

plexus Active®

Clean energy for every day.*

Get the energy you need to live the life you want. Plexus Active gives you clean, lasting energy; sharper mental clarity; and improved performance. Featuring a proprietary blend of natural caffeine sources and other ingredients, Active helps you feel more energized and alert without unwanted spikes, crashes, or jitters so you can master your day and feel ready for anything life throws your way.*



Feeling worn out holds you back.

Sugar-filled energy drinks only make it worse.

From the moment your alarm goes off in the morning until your head hits the pillow at night, your day is jam-packed. Even though your to-do list is endless, your energy supply is limited. You want to live your best life, but when things get overwhelming, where do you get that extra boost of energy you need? Coffee, soda, and energy drinks are common choices, but they often contain unwanted “junk” ingredients that give you the jitters now and a crash later.

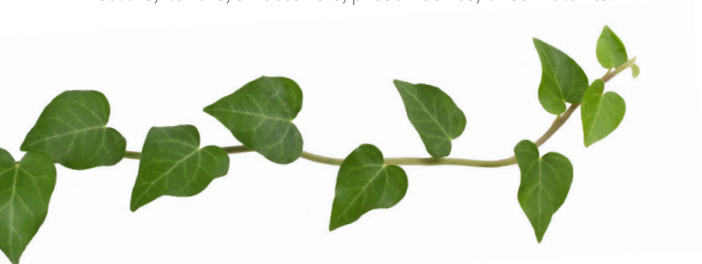
You deserve to leave that sluggish feeling behind and reclaim your energy — and you should not have to sacrifice your health to do it.

How Active Works

Plexus Active gives you energy and mental clarity you can count on. Active combines your health-conscious mentality and need for extra energy into a delicious lifestyle performance mix that can be enjoyed any time of day.*

Plexus Active delivers clean, long-lasting energy using green tea and yerba maté, both natural sources of caffeine. It also features L-theanine for mental clarity and focus, and vitamins A, C, and E, and B Vitamins (all in bioavailable forms), so you're ready for whatever the day throws your way. Citrulline malate and an antioxidant-rich blend of plant extracts such as turmeric, blueberry, tart cherry, kale, and more provide nitric oxide support for better daily performance.*

Sugar-filled sodas or neon-colored energy drinks can leave you feeling guilty, but Active contains only 25 calories and 2-3 grams of added sugar. It is sweetened naturally using ingredients like honey powder, stevia, monk fruit extract, and trehalose, and it contains no artificial colors, flavors, sweeteners, preservatives, or stimulants.



Plus, Active's Natural peach-mango, starfruit guava, and pineapple lemongrass flavors offer delicious, refreshing tastes whenever you need it.

Lasting energy. Sharper mental clarity. Improved performance. On-the-go, at home, at the office, or at the gym, Active is there to help you feel powered up and ready!*

Active Primary Benefits

- Clean, long-lasting energy*
- Boosts performance and mental clarity*
- Enhances feeling of alertness*
- Supports natural nitric oxide production*
- Supports improved performance*
- Reduces oxidative stress*
- Helps to support immune function*

Active Advantage

- S7™ plant-based nutrient blend, including turmeric, tart cherry, blueberry, kale and more
- Bioavailable forms of vitamins A, C, and E, and B vitamins
- Natural peach-mango, starfruit guava, and pineapple lemongrass flavors
- Vegetarian, gluten free, and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

Who Should Use Active?

Active is for parents, teachers, athletes, students, working professionals, and more — anyone who could use clean, long-lasting energy; mental clarity; and improved performance.*

Active is also a great option for individuals looking for pre- and post workout support. Active supports improved performance and reduces oxidative stress.*

Active is not intended for pregnant or nursing mothers and those under 18 years of age.

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Did You Know?

- Nitric oxide is naturally produced by our bodies and acts as a vasodilator, which means it signals the blood vessels to relax. This increases blood flow, which aids the body by delivering more oxygen, fuel, and other key nutrients to active muscles.
- S7™ is an antioxidant-rich blend of plant extracts that has been clinically shown to increase nitric oxide in the blood up to 175% at the levels in Active. S7 includes green coffee bean extract, green tea extract, turmeric extract, tart cherry, blueberry, broccoli, and kale.*
- 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.*

Frequently Asked Questions

What sets Plexus Active® apart?

