

Plexus Active™

Energise Your Body and Brain

Plexus Active is the ultimate lifestyle performance mix that is formulated to provide clean, lasting energy, along with mental clarity, supports feelings of alertness, and support for performance. With a clean energy blend and none of the “junk” found in other energy drinks and sodas, Active supports your active life and keeps you feeling powered up and ready to go, any time of day.



Clean, Lasting Energy

You lead a busy life. From packing lunches in the morning to evening backyard cricket with the family, you're on the move, on the go, and on your way to absolute exhaustion at the end of the day. Unfortunately, your options for an extra energy boost have always included: coffee, tea, soda, and the latest stimulant-packed chemical concoction you can pick up at a supermarket. That's why we created Plexus Active: the approach to energy support that helps you feel awake, alert, and on top of your game—without sacrificing your health.

How Active Works

Active contains Green Tea and Yerba Maté—naturally-derived sources of caffeine that won't give you the jitters or set you up for a crash in a few hours. It also contains L-Theanine, for mental clarity and focus. And with bioavailable forms of Vitamins A, C, E, and B, Active can help you feel like the best version of yourself as it keeps your mind clear and your energy high.

Spotlight: Nitric Oxide

Active also contains an antioxidant rich blend of plant extracts (like Turmeric, Blueberry, Tart Cherry, and Kale). This blend, in the amount found in Active, supports the body's natural Nitric Oxide production. Nitric Oxide, naturally produced by our bodies, acts as a vasodilator, signaling the blood vessels to relax, thus supporting blood flow. This aids the body by delivering oxygen, fuel, and other key nutrients to active muscles. L-Citrulline Malate and S7™ further support nitric oxide production, which is associated with muscle recovery.

Active's Primary Benefits

- Clean, long-lasting energy
- Supports performance & mental clarity
- Promotes feeling of alertness
- Supports the body's natural nitric oxide production
- Supports post-activity recovery

Active's Advantage

- Contains 100 mg of natural caffeine, along with Citrulline Malate and S7™, a blend of seven plant-based ingredients, to help support nitric oxide production for better daily performance
- Bioavailable forms of Vitamins A, C, E, and B Vitamins
- Natural Peach Mango Flavour
- 15 convenient packets
- Vegetarian and Gluten Free
- No artificial colours, flavours, sweeteners or preservatives

Who Should Use This Product?

Plexus Active is the best choice for adults who want to support their energy with a delicious, refreshing supplemented food without all the excessive sugar, chemicals, artificial flavours, and artificial colours found in energy drinks and sodas. Active brings you energy from naturally-derived sources, so you can get the energy you need to power through your day. Active is great for athletes and is a perfect post-workout recovery mix, but it also helps provide support for anyone who needs a little extra energy—parents, teachers, college students, working professionals, and more.

See the Difference

	V Green (1 can, 250 mL) [^]	Red Bull Energy Drink (1 can, 473 mL) [^]	Monster Energy [®] Drink (1 can, 500 mL) [^]	plexus [®] Active (1 serving)
Energy	488 kJ	918 kJ	986 kJ	107 kJ
Caffeine content	78 mg	151 mg	160 mg	100 mg
Caffeine from naturally-derived sources				✓
Sugar content	26.5 g	51 g	57 g	3 g
Taurine (stimulant)	✓	✓	✓	
Artificial flavours	✓	✓	✓	
Artificial colours	✓		✓	
Artificial sweeteners			✓	

[^]<https://www.woolworths.com.au/>, <https://v.co.nz/products/v>, <https://au.openfoodfacts.org/>

Did you know?

The Mayo Clinic has cited 400 mg of caffeine a day as a reasonable limit for healthy adults.¹ Active contains 100 mg of caffeine, meaning you can consume other products containing caffeine (including other Plexus[®] products) while using Active. Pair Active with other Health and Happiness products to give you the energy you need to power through your healthy choices and active lifestyle.

¹ <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20045678>

Frequently Asked Questions

What sets Plexus Active™ apart?

Active features a truly unique, healthy energy formula that powers mind and body to help you do more of what fulfills you. Green Tea and Yerba Maté provide a naturally-derived source of caffeine for clean, long-lasting energy and L-Theanine for mental clarity and focus. Citrulline Malate and an antioxidant-rich blend of plant extracts like Turmeric, Blueberry, Tart Cherry, Kale and more support for the body's natural nitric oxide production. And a premier form of Choline (Glycerophosphocholine) provides brain power support so you're always at the top of your game – whether it's played on a field or a laptop screen.

