

Frequently Asked Questions

What is a thermogenic?

Thermogenics increase energy expenditure through metabolic stimulation and help to burn fat. MetaBurn utilizes seven botanical leaf, root and seed extracts to increase our metabolic rate so we burn more calories throughout the day.*

Can I take Plexus MetaBurn™ with other Plexus® products?

MetaBurn is a great addition to a Plexus Weight Management regimen including Slim Microbiome Activating* or Hunger Control*, TriPlex, or Lean Meal Replacements. The combining effects of these products are very beneficial to your overall health, help you lose weight and support fat burning. If you take MetaBurn in combination with Edge, the combined amounts of caffeine are within the safe levels of up to four cups of coffee per day. However, consuming additional caffeine from sources like coffee, tea or soft drinks could increase your levels.*

Who should take Plexus MetaBurn?

MetaBurn is great for anyone looking for a supplement that supports fat burning, increased metabolism, a gentle energy lift, and a healthy mood. MetaBurn is not intended for pregnant or nursing mothers and those under 18 years of age.*

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 support fat burning, boost metabolism, and supports weight loss.*

When is the best time to take Plexus MetaBurn?

It is recommended to take one MetaBurn capsule twice daily, roughly four to six hours apart. This could be once before breakfast and once before lunch. Or, once mid-morning and once mid-afternoon. Do what works best for your schedule. However, if you are sensitive to caffeine, it is not recommended to take MetaBurn later than mid-afternoon.

How much caffeine is in Plexus MetaBurn?

The amount of caffeine in MetaBurn is less than the equivalent of one cup of home-brewed coffee. One cup of home-brewed coffee has approximately 90mg of caffeine and MetaBurn contains 80mg of caffeine per serving.

Is Plexus MetaBurn safe?

MetaBurn utilizes seven botanical leaf, root and seed extracts to naturally support your body's metabolism, aid in fat burning, provide a mild energy lift, and support mood and focus. These ingredients have been extensively studied in clinical research with a long history of safe use at the levels found in MetaBurn.*

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.

Ingredient Glossary

Grains of Paradise (*Aframomum melegueta*):

Also knowns as alligator or Guinea pepper, this West African plant related to the ginger family is commonly used as a spice and contributes metabolism enhancing benefits.*

L-Theanine:

An amino acid most commonly found in green tea helps to increase a sense of alertness and support a healthy mood.*

Rhodiola (*Rhodiola rosea*):

Is a low-growing perennial plant with yellow flowers used as an adaptogen. In MetaBurn, Rhodiola helps to support a healthy mood.*

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Proprietary Blend		550mg**
N-Acetyl L-Tyrosine, green tea (<i>Camellia sinensis</i>) leaf extract, caffeine (<i>Camellia sinensis</i> & <i>Paullinia cupana</i>), L-Theanine, rhodiola (<i>Rhodiola rosea</i>) root extract, grains of paradise (<i>Aframomum melegueta</i>) seed extract, forskohlii (<i>Coleus forskohlii</i>) root extract, AstraGin ^{^^} [astragalus (<i>Astragalus membranaceus</i>) root extract and Chinese ginseng (<i>Panax notoginseng</i>) root extract], guarana (<i>Paullinia cupana</i>) seed extract, 5-HTP (<i>Griffonia simplicifolia</i>) seed extract		
**Daily Value (DV) not established.		

Other Ingredients: Hypromellose (vegetarian capsule), microcrystalline cellulose, dicalcium phosphate, silica, sunflower oil powder (sunflower oil, modified tapioca starch).

^{^^}AstraGin is a registered trademark of Nuliv Science
Approximate Caffeine Content per Capsule: 80 mg

* When combined with a reduced calorie weight loss diet plan.

*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.