

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 natural health product that helps temporarily increase basal metabolic rate, while temporarily supporting cognitive function, and enhancing physical energy — so you can break through barriers and say hello to your best self.



## Fact: A slow metabolism slows you down.

Hitting plateaus in your health and fitness goals? 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's revolutionary formula delivers the support needed to help break through barriers keeping you from reaching your health goals. With key ingredients like guinea-pepper and caffeine, MetaBurn helps to temporarily increase basal metabolic rate, and enhance energy. Unlike other thermogenics, Plexus MetaBurn also features botanical extracts like rhodiola that help support mental focus and stamina while temporarily helping to relieve symptoms such as mental fatigue and the sensation of weakness caused by stress.

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 and features

- Helps to temporarily increase basal metabolic rate
- Helps to temporarily enhance physical energy
- Helps to temporarily support and promote mental alertness
- Helps temporarily increase thermogenesis
- Helps to temporarily relieve symptoms of stress
- Helps to support cognitive performance and temporarily enhance cognitive function
- One capsule contains less caffeine than a cup of coffee (80 mg)
- No artificial colours
- Gluten free and vegetarian

## Who should use Plexus MetaBurn?

A slower metabolism can keep you from reaching your goals, despite your best efforts. MetaBurn is a natural health product for adults who are struggling to combat the effects of a slow metabolism. Unlike other thermogenics, MetaBurn also supports mental alertness and enhances physical energy. MetaBurn helps you stay fired up and focused so you can maximize your goals — and your confidence!

### Here's how it works:

#### Purchase MetaBurn

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

#### Adults take 2 capsules once daily with food.

Take a few hours before or after taking other medications or natural health products. Not to be taken immediately before bedtime. Consult a health care practitioner for use beyond 4 weeks..

#### Feel and see results

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

## 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. MetaBurn contains guinea-pepper which helps to increase thermogenesis and basal metabolic rate.

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

MetaBurn is a great addition to a Plexus weight management category, including Slim or Slim Hunger Control, Lean meal replacements, or Block. The combining effects of these products are beneficial to your overall health and wellness.

### 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, Health Canada recommends that Canadians limit their caffeine intake to the following: Healthy adults: No more than 400 mg of caffeine per day—about three 8-oz cups (237 mL) of brewed coffee per day.<sup>4</sup>

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

Adults should take 2 capsules, once daily with food. Take a few hours before or after taking other medications or natural health products. 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 support your body's metabolism. These ingredients have been extensively studied in clinical research with a long history of safe use at the levels found in MetaBurn.

### 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>

<sup>4</sup> <https://www.ift.org/news-and-publications/news/2017/may/26/health-canada-sets-safe-levels-of-caffeine-consumption#:~:text=Therefore%2C%20Health%20Canada%20recommends%20that,of%20brewed%20coffee%20per%20day>

## Ingredient Glossary

### MEDICINAL INGREDIENTS

#### Each Capsule Contains:

Green tea ( <i>Camellia sinensis</i> ) leaf extract (55% catechins; 45% EGCG)	100 mg
L-tyrosine (N-Acetyl tyrosine)	93.3 mg
Caffeine (1,3,7-Trimethylxanthine) from Green tea ( <i>Camellia sinensis</i> ) leaf	80 mg
Rhodiola ( <i>Rhodiola rosea</i> ) root extract (2% salidroside)	80 mg
L-theanine	75 mg
Guinea-pepper ( <i>Aframomum melegueta</i> ) seed extract (12% [6]-paradol)	41.67 mg
Forskohlii ( <i>Plectranthus barbatus</i> ) root extract (40% forskolin)	31.25 mg
Astragalus ( <i>Astragalus membranaceus</i> ) root 10:1 extract (QCE: 118.75 mg)	11.875 mg
Notoginseng ( <i>Panax notoginseng</i> ) root 50:1 extract (QCE: 593.75 mg)	11.875 mg
Guarana ( <i>Paullinia cupana</i> ) seed extract (9% caffeine)	10 mg
L-5-HTP (L-5-hydroxytryptophan) from <i>Griffonia simplicifolia</i> seed	5 mg

#### Guinea-pepper (*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.

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

Is a low-growing perennial plant with yellow flowers used as an adaptogen. In MetaBurn, rhodiola helps to temporarily relieve symptoms of stress.

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

Forskolin is derived from the roots of the *Coleus forskohlii* plant that grows in humid climates and has tuberous roots.

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

The green tea extract in MetaBurn is an enriched source of catechins, the polyphenols naturally abundant in green tea. Green tea helps provide antioxidants that help fight and protect cells against the oxidative effect caused by free radicals.

#### Astragalus membranaceus:

Astragalus membranaceus, is one of the 50 fundamental herbs used in traditional Chinese medicine.

#### Panax notoginseng:

Panax notoginseng is a species of the genus Panax, and it is commonly referred to in English as Chinese ginseng or notoginseng.

#### L-Tyrosine (N-Acetyl tyrosine):

An amino acid involved in muscle protein synthesis.

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

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*):

Guarana is a climbing plant native to the Amazon whose seeds contain caffeine.

#### Caffeine (from Green tea (*Camellia sinensis*) leaf):

Caffeine is a universal naturally occurring stimulant compound found in certain plants and is largely responsible for temporary increases of physical energy and alertness.

#### Hypromellose (vegetarian capsule):

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

#### Microcrystalline cellulose:

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:

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

#### Sunflower oil:

Sunflower oil is extracted from the seeds of the sunflower. This is used as a natural lubricant to help prevent sticking to metal contact surfaces during encapsulation.

#### 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.

#### Maltodextrin:

Maltodextrin is an excipient/carrier in a few different botanical extracts (Forskohlii, Astragalus membranaceus and Panax notoginseng, Rhodiola, and Guarana)

#### Tapioca:

Tapioca is an excipient in Astragalus membranaceus and Panax notoginseng.