

Believe in yourself.

.....Plenity®

Small steps. Big change.

Every step, no matter how big or small, can be a step in the right direction. We're here to remind you how far you've come already and celebrate what you're doing today.

Take a few moments to reflect on what's changed since starting your Plenity journey. Have you found your groove in making Plenity part of your daily routine? What other changes are you feeling good about?

This is your journey. Visualize it. Believe in your ability to reach it.

You can do this. And Plenity is here to help.

—Your Plenity Experience Team

US-PLN-2000265 10/2020

Turn
“I can’t”
into
“I can.”

.....Plenity®



Mindful Eating



Helpful Nutrition Information

Get more from Plenity

Our member experience is your home for expert tips, exclusive offers, goal tracking, and a supportive Plenity community.

Join for free at PlenityJourney.com

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 myplenity.com or call 1-844-PLENITY.

US-PLEN-2000329 10/2020



Behavior Modification Tips



Community Support

Your
journey
will be
worth it.

.....Plenity®

When things get hard, I will...

In the next 30 days I will...

.....

.....

.....

Set small monthly goals or intentions to help keep yourself on track for your long term vision.

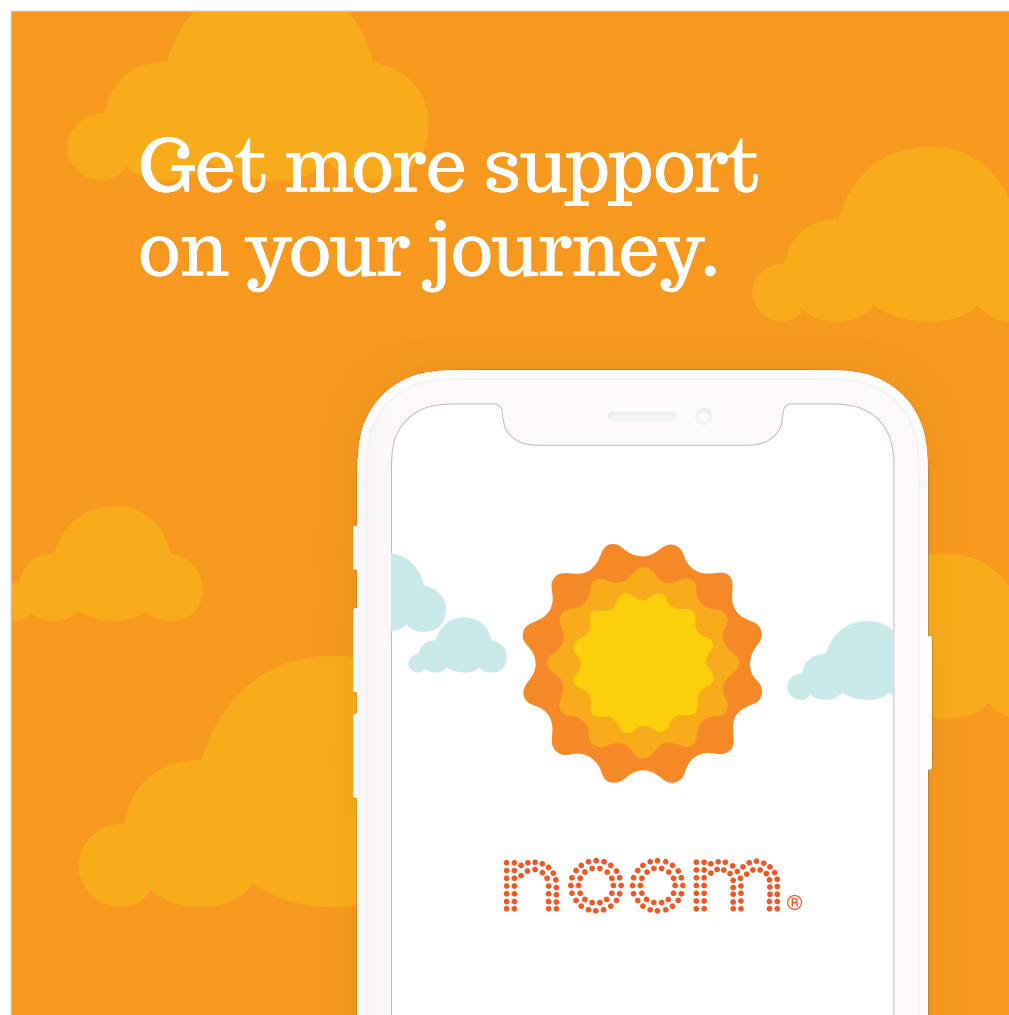
Goal date:
(30 days from today)

US-PLN-2000330 10/2020



Snap a photo of your goals and share
in our private Facebook community
PlenityJourney.com/FB





Exclusive Plenity member offer

Noom is an app that helps you lose weight through behavior change. If you want some additional help on your journey, you can get a **14-day free trial** and **save up to 75% off** your course.

Try it for free at PlenityJourney.com/noom

noom®

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US-PLN-2000335 10/2020

In a clinical trial, people taking Plenity 7 days per week with lunch and dinner were

4x more likely
to lose 10%
body weight

than those who took it
less often.*



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.

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*In the Gelesis 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. The study was designed to measure:

- whether at least 35% of individuals receiving Plenity lost 5% of their body weight
 - in clinical trials, 59% of Plenity responders lost on average 10% of their body weight (22 pounds) in six months
- whether individuals receiving Plenity lost 3% more of their body weight than individuals receiving placebo
 - individuals on Plenity lost on average 6% vs individuals on placebo, who lost on average 4%

In an additional analysis of 172 individuals in the GLOW study the proportion of individuals who lost at least 10% body weight was compared between those who had at least 95% compliance and those with less than 95% compliance.

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.

US-PLN-2000334 10/2020

Savor the
moment.

.....Plenity®

I'm proud I've achieved...

.....

.....

.....

Celebrate your progress with calorie-free rewards—think new exercise gear, a cooking class, or a day off to recharge.



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US-PLN-2000331 10/2020



Share your success in our private Facebook community at **PlenityJourney.com/FB**

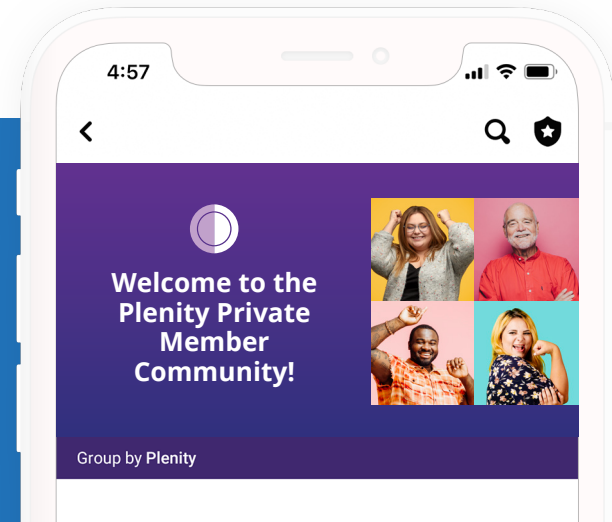
Recurring User Guide
Month 3: Facebook



Join the community at PlenityJourney.com/FB

Share your story, learn from and inspire others, and get exclusive content from health and nutrition experts in a private, welcoming Facebook community.

US-PLN-2000336
10/2020



5.25" x 5.25" front/back