



NPN 80074657

plexus  
**BLOCK™**

Enjoy more. Worry less.  
Block is your secret weapon.

# TOP THREE BENEFITS

- Helps reduce the glycemic index of food
- Provides support for healthy blood glucose levels
- Helps maintain the body's ability to metabolize nutrients



# FEATURES

- Brown seaweed blend helps support healthy blood glucose levels and contains the mineral, iodine
- White kidney bean extract is rich in special types of glycoproteins
- 60 capsules per bottle
- Helps in the function of the thyroid gland
- No artificial colours or preservatives, gluten free, vegetarian, and non-gmo



# HOW TO USE

## MEDICINAL INGREDIENTS

### Each Capsule Contains:

Brown Seaweed Blend ( <i>Ascophyllum nodosum</i> / <i>Fucus vesiculosus</i> blend) thallus 20:1 extract (QCE: 5 g)	250 mg (providing >25 mg Polyphenols and <75 mcg Iodine)
White kidney bean ( <i>Phaseolus vulgaris</i> ) seed 10:1 extract (900 AAIU; QCE: 1 g)	100 mg
Chromium [Chromium (III) picolinate]	100 mcg

Adults take 2 capsules immediately before a sugar or carbohydrate containing meal. Consult with a health care practitioner beyond duration of 3 months.

## BETTER TOGETHER

- **Protein+:** A convenient powder mix that is packed with protein, vitamins, minerals, and full of flavour to support your active lifestyle and health goals.
- **MetaBurn:** Helps rev up your metabolism so you can burn more fat.
- **Reset:** A supported fast that delivers protein, energy, electrolytes, vitamins and minerals that your body needs so that you can achieve your health goals.
- **Ease:** Contains natural ingredients that can help ease the occasional discomforts of an active lifestyle, like joint pain.

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