

plexus

# MetaBurn

Supercharge your metabolism.  
Maximize results.\*

When your metabolism slows down, you are suddenly faced with plateaus you never had to deal with before. Plexus MetaBurn™ is a revolutionary supplement that helps boost your metabolism and burn stubborn fat from your hips, thighs, and waist — so you can break through barriers and say hello to your best self.\*



## Fact: A slow metabolism slows you down.

Hitting plateaus in your weight management efforts? Your metabolism could be to blame. As you age, your metabolism naturally slows down, making it harder for you to burn stubborn fat and reach your goals. When the things that used to work are not effective anymore, your confidence goes down (but your weight doesn't budge). It doesn't have to be this way.

You want your body to work for you — not against you! Your metabolism should match the energy and power you feel every day.

## Fire up your metabolism.

MetaBurn is designed to fire up your results. Clinically studied ingredients help rev up your metabolism so you can burn more fat — even from stubborn areas (like the hips, thighs, and waist).^\*

Plexus MetaBurn also features botanical extracts and ingredients like rhodiola and L-theanine to help support energy, mood, and focus.\*

You have drive and passion for your hopes and dreams; don't let a sluggish metabolism slow you down! Use MetaBurn, maximize your results, and love how you look and feel every day.



### MetaBurn primary benefits

- Helps boost metabolism\*
- Supports fat burning\*
- Helps reduce abdominal fat\*
- Supports mood and focus\*
- Supports energy\*
- Includes 7 botanical leaf, root, and seed extracts used to support fat burning and weight management^\*
- Contains 80 mg of caffeine per serving (less than a cup of coffee) to gently lift energy levels\*
- Features mood-boosting ingredients like rhodiola and L-theanine to help improve your mood and mental focus\*
- Gluten free, vegetarian, and non-GMO

## Who should use Plexus MetaBurn?

A slower metabolism can keep you from reaching your weight management goals, despite your best efforts. MetaBurn is a supplement for anyone who is struggling to combat the effects of aging that naturally slow the metabolism. Unlike other fat burners, MetaBurn also supports a healthy mood and increased energy. MetaBurn helps you stay fired up and focused so you can maximize your weight management results — and your confidence!^\*

### Here's how it works:

#### Purchase MetaBurn

Grab your 30-day supply and add MetaBurn to your monthly subscription order.

#### Take 2 capsules daily

We recommend adults take 1 before breakfast and 1 before lunch.^

#### Feel and see results

Break through barriers and say goodbye to plateaus. Go for those goals!

^When combined with a reduced calorie weight loss diet plan. Individual results will vary.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Did You Know?

- Your metabolism is what converts food into energy so you can survive. Each of the 30 trillion cells in your body is constantly experiencing metabolic reactions.<sup>1</sup>
- Muscles require a lot of energy. One reason our metabolisms slow as we age is that as we get older, muscle mass decreases, lowering demand on the metabolism.<sup>2</sup>
- The metabolism affects every system of the body, including the immune system.<sup>3</sup>

## Frequently Asked Questions

### What is a thermogenic?

Thermogenics increase energy expenditure through metabolic stimulation and help burn fat. MetaBurn utilizes 7 botanical leaf, root, and seed extracts to increase your metabolic rate to help you burn more calories throughout the day.\*

### Can I take Plexus MetaBurn™ with other Plexus® products?

MetaBurn is a great addition to a Plexus weight loss regimen, including Slim Microbiome Activating or Hunger Control, TriPlex, Lean Meal Replacements, or Balance. The combining effects of these products are beneficial to your overall health and help you lose weight and support fat burning.^\*

### Can I take MetaBurn with Edge or Active?

As each of these products contains naturally occurring caffeine, individuals sensitive to caffeine should monitor their daily consumption. Currently, the FDA recommends adults consume less than 400 mg of caffeine daily.

### Is MetaBurn an energy supplement?

While you may experience a mild energy lift with MetaBurn, it is not a product that is primarily focused on energy. Instead, its unique, synergistic blend of ingredients support fat burning, boost metabolism, and support weight management.^\*

### When is the best time to take Plexus MetaBurn?

It is recommended to take 1 capsule twice daily, roughly 4 to 6 hours apart. This could be once before breakfast and once before lunch. Or, once midmorning and once midafternoon. Do what works best for your schedule. However, if you are sensitive to caffeine, it is not recommended to take MetaBurn later than midafternoon.

### How much caffeine is in Plexus MetaBurn?

The amount of caffeine in MetaBurn is less than the equivalent of 1 cup of home-brewed coffee. One cup of home-brewed coffee has approximately 90 mg of caffeine, and MetaBurn contains 80 mg of caffeine per serving.

### Is Plexus MetaBurn safe?

MetaBurn uses 7 botanical leaf, root, and seed extracts to naturally support your body's metabolism, aid in fat burning, provide a mild energy lift, and support mood and focus. These ingredients have been extensively studied in clinical research with a long history of safe use at the levels found in MetaBurn.\*

### Is MetaBurn something you should only take for weight management, or can you take it for long-term use?

MetaBurn is safe for long-term use and can be used to help maintain your ideal shape. MetaBurn will help boost metabolism and support continued fat burning. You will also continue to get support for an elevated mood, focus, and mild energy lift.\*

### Can Plexus MetaBurn be used by children under the age of 18?

Plexus MetaBurn is not recommended for use by children under 18 because the product was formulated to meet the needs of adults.