You'll want to sip Active's refreshing, natural Peach-Mango flavour all afternoon; and at only 107 kJ per serving and 3 grams of sugar, you can do so without guilt. Active's perfectly balanced sweetness comes from ingredients like Honey Powder, Stevia, Monk Fruit Extract, and a unique sweetener called Trehalose. You won't find all the bad stuff common to energy drinks like artificial flavours, colours, sweeteners, and stimulants that can make you feel fidgety and anxious.

Is Active an energy drink?

Active is a new lifestyle performance drink mix that will supercharge the way you move through all of life's moments. While other energy drinks are full of artificial sweeteners and chemical stimulants that make you feel jittery and cause you to 'crash', Active provides clean, lasting energy, supporting performance and mental clarity.

Who should take Active?

Active is great for individuals with a busy lifestyle who need clean, long-lasting energy plus support for performance and mental clarity, without a dreadful crash. From driven CEOs to stay-at-home parents, college students and even athletes – Active will help you be the best version of yourself.

Active is also a great option for individuals looking for pre-and post-workout support. Active supports performance and the body's natural nitric oxide production. Active is not intended for pregnant or nursing mothers and those under 18 years of age.

What is the S7™ blend in Active and what does it do?

S7 is an antioxidant-rich blend of plant extracts that has been clinically shown to help support nitric oxide production for better daily performance. Our bodies already produce nitric oxide which acts as a vasodilator, signaling the blood vessels to relax, thus supporting blood flow. This aids the body's performance by delivering oxygen, fuel, and other key nutrients to active muscles. S7 consists of Green Coffee Bean Extract, Green Tea Extract, Turmeric Extract, Tart Cherry, Blueberry, Broccoli and Kale.

How much caffeine is in Active?

Active contains 100 mg of natural caffeine per serving. With the safe daily limit for adults at approximately 400 mg of caffeine, you can still utilise Active in combination with other Plexus® products like MetaBurn and still be within a beneficial daily amount.

As with any product that contains caffeine, new users may want to start slowly, utilising one stick of Active per day. Slowly incorporate other products containing caffeine into your regimen to see how your body reacts, especially if you're sensitive to caffeine. It is not recommended to take any caffeine-containing product later than midafternoon, particularly if you are sensitive to the ingredient. And, always be aware of other dietary sources of caffeine like coffee, tea, and sodas (even diet).

Can I take Active with other Plexus products?

Yes, Active makes a great pairing with Plexus Slim® for added energy support to your gut health or weight management goals. Active can be used with Slim throughout the day, or even mixed in the same bottle and sipped together for interesting new flavour combinations. Although some Plexus customers report experiencing some energy with Slim, it wasn't designed to be an energy product and they contains only trace amounts of naturally occurring caffeine from Green Coffee Bean Extract.

Active also makes a perfect addition to our other product with energy benefits, MetaBurn. Each product works in your body in different ways and has a unique set of benefits to fit your lifestyle. MetaBurn is an excellent multi-action blend product that helps improve the body's metabolism, helps increase the body's fat loss, and helps support a healthy mood balance and increased mental alertness. Keep in mind your total caffeine intake when combining Active with MetaBurn.[^]

When will I feel the effects of Active and how long will I feel the effects for?

The effects will vary from person-to-person, but users typically feel the effects of Active within 10 minutes of consumption and the effects can last for around 6 hours.

[^] When used in conjunction with a program of reduced intake of dietary calories and increased daily physical activity.

Ingredient Glossary

Citrulline Malate:

Citrulline is a unique amino acid not involved in protein synthesis. The body naturally produces Citrulline from the breakdown of the amino acid Arginine when forming Nitric Oxide (NO). Citrulline is recycled back into Arginine in the kidneys. Providing Citrulline helps with the body's recycling of Citrulline and Arginine to support Nitric Oxide production. Malate is a form of Malic Acid which is naturally present in high amounts in fruits and is also found in our bodies. It contributes a slight sour flavour. When combined with natural caffeine and S7™, it helps support Nitric Oxide production for better daily performance.

L-Theanine:

L-Theanine is an amino acid most commonly found in green tea that helps to support a sense of alertness and supports mental clarity and focus.

