

# Plexus Ease™

## Anti-inflammatory Herbal Medicine.

Plexus Ease contains natural ingredients that can help ease the occasional discomforts of an active lifestyle, like joint pain. Maintain your good health and relieve discomfort, with Plexus Ease.



## NUTRITION

### Are you slowing down?

Staying active is one of the best parts of your new healthy lifestyle. That's because nothing beats the feeling that comes when you're moving and grooving toward your health goals. Still, other discomforts can hinder that skip in your step. Plexus Ease is here to help alleviate occasional discomfort so you can stay on track!

With a formula that features New Zealand Green Lipped Mussel Powder, Ease supports your body with naturally powerful compounds to ease discomfort like joint pain. Ease also includes high quality enzymes, such as Bromelain and Serrapeptase. You'll also benefit from the powerful antioxidants found in Turmeric. With ingredients this great, you'll be feeling fantastic as you dance to the beat of your own drum!

### Ease's Primary Benefits

- Turmeric is used in herbal medicine as an anti-inflammatory to help relieve joint pain
- Turmeric is used in herbal medicine to aid digestion
- Turmeric provides antioxidants for the maintenance of good health
- Ease contains digestive and proteolytic enzymes

### Ease's Advantage

- Provides a highly concentrated extract of New Zealand Green Lipped Mussel
- Gluten Free
- No artificial colours, flavours, or preservatives
- Plexus Ease is authorized for sale by Health Canada

### Who should use this product?

Ease is specially made for anyone who may be experiencing occasional discomforts that result from an active lifestyle. Add Ease to your regular health and happiness routine to alleviate the discomforts that are holding you back, and to help improve your overall well-being.

## Did you know?

Muscle soreness is most intense one to three days after you've exercised.<sup>1</sup> Supporting your body can help you bounce back after a tough workout by soothing away this discomfort.

## Frequently Asked Questions

### Can I take Ease if I am pregnant, nursing, or have an existing medical condition?

As with any supplement, we recommend speaking to your physician before starting any new natural health product. They will be the best resource to answer these types of questions.

### Can Ease be used by children under the age of 18?

Ease is not recommended for use by children under 18 because the product was formulated to meet the needs of adults.

### Is there caffeine or are there any other stimulants in Ease?

No.

Sources:

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873794/>

## Ingredient Glossary

### Medicinal Ingredients:

#### Green Lipped Mussel Powder

Derived from a species of mussel with their notable iridescent green shell colour, the powder is rich in polyunsaturated fats. The powder contains a large variety of fatty acids.

#### Stem Bromelain

A family of protease enzymes naturally abundant in the pineapple plant.

#### Serrapeptase

Serrapeptase is a protease enzyme that helps to break down proteins. The same enzyme is used by silkworms to help break down their cocoon when it is time to emerge as a butterfly.

#### Turmeric (*Curcuma longa*, rhizome)

A member of the ginger family known for its brilliant orange colour and distinct taste. Health benefits associated with turmeric are primarily attributed to its abundance of curcumin, a powerful antioxidant, which is also responsible for its orange/yellow hue.

### Non-Medicinal Ingredients:

#### Hypromellose (*vegetarian capsule*)

The capsule shell is made from Hypromellose, derived from pine trees. This capsule shell is non-GMO and vegan.

#### Magnesium stearate

Magnesium associated form of the fatty acid stearic acid. Used in small amounts to aid in the flow of ingredients during encapsulation.

#### Titanium dioxide

Titanium dioxide is a naturally occurring mineral that is mined from the earth, processed and refined, and added to a variety of foods, as well as other consumer products. White in colour, it is used to add pigment to the Plexus Ease™ capsule.

#### Maltodextrin

Maltodextrin is a polysaccharide made from starch. It is commonly used as a carrying agent for spray-dried botanical extracts because it is non-hygroscopic (does not readily attract water from its surroundings) and aids in powder flow during the encapsulation process.

#### Suggested Use

Adults take 1 capsule 3 times per day with food.

Medicinal Ingredients (per capsule)	
Green-lipped mussel ( <i>Perna canaliculus</i> , meat)	250 mg
Turmeric ( <i>Curcuma longa</i> , rhizome)	100mg (4 : 1, QCE 400 mg)
Stem bromelain ( <i>Ananas comosus</i> var. <i>comosus</i> - stem)	150 mg (1350000 FCC PU)
Serrapeptase ( <i>Serratia</i> - whole cell)	7.5 mg (10000 SU)

Ingrédients médicinaux (par gélule)	
Moule verte ( <i>Perna canaliculus</i> , chair)	250 mg
Curcuma ( <i>Curcuma longa</i> , rhizome)	100mg (4 : 1, QBE 400 mg)
Bromélaïne de tige ( <i>Ananas</i> <i>comosus</i> var. <i>comosus</i> - tige)	150 mg (1350000 unités FCC de papaine)
Serrapeptase ( <i>Serratia</i> - cellule entière)	7,5 mg (10000 US)

**Non-Medicinal Ingredients:** Hypromellose, magnesium stearate, titanium dioxide, maltodextrin.

**Ingrédients non médicinaux:** Hypromellose, stéarate de magnésium, dioxyde de titane, maltodextrine.