<sup>1</sup><https://www.vai.org/10-fast-facts-about-metabolism-to-impress-your-friends-and-family-during-thanksgiving/>

<sup>2</sup><https://www.eatright.org/health/weight-loss/tips-for-weight-loss/metabolism-myths-and-facts>

<sup>3</sup>Jung, J., Zeng, H. & Horng, T. Metabolism as a guiding force for immunity. Nat Cell Biol 21, 85–93 (2019). <https://doi.org/10.1038/s41556-018-0217-x>

^\*When combined with a reduced calorie weight loss diet plan. Individual results will vary.

## Ingredient Glossary

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

	Amount Per Serving	% DV
<b>Proprietary Blend</b>	567 mg	†
N-acetyl L-tyrosine, green tea leaf extract (min. 95% total polyphenols & 45% EGCG), caffeine (from green tea leaf extract & guaraná seed extract), <i>Rhodiola rosea</i> root extract (min. 3% rosavins & 2% salidroside), L-theanine, grains-of-paradise seed extract (min. 12% 6-paradol), forskohlii root extract (min. 40% forskolin), AstraGin® (astragalus root extract & Asian ginseng root extract), guaraná seed extract, 5-HTP (from <i>Griffonia simplicifolia</i> seed extract)		

†Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (vegetarian capsule), microcrystalline cellulose, dicalcium phosphate, silica, and medium chain triglyceride powder.

#### Grains of paradise (*Aframomum melegueta*):

Also known as alligator pepper or Guinea pepper, this West African plant related to the ginger family is commonly used as a spice and contributes metabolism-enhancing benefits.\*

#### L-theanine:

An amino acid most commonly found in green tea that helps increase a sense of alertness and support a healthy mood.\*

#### Rhodiola (*Rhodiola rosea*):

A low-growing perennial plant with yellow flowers that is used as an adaptogen. In MetaBurn, Rhodiola helps support a healthy mood.\*

#### Forskolin (from *Coleus forskohlii*):

Forskolin is derived from the roots of the *Coleus forskohlii* plant that grows in humid climates and has tuberous roots. It helps release free fatty acids to be used for fuel within the body.\*

#### Green tea extract (from *Camellia sinensis*):

The green tea extract in MetaBurn is an enriched source of catechins, the polyphenols naturally abundant in green tea that are responsible for numerous health benefits. Green tea and green tea polyphenols are well studied and have been demonstrated to contribute to increased calorie burning when consumed in conjunction with caffeine.\*

#### AstraGin (*Astragalus membranaceus* and *Panax notoginseng*):

A blend of 2 herbs commonly used in traditional Chinese herbal remedies, huang qi (*Astragalus membranaceus*) and Chinese ginseng (*Panax notoginseng*). The research on AstraGin has demonstrated it may help support absorption of certain nutrients, including amino acids, minerals, and vitamins.\*

#### N-Acetyl L-Tyrosine (naturally derived):

Provides an easily absorbed form of tyrosine, which is an essential amino acid that is converted by the brain into the neurotransmitters dopamine, serotonin, norepinephrine, and epinephrine.\*

#### 5-HTP (from *Griffonia simplicifolia*):

5-hydroxy tryptophan functions as a highly absorbable precursor to serotonin capable of crossing the blood-brain barrier. Serotonin is a neurotransmitter and hormone important in the healthy regulation of mood. The source of 5-HTP in MetaBurn is from the seeds of *Griffonia simplicifolia*, a small pod-producing shrub from West Africa.\*

#### Guarana seed extract (*Paullinia cupana*):

Serves as a natural source of caffeine.

#### Natural caffeine (Naturally derived from green tea and guarana):

Caffeine is a universal naturally occurring stimulant compound found in certain plants and is largely responsible for feelings of energy. Caffeine influences metabolism through several pathways, most notably through stimulation of catecholamines (hormones produced by the adrenal glands).\*

#### Hypromellose (vegetarian capsule) (naturally derived):

The capsule shell is made from hypromellose, derived from pine trees. It is non-GMO, vegan, kosher, and halal.

#### Microcrystalline cellulose powder (naturally derived):

Cellulose is the structural component of the primary cell wall of green plants. It is in the form of a fine powder and helps ensure the capsules are filled properly during manufacturing.

#### Dicalcium phosphate powder (naturally derived):

This is added to help with flow of the product ingredients and compaction during encapsulation.

#### Silica (naturally derived):

This is added to the powder mixture to ease the flow of the material through the manufacturing equipment and to remove moisture to prevent the powder from clumping.

#### Medium chain triglyceride powder:

Medium chain triglycerides naturally occur in coconut oil and palm kernel oil. Unlike most other lipid molecules that require a complex process of digestion, MCTs are more easily absorbed into the bloodstream from the digestive tract. Animal and human studies have shown MCTs may have a positive impact on energy expenditure and satiety, when included in the diet as a replacement for fats containing Long Chain Triglycerides (LCT).

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