

# Plexus Active™

## Healthy Energy for the Body and the Brain.

Plexus Active is the ultimate natural health product that is formulated to promote lasting energy, along with mental sharpness, and enhance cognitive performance. With a clean energy blend and none of the “junk” found in other energy drinks and pop (soft drinks), 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 hitting that evening yoga class, 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, pop (soft drink), and the latest stimulant-packed chemical concoction you can pick up at a corner store. 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 Mate—natural 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 sharpness, including 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: S7™

S7 is a plant-based nutrient blend of Turmeric, Tart Cherry, Blueberry, Broccoli, and Kale. It is a great source of antioxidants to help protect against cell damage caused by free radicals.

## Active's Primary Benefits

- Helps temporarily enhance cognitive performance
- Helps temporarily promote mental alertness
- Helps temporarily reduce tiredness and fatigue
- Helps in energy production
- Helps support immune function
- Source of antioxidant to help protect against cell damage caused by free radicals

## Active's Advantage

- S7™ plant-based nutrient blend including Turmeric, Tart Cherry, Blueberry, Kale and more
- Vitamins A, C, E, and B-vitamins
- Natural flavour
- 15 convenient single-serve packets
- Vegetarian, Gluten Free, and Non-GMO
- No artificial colours, flavours, sweeteners, or preservatives

## Who Should Use This Product?

Plexus Active is the best choice for adults who wants to increase their energy with a delicious, refreshing supplement without all the excessive sugar, chemicals, artificial flavours, and colours found in energy drinks and pop (soft drinks). Active brings you energy from natural sources, so you can get the energy you need to power through your day. Active is a powerful boost for any adult who needs a little extra energy—parents, teachers, college students, working professionals, and more.

## See the Difference

	Monster Energy® Drink (1 can, 473mL)	Rockstar® Energy Drink Double Strength (1 can, 473mL)	Starbucks® Doubleshot Energy (1 can, 444mL)	plexus Active™ (1 serving)
Calories	200	280	210	25
Caffeine content	184 mg	160 mg	162 mg	100 mg
Caffeine from natural sources				✓
Sugar content	54 g	62 g	26 g	3 g
Taurine (stimulant)	✓	✓	✓	
Artificial flavours	✓	✓		
Artificial colours	✓			
Artificial sweeteners	✓	✓		

<https://www.consumerreports.org/cro/magazine/2012/12/the-buzz-on-energy-drink-caffeine/index.htm>

### Did you know?

Health Canada has advised that no more than 400 mg of caffeine per day – about three 8 oz cups (237 mL) as a reasonable limit for healthy adults.<sup>1</sup> 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.



<sup>1</sup> <https://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2017/63362a-eng.php>

## 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 Mate provide a natural source of caffeine for healthy energy and L-Theanine for mental sharpness. Citrulline Malate and an antioxidant-rich blend of plant extracts like Turmeric, Blueberry, Tart Cherry, Kale and more provide support for better daily performance.

You'll 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 natural 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 colours, flavours, sweeteners, and stimulants that can make you feel fidgety and anxious.

### Is Active an energy drink?

Active is a new lifestyle natural health product 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 promotes alertness, a lasting energy boost, and enhanced mental sharpness.

### Who should take Active?

Active is great for adults with a busy lifestyle who need clean, long-lasting energy plus enhance cognitive performance and mental sharpness, without a dreadful crash.

Active is also a great option for adults looking for pre-and post-workout support. Active supports enhance cognitive performance, and reduces oxidative stress. Active is not intended for pregnant or nursing mothers and those under 18 years of age.

### How much caffeine is in Active?

Active contains 100 mg of caffeine. With the safe daily limit for adults at approximately 400 mg of caffeine, you can still utilize 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, utilizing 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 pop (soft drinks), even diet.

### Can I take Active with other Plexus products?

Yes, Active makes a great pairing with Slim or Slim Hunger Control for an added energy boost to your weight maintenance\* goals. Active can be used with Slim or Hunger Control throughout the day, or even mixed in the same bottle and sipped together for interesting new flavour combinations.

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 temporarily increase basal metabolic rate 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 deliver sustained energy and comes in a capsule form. Active is a delicious drink mix that provides sustained energy, enhances mental sharpness, focus, and feelings of alertness and boosts cognitive performance.

### 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.

## Ingredient Glossary

### Citrulline Malate:

Citrulline is a unique amino acid not involved in protein synthesis. 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.

### L-Theanine:

L-Theanine is an amino acid most commonly found in green tea that helps to increase a sense of alertness and supports mental sharpness 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 natural 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:

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:

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 (*Stevia rebaudiana*) Leaf Extract (Natural):

*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 zero-calories. Plexus® uses a 100% pure, Non-GMO *Stevia rebaudiana*.

### Malic Acid:

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

### 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:

Is an antioxidant found in plants like carrots and pumpkins that the body can convert into Vitamin A and contributes to the orange hue in the colour of Plexus Active™.

