

plexus Active®

Clean energy for every day.

Plexus Active is the ultimate supplemented food 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 fizzy drink, Active supports your active life and keeps you feeling powered up and ready to go, any time of day.



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, fizzy drinks, 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 fizzy drinks or neon-colored energy drinks can leave you feeling guilty, but Active contains only 25 calories and 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 flavours, colours, sweeteners, or stimulants.

Plus, Active's natural Peach-Mango flavour offers a delicious, refreshing taste whenever you need it.

Lasting energy. Supports mental clarity. Promotes 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
- Supports performance & mental clarity
- Promotes feeling of alertness
- Supports the body's natural nitric oxide production
- Supports post-activity recovery

Active 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 Active?

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

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

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



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 supports blood flow, which aids the body by delivering oxygen, fuel, and other key nutrients to active muscles.

S7™ is an antioxidant-rich blend of plant extracts that has been clinically shown to support nitric oxide in the blood by 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 daily performance.

You will want to sip Active's refreshing, natural Peach-Mango flavour all afternoon, and at only 25 calories and 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 colours, flavours, sweeteners, and stimulants that can make you feel fidgety and anxious.

Is Active an energy drink?

Active is a supplemented food 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 a clean, lasting energy and support mental clarity.

Who should take Active?

Active is great for individuals with busy lifestyles who need clean, long-lasting energy plus supported performance and mental clarity without a dreadful crash. From driven CEOs to stay-at-home parents, university 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 postworkout support. Active supports performance and 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 support 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 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.

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 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 fizzy drinks (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.



Photo By: Meracel Bosma - Emerald Ambassador

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 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?

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 kilojoules and increased physical activity.

Ingredient Glossary

Nutrition Information

Servings per package: 15
Serving size: 1 stick packet (8.7 g)

	Average Quantity per serving	Average Quantity per 100 g
Energy	107 kJ	1,230 kJ
Protein	LESS THAN 1 g	2.6 g
-gluten	0.0 mg	0.0 mg
Fat, total	LESS THAN 1 g	LESS THAN 1 g
-saturated	LESS THAN 1 g	LESS THAN 1 g
Carbohydrate	6.2 g	71.3 g
-sugars	2.78 g	32 g
Sodium	5 mg	57.5 mg
Dietary fibre	LESS THAN 1 g	10.2 g
Caffeine	100 mg	1,150 mg
Vitamin A	90 mcg RE	1,030 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-L-tyrosine, 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.

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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 (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.

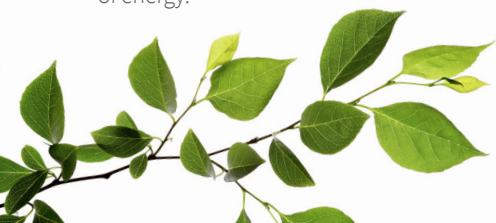
ActiGin — ActiGin is a compound of *Panax notoginseng* (ginseng) and *Rosa roxburghii* (chestnut rose) that when combined with naturally derived caffeine, they help support endurance.

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



Ingredient Glossary



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 Flavors — 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.