

Plexus Active™

Healthy Energy for the Body and the Brain.*

Plexus Active is the ultimate lifestyle performance mix that is formulated to provide clean, lasting energy, along with mental clarity, enhanced feelings of alertness, and support for improved performance. With a clean energy blend and none of the “junk” found in other energy drinks and sodas, 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, soda, and the latest stimulant-packed chemical concoction you can pick up at a gas station. 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 clarity and focus. And with bioavailable 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: Nitric Oxide

Active also contains an antioxidant rich blend of plant extracts (like turmeric, blueberry, tart cherry, and kale). This blend, in the amount found in Active, has been clinically shown to increase nitric oxide in the blood by 175%. Nitric oxide, naturally produced by our bodies, acts as a vasodilator, signaling the blood vessels to relax, thus increasing blood flow. This aids the body by delivering more oxygen, fuel, and other key nutrients to active muscles. L-citrulline malate and S7™ further support nitric oxide production, which is associated with muscle recovery.*

Active's Primary Benefits

- Clean, long-lasting energy*
- Boosts performance & mental clarity*
- Enhances feeling of alertness*
- Supports improved performance*
- Supports natural nitric oxide production*
- Reduces oxidative stress*

Active's Advantage

- S7™ plant-based nutrient blend including turmeric, tart cherry, blueberry, kale and more
- Bioavailable forms of Vitamins A, C, E, and B-vitamins
- Natural flavor
- 14 convenient single-serve packets
- 100% Vegetarian and gluten free
- No artificial colors[^], flavors, sweeteners or preservatives

Who Should Use This Product?

Plexus Active is the best choice for anyone who wants to increase their energy with a delicious, refreshing supplement without all the excessive sugar, chemicals, artificial flavors, and artificial colors[^] found in energy drinks and sodas. Active brings you energy from natural sources, so you can get the energy you need to power through your day. Active is great for athletes and is a perfect post-workout recovery mix, but it's also a powerful boost for anyone who needs a little extra energy—parents, teachers, college students, working professionals, and more.*

[^]added color from natural sources

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

See the Difference

	Monster Energy® Drink (1 can, 16 fl. oz.)	Rockstar® Energy Drink Double Strength (1 can, 16 fl. oz.) [^]	Starbucks® Doubleshot Energy (1 can, 15 fl. oz.) [^]	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 flavors	✓	✓		
Artificial colors	✓			
Artificial sweeteners	✓	✓		

[^]added color from natural sources

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

Did you know?

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.*

¹ <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20045678>

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 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 better daily performance. And a premier form of choline provides brain power support so you're always at the top of your game – whether it's played on a field or a laptop screen.*

You'll want to sip Active's refreshing, natural peach-mango flavor 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 flavors, colors[^], sweeteners, and stimulants that can make you feel fidgety and anxious.

Is Active an energy drink?

Active is a new lifestyle performance mix 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 boost, and enhanced mental clarity.*

Who should take Active?

Active is great for individuals with a busy lifestyle who need clean, long-lasting energy plus enhanced performance and mental clarity, without a dreadful crash. From driven CEOs to stay-at-home parents, college 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 post-workout support. Active supports improved performance, and reduces oxidative stress.*

Active is not intended for pregnant or nursing mothers and 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 increase nitric oxide by 175% at the levels in Active. Our bodies already produce nitric oxide which acts as a vasodilator, signaling the blood vessels to relax, thus increasing blood flow. This aids the body's performance by delivering more 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.*

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 sodas (even diet).

Can I take Active with other Plexus products?

Yes, Active makes a great pairing with Slim Microbiome Activating or Slim Hunger Control for an added energy boost to your gut health or weight loss goals. Active can be used with Slim Microbiome Activating or Hunger Control throughout the day, or even mixed in the same bottle and sipped together for interesting new flavor combinations. Although some Plexus customers report experiencing some energy with Slim, neither version is designed to be an energy product and they contain only trace amounts of naturally occurring caffeine from green coffee bean extract.*

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 melt stubborn fat 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®, Boost, and Plexus Accelerator+™?

Edge is formulated to deliver sustained energy and comes in a capsule form. Boost and Accelerator+ both complement weight management and come in capsule form. Active is a delicious mix that provides sustained energy, enhances mental clarity, focus, and feelings of alertness and boosts 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.

[^]added color from natural sources

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Ingredient Glossary

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, which is associated with muscle recovery. 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 flavor.*

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 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 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. S7 has been clinically shown to increase blood nitric oxide levels by 175% at the levels in Active.*

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 flavor profile over regular sugar that complements the golden color of Active.

Natural Flavors:

Natural flavors are naturally occurring compounds that contribute to the unique flavor profiles found in foods. These various flavors are taken from essential oils, resins, essences or extracts.

Citric Acid:

Naturally present in many fruits, particularly citrus fruits. It contributes a mild sour flavor 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 flavor.

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 color 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. Monk fruit extract can provide a level of sweetness around 100–250 times greater than table sugar and contains zero calories.

Supplement Facts

Serving Size 1 Packet
Servings Per Container 14

	Amount Per Serving	%DV
Calories	25	
Total Carbohydrate	6 g	2%***
Total Sugars	3 g	**
Includes 3 g Added Sugars		6%
Vitamin A (as beta carotene)	270 mcg (RAE)	30%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	54 mg	60%
Vitamin E (as d-alpha tocopherol)	21 mg	140%
Thiamin (as thiamine HCl)	1.5 mg	125%
Riboflavin	2.8 mg	215%
Niacin (as niacinamide)	20 mg (NE)	125%
Vitamin B6 (as pyridoxine HCl and pyridoxal-5-phosphate)	1.7 mg	100%
Vitamin B12 (as methylcobalamin)	4.8 mcg	200%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Sodium	5 mg	<1%
Proprietary Blend	1.5 g	**
Citrulline malate, L-Theanine, N-Acetyl-L-Tyrosine, Caffeine (green tea leaf extract and yerba maté leaf extract), ActiGin® (<i>Panax notoginseng</i> and <i>Rosa roxburghii</i>), S7™ (Green coffee bean extract, green tea extract, turmeric extract, tart cherry, blueberry, broccoli, kale), beet (<i>Beta vulgaris</i> L.) root juice powder, glycerophosphocholine		
***Percent Daily Values are based on 2,000 calorie diet		
**Daily Value (DV) not established		

Other Ingredients: Trehalose, honey powder, natural flavors, citric acid, stevia (*rebaudioside A*), malic acid, silicon dioxide, beta carotene (for color), monk (*Siraitia grosvenorii*) fruit extract