

PLEXUS BLOCK™

Your Choices, Made Better™

Blocks the Absorption of up to 48% of Carbohydrates and Sugars*

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 sugar levels can spike with an overload of insulin—the hormone that supports blood sugar levels. This “spike” can generate a sugar rush followed by a sugar crash. The body goes into stress, as the glycemic index is in search of maintaining 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 providing natural ingredients, clinically-tested to work immediately to block up to 48 percent of the absorption of carbs and sugars during digestion. When used daily with meals that contain carbs or sugars, Block provides quick-acting ingredients. A Brown Seaweed blend, White Kidney Bean extract, and Chromax® Chromium Picolinate work together to help maintain normal blood sugar levels already in the normal range, improve glucose metabolism and body composition.*

Block is taken at the start of a meal. 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 percent of carb and sugar digestion. Clinically-tested ingredients in Block target these enzymes and bind to the carb and sugar molecules in the small intestine, neutralizing up to 48% of their ability to convert carbs and sugars into glucose--without blocking the absorption of any beneficial nutrients.*



Block is a convenient and safe way to help prevent the body from absorbing up to 48% of carbs and sugars too quickly.

PRIMARY BENEFITS

- HELPS CONTROL CARBOHYDRATES AND SUGARS*
- REDUCES THE GLYCEMIC INDEX OF CARBOHYDRATES AND SUGARS*
- HELPS MAINTAIN BLOOD SUGAR LEVELS ALREADY IN THE NORMAL RANGE*
- HELPS MANAGE WEIGHT WHEN COMBINED WITH HEALTHY DIET AND EXERCISE*
- NEUTRALIZES ENZYMES THAT CONVERT CARBOHYDRATES INTO GLUCOSE*
- NEUTRALIZES ENZYMES THAT CONVERT SUGAR INTO GLUCOSE*
- HELPS IMPROVE GLUCOSE METABOLISM*

PLEXUS ADVANTAGE

- WORKS IMMEDIATELY
- DUAL ACTION CARB AND SUGAR BLOCKER*
- WORKS 3 WAYS TO MAINTAIN NORMAL BLOOD SUGAR*
- DOESN'T BLOCK ABSORPTION OF ANY BENEFICIAL NUTRIENTS*
- CLINICALLY-TESTED, NATURAL INGREDIENTS
- GLUTEN-FREE
- 100% VEGETARIAN
- NON-GMO

WHO SHOULD USE THIS PRODUCT?

Block is recommended for anyone who would like to get control over daily carb and sugar consumption, manage blood sugar levels already in the normal range, and improve body composition.*

*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.

DID YOU KNOW

- The average American consumes 156 pounds of sugar per year
- According to the American Heart Association, the average daily sugar intake is 22.2 teaspoons
- The recommended daily sugar intake is 6 teaspoons

FREQUENTLY ASKED QUESTIONS

How many servings of Block can be taken daily?

Block can be taken two times a day with meals that contain carbs and/or sugars.

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 a carb and sugar inhibitor with key ingredients that can block up to 48 percent of carbs and sugar absorption when taken with meals.* However, BLOCK is not intended as a means to support the overconsumption of carbs and sugars at mealtime. To experience the optimal benefits of BLOCK, please follow the recommended use with healthy food intake.

Does Block interfere with the absorption of nutrients?

No. One of the many benefits of Block is it inhibits the absorption of carbs and sugars without blocking the absorption of any beneficial nutrients. So you get a level of protection against glucose overload while ingesting healthy nutrients from the food you eat.*

Can I take Block with weight management products?

Block is a beneficial partner to other Plexus products like SLIM®, BOOST and P96®, which assists with promoting weight management in conjunction with a healthy diet and exercise*. Always consult with your physician before starting BLOCK or any other supplementation.

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 colors or flavors in Block?

No.

Does BLOCK contain iodine?

Yes. The naturally occurring iodine in Plexus BLOCK is iodide, which comes from its brown seaweed blend.

SCIENTIFIC REFERENCES

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2. An R, Burd, N. Change in daily energy intake associated with pairwise compositional change in carbohydrate, fat and protein intake among US adults, 1999–2010. Submitted 21 March 2014; Final revision received 29 June 2014; Accepted 29 July 2014; First published online 5 September 2014. Public Health Nutrition: 18(8), 1343–1352. doi:10.1017/S1368980014001876.
3. Paradis ME, Couture P, Lamarche B. A randomised crossover placebo-controlled trial investigating the effect of brown seaweed (*Ascophyllum nodosum* and *Fucus vesiculosus*) on postchallenge plasma glucose and insulin levels in men and women. *App Phys Nutr Met.* 2011 Dec 36(6):913-919.
4. Lamarche B, Paradis ME, Couture P. Study of the acute impact of polyphenols from brown seaweeds on glucose control in healthy men and women. Presented at the Annual Meeting of FASEB, April 2010, Anaheim, CA.
5. Apostolidis E, Lee CM. In vitro potential of *Ascophyllum nodosum* phenolic antioxidant-mediated α -glucosidase and α -amylase inhibition. *J Food Sci. Apr* 2010 75(3):H97-H102.
6. Reaven G. Insulin resistance and coronary heart disease in nondiabetic individuals. *Arterioscler Thromb Vasc Biol.* 2012 Aug;32(8):1754-9. Review.
7. Casey J, Zelman K MPH, RD, LD. Article The Hidden Ingredient that Can Sabotage Your Diet, WebMD 2005. Jan 3. <http://www.webmd.com/diet/the-hidden-ingredient-that-can-sabotage-your-diet>

DIRECTIONS: Take 2 capsules immediately before a sugar or carbohydrate containing meal.

Supplement Facts

Serving Size 2 Capsules
Serving per Container 30

Amount per Serving		%DV
Chromium [*] (as chromium picolinate)	200 mcg	167%
Brown Seaweed Blend ^{**} (<i>Ascophyllum nodosum</i> , <i>Fucus vesiculosus</i>) standardized to 20% polyphenols	500 mg	**
White Kidney Bean 10:1 Extract (<i>Phaseolus vulgaris</i>)	200 mg	**

**Daily Value (DV) not established

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

Caution: If pregnant, nursing, or taking prescription medications, consult a physician before use. Not intended for use by children. This product contains naturally occurring iodine.

^{*}As Chromax® (chromium picolinate), a registered trademark of Nutrition 21, LLC.

^{**}As InSea2® (brown seaweed blend), a registered trademark of innoVactiv inc.

Store tightly closed in a cool, dry place.

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