

# Plexus Block™

## Take Control™

Help reduce the glycemic index of the food you eat.



## A Sugar Crisis

Carbs and sugars are found in much of today's Western diet. The body registers carbs, even healthy ones, and sugars in the same manner— as sugar. While including carbs in food choices is essential to providing the body with the resources it needs for energy, too many carbs and sugars are not healthy. When excess amounts of carbs and sugars are converted into glucose and enter the bloodstream too quickly, the excess glucose can be stored as fat. Excess fat can lead to excess weight. In addition, blood glucose levels can spike with an overload of insulin—the hormone that supports blood glucose levels. This “spike” can generate a sugar rush followed by a sugar crash. The body goes into stress, as it tries to maintain blood sugar balance. With many foods and beverages containing hidden sugars, the ability to control carb and sugar intake can be challenging, but essential.

## How Block Works

Block is a dietary supplement that helps to reduce the glycemic index of the foods we eat, when taken at the start of a meal. As we eat, food travels through the normal digestive process. Once chewing begins, the enzyme alpha-amylase is released through saliva in the mouth, and moves with the food through the esophagus to the stomach where food degrades into smaller particles. As digestion continues, in addition to alpha-amylase being secreted from the pancreas, another enzyme, alpha-glucosidase is introduced. The two enzymes, alpha-amylase and alpha-glucosidase are responsible for 80% of carb and sugar digestion. The brown seaweed blend in Block targets these enzymes to help reduce the glycemic index of the ingested foods and support healthy blood glucose levels. Block's chromium also helps maintain the body's ability to metabolize nutrients and is a key factor in the maintenance of good health.

## Primary Benefits

- Helps to maintain the body's ability to metabolize nutrients
- Reduces the glycemic index of food
- Provides support for healthy blood glucose levels
- Helps in the function of the thyroid gland

## Plexus Advantage

- Works immediately
- No artificial colours, flavours, or preservatives
- Gluten-Free
- 100% Vegetarian
- Non-GMO

## Who Should Use This Product?

Block is recommended for anyone who would like to reduce the glycemic index of the foods they eat and manage their blood glucose levels.

## Did You Know?

- The recommended daily sugar intake is 6 teaspoons.<sup>1</sup>
- A single can of sugar-sweetened soda contains up to 40 grams (around 10 teaspoons) of free sugars.<sup>1</sup>
- Much of the sugars consumed today are “hidden” in processed foods that are not usually seen as sweets.<sup>1</sup>

## Sources

<sup>1</sup><http://www.who.int/mediacentre/news/releases/2015/sugar-guideline/en/>

## Frequently Asked Questions

### When should I take Block?

Take two capsules of Block with water just before you eat a meal containing carbs and/or sugars.

### If I take more than the recommended dose, can I eat more carbs and sugars?

Block is not intended as a means to support the overconsumptions of carbs and sugars at mealtime. To experience the optimal benefits of Block, please follow the recommended use with healthy food intake.

### Does Plexus BLOCK contain gluten, nuts, soy or dairy products?

No. Plexus Block is FREE of gluten, nuts, soy, and dairy.

### Are there any preservatives, artificial colours, or flavours in Block?

No.

### Does BLOCK contain iodine?

Yes. Block contains naturally occurring iodine, which comes from its brown seaweed blend.

Medicinal Ingredients (per capsule)	
Chromium (Chromium (III) picolinate)	100 mcg
Brown Seaweed Blend ( <i>Ascophyllum nodosum</i> / <i>Fucus vesiculosus</i> blend - Thallus, 20:1 extract, QCE 5 g)	250 mg (providing >25 mg Polyphenols and <75 mcg Iodine)
White Kidney Bean Extract ( <i>Phaseolus vulgaris</i> – seed, 10:1 extract, QCE 1 g; 900 AAIU)	100 mg

**Non-Medicinal Ingredients:** Hypromellose, microcrystalline cellulose, silicon dioxide, magnesium stearate.