

plexus®

METABURN

Supercharge your metabolism.

Maximise results. When your metabolism slows down, you are suddenly faced with plateaus you never had to deal with before. Plexus MetaBurn™ is a revolutionary complementary medicine that helps boost your metabolism and increase weight loss — so you can break through barriers and say hello to your best self.△

FACT: A SLOW METABOLISM SLOWS YOU DOWN.

Hitting plateaus in your weight management efforts? 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 is designed to fire up your results. Clinically studied ingredients help rev-up your metabolism so you can burn more kilojoules and support your weight loss plan.△

Plexus MetaBurn also features botanical extracts and ingredients like rhodiola and L-theanine to help support energy and focus.

You have drive and passion for your hopes and dreams; don't let a sluggish metabolism slow you down! Use MetaBurn, maximise your results, and love how you look and feel every day.

WHO SHOULD USE PLEXUS METABURN?

A slower metabolism can keep you from reaching your weight management goals, despite your best efforts. MetaBurn is a complementary medicine for anyone who is struggling to combat the effects of ageing that naturally slow the metabolism. MetaBurn helps you stay fired up and focused so you can maximise your weight management results — and your confidence!△

HERE'S HOW IT WORKS:

Purchase MetaBurn

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

Take 2 capsules daily

Adults only, take 1 capsule twice daily.

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.¹
- 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.²
- The metabolism affects every system of the body, including the immune system.³

METABURN PRIMARY BENEFITS:

Supports kJ burning△

Helps improve body metabolism rate

Supports thermogenesis

Relieves tiredness

Reduces cognitive fatigue

Enhances mental endurance

Helps improve attention span

Gluten free and vegetarian

△When combined with a reduced kJ weight loss plan and regular exercise. Individual results will vary.

FREQUENTLY ASKED QUESTIONS

WHAT IS A THERMOGENIC?

Thermogenics increase energy expenditure through metabolic stimulation and help burn fat. MetaBurn utilizes 7 botanical leaf, root, and seed extracts to increase your metabolic rate to help you burn more kilojoules throughout the day.*

CAN I TAKE PLEXUS METABURN™ WITH OTHER PLEXUS® PRODUCTS?

MetaBurn is a great addition to a Plexus weight loss regimen, including Slim, TriPlex, Lean or Balance. The combining effects of these products are beneficial to your overall health and help you lose weight and support body fat loss.△

CAN I TAKE METABURN WITH ACTIVE?

As this product contains naturally occurring caffeine, individuals sensitive to caffeine should monitor their daily consumption.

IS METABURN AN ENERGY SUPPLEMENT?

While you may experience a mild energy lift with MetaBurn, it is not a product that is primarily focused on energy. Instead, its unique, synergistic blend of ingredients supports kilojoule burning, improves metabolism, and helps reduce mental fatigue.*

WHEN IS THE BEST TIME TO TAKE PLEXUS METABURN?

It is recommended to take 1 capsule twice daily, roughly 4 to 6 hours apart. This could be once before breakfast and once before lunch. Or, once midmorning and once midafternoon. Do what works best for your schedule. 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 about the equivalent of 1 cup of home-brewed coffee. A cup of instant coffee contains approximately 80 mg of caffeine, and MetaBurn contains 48 mg. Contains 48 mg total caffeine per capsule.

IS PLEXUS METABURN SAFE?

MetaBurn uses 7 botanical leaf, root, and seed extracts to naturally 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.△

IS METABURN SOMETHING YOU SHOULD ONLY TAKE FOR WEIGHT MANAGEMENT, OR CAN YOU TAKE IT FOR LONG-TERM USE?

MetaBurn is safe for long-term use and can be used to help maintain your ideal shape. MetaBurn will help boost metabolism and support continued kilojoule burning. You will also continue to get support for focus and mild energy lift.*

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.



1<https://www.vai.org/10-fast-facts-about-metabolism-to-impress-your-friends-and-family-during-thanksgiving/>

2<https://www.eatright.org/health/weight-loss/tips-for-weight-loss/metabolism-myths-and-facts>

3Jung, 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>

△When combined with a reduced kJ weight loss diet plan and regular exercise. Individual results will vary. symptoms persist, seek the advice of a healthcare professional



DIRECTIONS: Adults only, take 1 capsule twice daily.

Each capsule contains active ingredients:

<i>Camellia sinensis</i> (green tea) dry leaf extract	370 mg
Derived from dry leaf	6.7 g
Equiv. caffeine	3.7 mg
<i>Camellia sinensis</i> (green tea) dry leaf extract	44.6 mg
Derived from dry leaf	4.46 g
Equiv. caffeine	43.8 mg
<i>Rhodiola rosea</i> (rhodiola) dry root extract	85 mg
Derived from dry root	850 mg
<i>Plectranthus barbatus</i> (coleus forskohlii) dry root extract	31.2 mg
Derived from dry root	156 mg
<i>Panax notoginseng</i> (tienchi ginseng) dry root extract	12.5 mg
Derived from dry root	625 mg
<i>Astragalus membranaceus</i> (astragalus) dry root extract	12.5 mg
Derived from dry root	125 mg
<i>Paullinia cupana</i> (guarana) dry seed extract	10 mg
Derived from dry seed	40 mg
Equiv. caffeine	900 mcg

Gluten free, non-GMO, vegetarian

No artificial colours

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INGREDIENT GLOSSARY

Rhodiola (*Rhodiola rosea*): A low-growing perennial plant with yellow flowers used as an adaptogen.

Forskolin (*from 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 (*from Camellia sinensis*):

Green tea extract is an enriched source of catechins, the polyphenols naturally abundant in green tea.

AstraGin (*Astragalus membranaceus* & *Panax notoginseng*):

A blend of two herbs commonly utilized in traditional Chinese medicine, *Astragalus* (*Astragalus membranaceus*) and *Tienchi ginseng* (*Panax notoginseng*).

Guarana Seed Extract (*Paullinia cupana*):

Serves as a natural source of caffeine. Natural caffeine from Guarana.

Natural Caffeine (naturally derived from Green Tea & Guarana):

Caffeine is a universal naturally occurring stimulant compound found in certain plants.

Hypromellose (vegetarian capsule) (naturally derived):

The capsule shell is made from hypromellose, derived from plants. This capsule shell is non-GMO, vegan, kosher and halal.

Microcrystalline Cellulose Powder:

Cellulose is the structural component of the primary cell wall of green plants. It is in the form of a fine powder and helps to ensure the capsules are filled properly during manufacturing.

