 hours after a meal.
- The overall incidence of side effects with Plenity was no different than placebo. The most common side effects were constipation, dry mouth, and headache.
- Contact your doctor right away if you experience severe constipation, 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 at plenity.com or call 1-844-PLENITY.

[†]In the Growth Loss of Weight (GLOW) clinical study, Plenity or placebo was given to 436 adults who were overweight or had obesity, with and without type 2 diabetes, over 24 weeks in conjunction with diet and exercise. Plenity was compared to placebo. Plenity was taken 20 minutes before lunch and dinner 7 days per week.

- In clinical trials, 55% of Plenity responders lost on average 15% of their body weight (22 lbs or more).
- Plenity responders lost 4x more weight than placebo responders.
- Plenity responders lost 3x more weight than those who took it less than 7 days per week.
- Plenity responders lost 3x more weight than those who took it less than 5 days per week.

Each dose contains 3 capsules of Plenity provided in a single pod.

Plenity should be taken with 16oz of water 20 minutes before lunch and 20 minutes before dinner. Each dose contains 3 capsules of Plenity provided in a single pod.

MCS986.L1 US-PLENA-000017N 3/2021

Overcome what's stopped you before.

The Plenity experience is with you from day one, helping you along the way with evidence-based strategies from experts to help you make changes that last.

Unlock access to support

- Expectation & goal setting
- Personalized content
- Daily reminders & check-ins
- Virtual health coaching

Gate Fold Cover

You've got this.
We can help.

Plenity

Become the you you want to be.

Now is the time to focus on your WHY—why managing your weight is important to you and the future you want. The Plenity experience can help you build healthier habits and find the inspiration and support to get you there.

StartPlenity.com



Take a photo to get started.

Left Gate

Your new daily ritual.



3 capsules 16oz of water Wait 20 minutes
Take Plenity every day before lunch and dinner.

Every time you take Plenity presents an opportunity to focus on you. How can you turn your new routine into a ritual you look forward to?

Learn what to expect at StartPlenity.com

If a pre-meal dose is missed, take Plenity during or immediately after that meal.