Active features a truly unique, clean energy formula that powers mind and body to help you do more of what fulfills you. Green tea and yerba maté provide a natural source of caffeine for 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 provide nitric oxide support for better daily performance.*

You will want to sip on Active's refreshing natural flavors – peach-mango, starfruit guava, and pineapple lemongrass – all afternoon, and at only 25 calories, and 2-3 grams of added sugar, you can do so without guilt. Active's perfectly balanced sweetness comes from naturally sourced ingredients like honey powder, stevia, monk fruit extract, and a unique sweetener called trehalose. You will not find all the bad stuff common to energy drinks like artificial colors, flavors, sweeteners, and stimulants that can make you feel fidgety and anxious.

Is Active an energy drink?

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

Who should take Active?

Active is great for individuals with busy lifestyles who need clean, long-lasting energy plus enhanced 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 improved performance and reduces oxidative stress.*

Active is not intended for pregnant or nursing mothers or 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 increase nitric oxide up to 175% at the levels in Active. Our bodies already produce nitric oxide, which acts as a vasodilator, signaling the blood vessels to relax, thus increasing blood flow. This aids the body's performance by delivering more 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.*

Frequently Asked Questions

How much caffeine is in Active?

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

As with any product that contains caffeine, new users may want to start slowly, using 1 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. 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 Slim Microbiome Activating, Slim Hunger Control or Plexus Hydrate® for an added energy boost to your gut health, weight loss[^] or hydration goals. Bring variety to your day by mixing and sipping together for interesting flavor combinations. Although some Plexus customers report experiencing some energy with Slim, neither version is designed to be an energy product, and they contain only trace amounts of naturally occurring caffeine from green coffee bean extract.*

Active also makes a perfect addition to our other products with energy benefits like MetaBurn and Edge. Each product works in your body in different ways and has a unique set of benefits to fit



your lifestyle. MetaBurn is an excellent thermogenic product to help burn stubborn fat with a mild secondary energy lift, while Edge is a traditional energy product with a simple formula. Keep in mind your total caffeine intake when combining Active with MetaBurn and Edge.*

How is Active different from Plexus Edge®?

Edge is formulated to support sharper thinking and deliver sustained energy and comes in a capsule form. Active is a delicious mix that provides sustained energy; enhances mental clarity, focus, and feelings of alertness; and boosts performance.*

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

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.

Is there any difference between Active Peach-Mango, Starfruit Guava, and Pineapple Lemongrass?

The only difference is in the flavor ingredients. All benefits remain the same.

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

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Ingredient Glossary

Peach Mango

Supplement Facts		
Serving Size 1 Packet		
Servings Per Container 15		
	Amount Per Serving	%DV
Calories	25	
Total Carbohydrate	6 g	2% [†]
Total Sugars	3 g	†
Includes 3 g Added Sugars		6% [†]
Vitamin A (as beta-carotene)	270 mcg	30%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	54 mg	60%
Vitamin E (as <i>D</i> -alpha-tocopherol)	21 mg	140%
Thiamin (as thiamine HCl)	1.5 mg	125%
Riboflavin	2.8 mg	215%
Niacin (as niacinamide)	20 mg	125%
Vitamin B ₆ (as pyridoxine HCl and pyridoxal-5-phosphate)	1.7 mg	100%
Vitamin B ₁₂ (as methylcobalamin)	4.8 mcg	200%
Pantothenic Acid (as <i>D</i> -calcium pantothenate)	10 mg	200%
Sodium	5 mg	<1%
Proprietary Blend	1.5 g	†
Citrulline malate, L-theanine, N-acetyl-L-tyrosine, caffeine (green tea leaf extract and yerba maté leaf extract), ActiGin (Panax notoginseng root extract and Rosa roxburghii root extract), S7™ (green coffee bean extract, green tea leaf extract, turmeric rhizome extract, tart cherry, blueberry, broccoli, kale leaf), beet root juice powder, glycerophosphocholine		

[†]Percent Daily Values are based on 2,000 calorie diet.
[†]Daily Value (DV) not established.

Other Ingredients: Trehalose, honey powder, natural flavors, citric acid, stevia leaf extract, malic acid, silicon dioxide, and monk fruit extract.