N-Acetyl L-Tyrosine:

N-Acetyl L-Tyrosine provides an easily absorbed form of Tyrosine which is an essential amino acid that is converted by the brain into neurotransmitters.

Natural Caffeine (Derived from Green Tea Extract & Yerba Maté Leaf Extract):

Caffeine is found naturally occurring in certain plants and is widely used as a stimulant to support feelings of energy.

ActiGin:

ActiGin is a compound of *Panax notoginseng* (ginseng) and *Rosa roxburghii* (chestnut rose) that when combined with naturally-derived caffeine, they help support endurance.

S7™:

S7 is an antioxidant-rich, plant-based, nutrient blend including Green Coffee Bean Extract, Green Tea Extract, Turmeric Extract, Tart Cherry, Blueberry, Broccoli, and Kale.

Alpha-Glycerophosphocholine:

Alpha-Glycerophosphocholine is a phospholipid and a natural source of Choline. Choline is an essential nutrient necessary for the body's synthesis of its own phospholipids, which are essential components of cell membranes. Choline also provides brain power support.

Trehalose:

Trehalose is a unique sweetener naturally found in small amounts in mushrooms and honey. The source used in Active is derived from tapioca starch. It is digested slower than dextrose and sucrose and is less sweet.

Honey Powder:

Honey Powder provides a natural source of sweetness and improved flavour profile over regular sugar that complements the golden colour of Active.

Natural Flavours:

Natural flavours are naturally occurring compounds that contribute to the unique flavour profiles found in foods. These various flavours are taken from essential oils, resins, essences or extracts.

Citric Acid:

Citric Acid is naturally present in many fruits, particularly citrus fruits. It contributes a mild sour flavour that complements the sweetness and functions as a natural preservative.

Stevia Leaf Extract:

Stevia is a perennial herb native to South America that has been used for centuries as a medicinal herb and a natural sweetener.

Malic Acid:

Naturally present in high amounts in fruits and is also found in our bodies. It contributes a slight sour flavour.

Silicon Dioxide:

Silicon Dioxide is added to the powder mixture in order to ease the flow of the material through the manufacturing equipment, and to remove moisture to prevent the powder from clumping.

Monk Fruit Extract:

Monk Fruit Extract is a sweetener extracted from the monk fruit. The monk fruit is a small, round fruit grown in Southeast Asia. Monk Fruit Extract can provide a level of sweetness around 100–250 times greater than table sugar and contains zero kilojoules.

Directions: Mix 1 packet with 400 mL of water and enjoy immediately.

Nutrition Information		
Servings per package: 15		
Serving size: 1 stick packet (8.7 g)		
	Quantity per serving	Quantity per 100 g
Energy	107 kJ	1,233 kJ
Protein	< 1 g	2.6 g
-gluten	0.0 mg	0.0 mg
Fat, total	< 1 g	< 1 g
-saturated	< 1 g	< 1 g
Carbohydrate	6.2 g	71.3 g
-sugars	2.78 g	32 g
Sodium	5 mg	57.5 mg
Dietary fibre	< 1 g	10.2 g
Caffeine	100 mg	1,149 mg
Vitamin A	90 mcg RE	1,034 mcg RE
Thiamin	1.5 mg	17.2 mg
Riboflavin	2.8 mg	32.2 mg
Niacinamide	20 mg	230 mg
Vitamin B6	1.7 mg	19.5 mg
Vitamin B12	4.8 mcg	55.2 mcg
Vitamin C	54 mg	621 mg
Vitamin E	21 mg	241 mg
Pantothenic acid	10 mg	115 mg

Ingredients: Trehalose, honey powder, natural flavours, citrulline malate, citric acid (330), L-theanine, stevia leaf extract, malic acid (296), silicon dioxide (551), caffeine (from green tea leaf extract and yerba maté leaf extract)(1%), N-acetyl-Ltyrosine, betacarotene, d-alpha tocopherol, ascorbic acid, monk fruit extract, ActiGin (*Panax notoginseng* root extract and *Rosa roxburghii* fruit extract), S7™ (green coffee bean extract, green tea leaf extract, turmeric rhizome extract, tart cherry, blueberry, broccoli, kale leaf), beet root juice powder, niacinamide, d-calcium-pantothenate, ascorbyl palmitate, glycerophosphocholine, riboflavin, pyridoxine hydrochloride, thiamine hydrochloride, cyanocobalamin.