

Amare FundaMentals Pack PLUS®

For optimal results, take each product every morning to support all 3 of your brains and the communication between them.



MentaFocus®

Take 2 capsules in the morning with 8 oz. of water.



MentaBiotics®

Mix 1 scoop in the morning with 2-8 oz. of water, milk, fruit juice, smoothie, yogurt, or other foods or liquids. Do not expose to boiling or scalding temperatures.



MentaSync®

Take 2 capsules in the morning with 8 oz. of water. For enhanced immune system priming and axis communication, take 2 additional capsules in the evening.



MentaHeart®

Take 2 softgels with 8 oz. of water. Do not exceed 8 softgels per day.



Energy+

Thoroughly mix 1 stick pack per 8-16 oz. of cold or hot water. Additional stick packs may be consumed as needed.



Sleep+

Take 2-4 capsules approximately 30 minutes prior to bedtime with 8 oz. of water. Do not exceed 4 capsules per night.



Mood+

Take 2 capsules with 8 oz. of water. Additional servings can be taken as needed. Do not exceed 6 capsules per day.



Reboot+

Using the suggested Reboot+ dietary program, take 2 capsules with 8 oz. of water on the following schedule: Day 1 — with dinner, Day 2 — with breakfast, and dinner, Day 3 — with breakfast, lunch, and dinner. Repeat the reboot as needed according to your lifestyle. Do not exceed more than 1 Reboot per month.



Relief+

Take 1-3 capsules as needed with 8 oz. of water. Additional servings can be taken as needed. Do not exceed 12 capsules per day.



Digestive

Take 2 capsules with your meal and 8 oz. of water. Do not exceed 6 capsules per day.



OmMega®

Take 1-2 softgels with 8 oz. of water. Do not exceed 6 softgels per day.



Probiotics

Take 2 capsules with 8 oz. of water. For additional gut health and general wellness benefits, take up to 2 servings daily.



VitaGBX®

Take twice per day — 2 capsules with 8 oz. of water at breakfast, and an additional 2 capsules with 8 oz. of water at dinner. Do not exceed 4 capsules per day.



GBX SeedFiber®

Add 2 scoops to smoothies, milk, or recipes. Consume 1-2 servings per day for optimal gut-brain axis support.



GBX Protein®

Mix 2 scoops in 8-16 oz. of water, milk, or smoothie. Consume 1-2 servings per day for optimal gut-brain axis support.



GBX SuperFood®

Mix 2 scoops in 8-16 oz. of water. Consume 1-3 servings per day for optimal gut-brain axis support.



GBX Fit™

Take one capsule daily. For accelerated benefits, take two capsules daily.



Amare EDGE™

Mix into water, a smoothie or your favorite beverage. For extra edge, consider a double scoop. Additional scoops may be consumed as desired.



Kids FundaMentals®

Mix 1 scoop in the morning with 2-8 oz. of water, milk, fruit juice, smoothie, yogurt, or other foods or liquids. Do not expose to boiling or scalding temperatures.



Kids VitaGBX®

Chew 2 tablets with breakfast and 2 tablets with dinner.



Kids Mood+®

Take 1 powder stick by mouth or mix in with your drink or food as needed. Do not exceed 3 powder sticks per day.

Amare Kids® Pack

For optimal results, use all 3 products as directed for comprehensive mind and body nutrition.



MORNING



NOON



EVENING

| | MORNING | NOON | EVENING |
|--------------------|---------|------|---------|
| MentaBiotics® | ✓ | | * |
| MentaFocus® | ✓ | * | |
| MentaSync® | ✓ | | * |
| MentaHeart® | ✓ | * | ○ |
| Energy+ | ✓ | ○ | |
| Mood+ | ✓ | ○ | ○ |
| Relief+ | ○ | ○ | ○ |
| Sleep+ | | | ✓ |
| Digestive | ○ | ○ | ○ |
| VitaGBX® | ✓ | | ✓ |
| OmMega® | * | | ✓ |
| Probiotics | * | | ✓ |
| GBX Protein® | ✓ | ○ | ○ |
| GBX SuperFood® | ✓ | * | * |
| GBX SeedFiber® | ✓ | ○ | ○ |
| Kids FundaMentals® | ✓ | | |
| Kids VitaGBX® | ✓ | | ✓ |
| Kids Mood+® | ✓ | ○ | ○ |
| Amare EDGE™ | ○ | ○ | ○ |
| GBX Fit™ | ✓ | | * |

✓ – Recommended

* – Additional Serving for Optimal Results

○ – As Needed

Do I need to take the products with food?

Most nutrients in capsules are better absorbed with food. VitaGBX is the only product that *requires* food for absorption.

Can I take all of the Amare products?

Yes, you can! Amare's products are formulated to complement each other, providing holistic benefits. Follow the recommended dosage and usage instructions for each product.