### Monk Fruit Extract:

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

MEDICINAL INGREDIENTS INGRÉDIENTS MÉDICINAUX	
Each Packet Contains / Chaque sachet contient :	
L- Citrulline (Citrulline malate)	625 mg
L-Theanine / L-Théanine	200 mg
Caffeine (1,3,7-Triméthylxanthine) from Green tea ( <i>Camellia sinensis</i> ) leaf	
Caféine (1,3,7-Triméthylxanthine) extrait de feuilles de thé vert ( <i>Camellia sinensis</i> )	93.1 mg
L-Tyrosine (N-Acetyltyrosine)	80 mg
Vitamin C (Ascorbic acid, Ascorbyl palmitate) / Vitamine C (Acide L-ascorbique, Palmitate d'ascorbyle)	54 mg
Yerba mate ( <i>Ilex paraguariensis</i> ) leaf 4:1 extract (30% caffeine; QCE: 106.8 mg)	
Extrait (4:1) de feuilles de thé Yerba Maté ( <i>Ilex paraguariensis</i> ) (30% de caféine; QCE : 106.8 mg)	26.7 mg
Vitamin E (d-alpha Tocopherol) / Vitamine E (d-alpha tocophérol)	21 mg
Vitamin B3 (Niacinamide) / Vitamine B3 (Niacinamide)	20 mg
Chestnut Rose ( <i>Rosa roxburghii</i> ) fruit 10:1 extract (QCE: 118.75 mg)	
Extrait (10:1) du fruit de la Rose de châtaigne ( <i>Rosa roxburghii</i> ) (QCE : 118,75 mg)	11.875 mg
Notoginseng ( <i>Panax notoginseng</i> ) root 60:1 extract (QCE: 712.5 mg)	
Extrait (60:1) de racine de Notoginseng ( <i>Panax notoginseng</i> ) (QCE : 712,5 mg)	11.875 mg
Green Coffee Bean ( <i>Coffea arabica</i> ) 12:1 extract (50% Chlorogenic acids; QCE: 139.5 mg)	
Extrait (12:1) des grains de café vert ( <i>Coffea arabica</i> ) (50% d'Acide chlorogénique; QCE : 139,5 mg)	11.625 mg
Green Tea ( <i>Camellia sinensis</i> ) leaf 20:1 extract (40% EGCG, 70% Catechins; QCE: 232.5 mg)	
Extrait (20:1) de feuilles de thé vert ( <i>Camellia sinensis</i> ) (40% EGCG, 70% de catéchines; QCE : 232,5 mg)	11.625 mg
Pantothenic acid (Calcium D-pantothenate) / Acide pantothénique (D-Pantoténate de calcium)	10 mg
Choline alfoscerate (L-alpha-Glycerophosphorylcholine)	
Alfoscérate de choline (L-alpha-Glycérophosphorylcholine)	5 mg
Vitamin B2 (Riboflavin) / Vitamine B2 (Riboflavine)	2.8 mg
Vitamin B6 (Pyridoxine hydrochloride, Pyridoxal 5'-phosphate)	
Vitamine B6 (Chlorhydrate de pyridoxine, Phosphate du Pyridoxal 5')	1.7 mg
Thiamine (Thiamine hydrochloride) / Thiamine (Chlorhydrate de thiamine)	1.5 mg
Turmeric ( <i>Curcuma longa</i> ) Rhizome 100:1 extract (80% Curcumin; QCE: 125 mg)	
Extrait (100:1) de Rhizome de Curcuma ( <i>Curcuma longa</i> ) (80% de Curcuma; QCE : 125 mg)	1.25 mg
Beta-carotene / Bêta-carotène	540 mcg
Blueberry ( <i>Vaccinium corymbosum</i> ) fruit / Fruit de myrtille ( <i>Vaccinium corymbosum</i> )	125 mcg
Broccoli ( <i>Brassica oleracea</i> var. <i>italica</i> ) herb top / Partie supérieure du Brocoli ( <i>Brassica oleracea</i> var. <i>italica</i> )	125 mcg
Kale ( <i>Brassica oleracea</i> var. <i>viridis</i> ) leaf / Feuilles de chou frisé ( <i>Brassica oleracea</i> var. <i>viridis</i> )	125 mcg
Tart Cherry ( <i>Prunus cerasus</i> ) fruit / Fruit de cerises acidulées ( <i>Prunus cerasus</i> )	125 mcg
Vitamin B12 (Methylcobalamin) / Vitamine B12 (Méthylcobalamine)	4.8 mcg

**Non-Medicinal Ingredients:** Citric acid, DL-malic acid, rebaudioside A, trehalose, honey powder, natural flavours, monk fruit extract, beet root powder, silicon dioxide, maltodextrin, acacia gum, sucrose, medium chain triglycerides, mixed tocopherols concentrate, tapioca, *Oryza sativa* (rice) hull powder, sodium ascorbate.

**Ingrédients non médicinaux :** Acide citrique, acide DL-malique, Rebaudioside A, tréhalose, poudre de miel, saveurs naturelles, extrait du fruit de moine, poudre de racines de betterave, dioxyde de silicium, maltodextrine, gomme d'acacia, sucrose, triglycérides à chaîne moyenne, mélange concentré de tocophérols, tapioca, poudre de l'écorce de riz *Oryza Sativa*, Ascorbate de sodium.

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