

# Plexus Edge®

## Power Up. Be More.™

Get energized and think sharp with EDGE, the product changing the way you are able to live.\*



## The Energy Crisis

Every day, feelings of fatigue and stress leave you feeling distracted, depleted and exhausted. You're desperate for something that rallies your mood and focuses your mind but the vicious cycle continues. You are tired and lack motivation. There is never enough time or energy for the things that matter most.

If this sounds like your day, you aren't alone. 85% of Americans wake up feeling tired. Nearly 1/3 adults say they don't have enough energy to perform daily tasks and 53% of adults report feeling sluggish during the day.

Think this is life? Think again.

## How Edge Works

Plexus EDGE provides healthy, sustained energy and increased mental focus. With just three key ingredients, EDGE gets to work fast, giving you energy, sharpening your thinking, enhancing your focus and improving your mood so you can power through your day.\*

Wish you had enough energy to play with your kids? Focus on your tasks? Grow your business? Blast through your workout? Learn a new skill? Pick up a new hobby? Give back?

EDGE gives you the energy you need for the things that matter most. Just one capsule a day can give you the edge you need to live the life you've always wanted.\*

## Primary Benefits

- Healthy, Sustained Energy\*
- Sharper Thinking\*
- Enhances Concentration and Focus\*
- Improves Mood\*

## Plexus® Advantage

- Exclusive, clinically tested ingredients:
  - Energy-Boosting Theacrine\*
  - Jitter-Busting L-Theanine\*
  - Natural Caffeine
- No artificial stimulants
- Gluten-Free
- 100% Vegetarian

## Who Should Use Edge

Professionals, parents, college students, artists, gamers, weekend warriors – anyone needing long-lasting energy and focus will benefit from Plexus EDGE. EDGE is also a great preworkout for athletes and those looking to make the most out of their gym time or physical activity.\*

## Did You Know?

Plexus EDGE contains exclusive, clinically tested, key ingredients:

Theacrine (as Patented TeaCrine®) naturally occurs in Kucha Tea leaves. One of the many benefits of theacrine is its long-lasting, non-habituating effects. Theacrine improves mood, decreases feelings of stress and irritability and increases motivation, without disrupting sleep.\*

L-Theanine is a naturally occurring amino acid found primarily in green tea leaves. It helps to improve memory and enhances your ability to learn. L-Theanine is also our "jitter-buster". It has a calming effect, making it an excellent choice to pair with natural caffeine.\*

The natural caffeine in EDGE is Coffea Robusta.

## When Should I Use Edge?

Plexus EDGE® will bring energy and focus to your day no matter when you decide to take it, but here are a couple of recommendations on how to fit EDGE into your lifestyle.\*



**MORNING:** Ready to blast through your day? Replace your morning cup of coffee with EDGE. Both have the same amount of caffeine, but EDGE sustains that energy while increasing concentration and focus. It's a great way to start your morning.\*



**MIDDAY:** Your morning has flown by and now it's lunchtime. Get energized the rest of your afternoon with EDGE. One EDGE capsule will power you through that afternoon slump, giving you more energy for your tasks as well as the things you love.\*



**BEFORE ACTIVITY:** Add intention and focus to your workout. Taking EDGE right before physical activity not only gives you more energy but increases motivation, allowing you to mentally focus and concentrate on the task ahead.\*



**SATURDAY AND SUNDAY:** Work hard and play hard. Whether you are running errands or conquering Everest this weekend, power up with EDGE. Your weekend to-do list has nothing on you.\*

## Frequently Asked Questions

### What sets Plexus EDGE apart from other energy products?

EDGE gives you healthy, sustained energy. It gets to work fast, improving focus, concentration, mood and outlook without the sugar crash associated with other energy products. What makes EDGE truly unique is its exclusive, clinically tested ingredients – energy-boosting Theacrine, jitter-busting L-Theanine, and natural caffeine. EDGE contains no unhealthy additives and unlike some energy drinks it contains no sugar or sodium. The result is long-lasting energy and focus powered by naturally-better ingredients.\*

### Who should take Plexus EDGE?

EDGE is great for anyone looking for healthy, long lasting energy combined with the ability to think sharp.\* EDGE is not intended for pregnant or nursing mothers and those under 18 years of age.

### Can I take more than 1 capsule of Plexus EDGE daily?

One EDGE capsule is great for the average person looking for long lasting energy and increased focus.\* However, you may safely take up to 2 EDGE capsules when using EDGE as a preworkout.

### How much caffeine is in Plexus EDGE?

The amount of caffeine in EDGE is equivalent to one cup of home-brewed coffee (approximately 90mg).

### Can I take Plexus EDGE with other Plexus® products?

Yes, when taken at the recommended dose of one capsule a day, EDGE is safe to take with other Plexus products.

### How is Plexus EDGE different from Plexus Boost™ and Plexus Accelerator+™?

EDGE is formulated to deliver sustained energy while improving concentration and focus.\*

Boost and Accelerator+ both complement weight management. For example, one of the key ingredients in Boost is a traditional hunger suppressant. Accelerator+ contains a number of active ingredients.\*

**Suggested Use:** Take one capsule at breakfast or lunch.

## Supplement Facts

Serving Size 1 Capsule

	Amount per Serving	%DV
Theacrine <sup>^</sup>	125mg	**
L-Theanine	100mg	**
Natural Caffeine ( <i>Coffea robusta</i> )	90mg	**

\*\*Daily Value (DV) not established

**Other Ingredients:** Hypromellose (vegetarian capsule), microcrystalline cellulose, magnesium stearate, silicon dioxide

Caffeine amount is equivalent to 1 cup of coffee.

### Can I take Plexus EDGE with my cup of coffee?

Yes, it is safe to take EDGE with a cup of coffee. While many consumers use EDGE as a replacement to coffee, the amount of caffeine when consumed together is within normal levels.

### Sources

1. Tim N. Ziegenfuss PhD, Scott M. Habowski MS, Jennifer E. Sandrock MS, A. William Kedia MD, Chad M. Kerksick PhD & Hector L. Lopez MD (2016): A Two-Part Approach to Examine the Effects of Theacrine (TeaCrine®) Supplementation on Oxygen Consumption, Hemodynamic Responses, and Subjective Measures of Cognitive and Psychometric Parameters, Journal of Dietary Supplements, DOI: 10.1080/19390211.2016.1178678.
2. John J. Foxe, Kristen P. Morie, Peter J. Laud, Matthew J. Rowson, Eveline A. de Bruin, Simon P. Kelly. Assessing the effects of caffeine and theanine on the maintenance of vigilance during a sustained attention task, Neuropharmacology, Elsevier. 2012.
3. Matthew M. Schubert, Susan Hall, Michael Leveritt, Gary Grant, Surendran Sabapathy, and Ben Desbrow. Caffeine consumption around an exercise bout: effects on energy expenditure, energy intake, and exercise enjoyment. American Physiological Society. Submitted 27 June 2014; accepted in final form 11 August 2014.