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Starfruit Guava

Supplement Facts		
Serving Size 1 Packet		
Servings Per Container 15		
	Amount Per Serving	%DV
Calories	25	
Total Carbohydrate	6 g	2% [†]
Total Sugars	3 g	†
Includes 2 g Added Sugars		4% [†]
Vitamin A (as beta-carotene)	270 mcg	30%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	54 mg	60%
Vitamin E (as <i>D</i> -alpha-tocopherol)	21 mg	140%
Thiamin (as thiamine hydrochloride)	1.5 mg	125%
Riboflavin	2.8 mg	215%
Niacin (as niacinamide)	20 mg	125%
Vitamin B ₆ (as pyridoxine HCl and pyridoxal-5-phosphate)	1.7 mg	100%
Vitamin B ₁₂ (as methylcobalamin)	4.8 mcg	200%
Pantothenic Acid (as <i>D</i> -calcium pantothenate)	10 mg	200%
Sodium	5 mg	<1%
Proprietary Blend	1.5 g	†
Citrulline malate, L-theanine, N-acetyl-L-tyrosine, caffeine (green tea leaf extract and yerba maté leaf 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, glycerophosphocholine		

[†]Percent Daily Values are based on 2,000 calorie diet.
[†]Daily Value (DV) not established.

Other Ingredients: Natural flavors, trehalose, honey powder, citric acid, stevia leaf extract, malic acid, silicon dioxide, monk fruit extract, and fruit and vegetable juice (color).

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Pineapple Lemongrass

Supplement Facts		
Serving Size 1 Packet		
Servings Per Container 15		
	Amount Per Serving	%DV
Calories	25	
Total Carbohydrate	5 g	2% [†]
Total Sugars	2 g	†
Includes 2 g Added Sugars		4% [†]
Vitamin A (as beta-carotene)	270 mcg	30%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	54 mg	60%
Vitamin E (as <i>D</i> -alpha-tocopherol)	21 mg	140%
Thiamin (as thiamine hydrochloride)	1.5 mg	125%
Riboflavin	2.8 mg	215%
Niacin (as niacinamide)	20 mg	125%
Vitamin B ₆ (as pyridoxine hydrochloride and pyridoxal-5-phosphate)	1.7 mg	100%
Vitamin B ₁₂ (as methylcobalamin)	4.8 mcg	200%
Pantothenic Acid (as <i>D</i> -calcium pantothenate)	10 mg	200%
Proprietary Blend	1.5 g	†
Citrulline malate, L-theanine, caffeine (green tea leaf extract and yerba maté leaf extract), N-acetyl-L-tyrosine, 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, glycerophosphocholine		

[†]Percent Daily Values are based on 2,000 calorie diet.
[†]Daily Value (DV) not established.

Other Ingredients: Natural flavors, honey powder, trehalose, citric acid, malic acid, stevia leaf extract, silicon dioxide, and monk fruit extract.

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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. 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, which is associated with muscle recovery. 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 flavor.*

L-Theanine — L-theanine is an amino acid most commonly found in green tea that helps increase 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 and yerba maté leaf extract) — Caffeine is 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 natural caffeine, helps 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. S7 has been clinically shown to increase blood nitric oxide levels up to 175% at the levels in Active.*

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.

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.



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Ingredient Glossary



Honey Powder — Provides a natural source of sweetness and improved flavor profile over regular sugar that complements the golden color of Active.

Natural Flavors — Natural flavors are naturally occurring compounds that contribute to the unique flavor profiles found in foods. These various flavors 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 flavor that complements the sweetness.

Stevia (Stevia rebaudiana) 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. The extract is prepared from the sweet-tasting leaves and is standardized to 99% rebaudioside A. The extract is then purified by filtration and crystallized into a compound that is typically 200 times sweeter than table sugar and has no calories. Plexus® uses a pure, non-GMO stevia rebaudiana.

Malic Acid — Malic acid is naturally present in high amounts in fruits and is also found in our bodies. It contributes a slight sour flavor.

Silicon Dioxide — This 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.

Beta Carotene — This is an antioxidant found in plants like carrots and pumpkins that the body can convert into vitamin A.

Monk Fruit Extract — This is a sweetener extracted from the monk fruit, 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 0 calories.

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