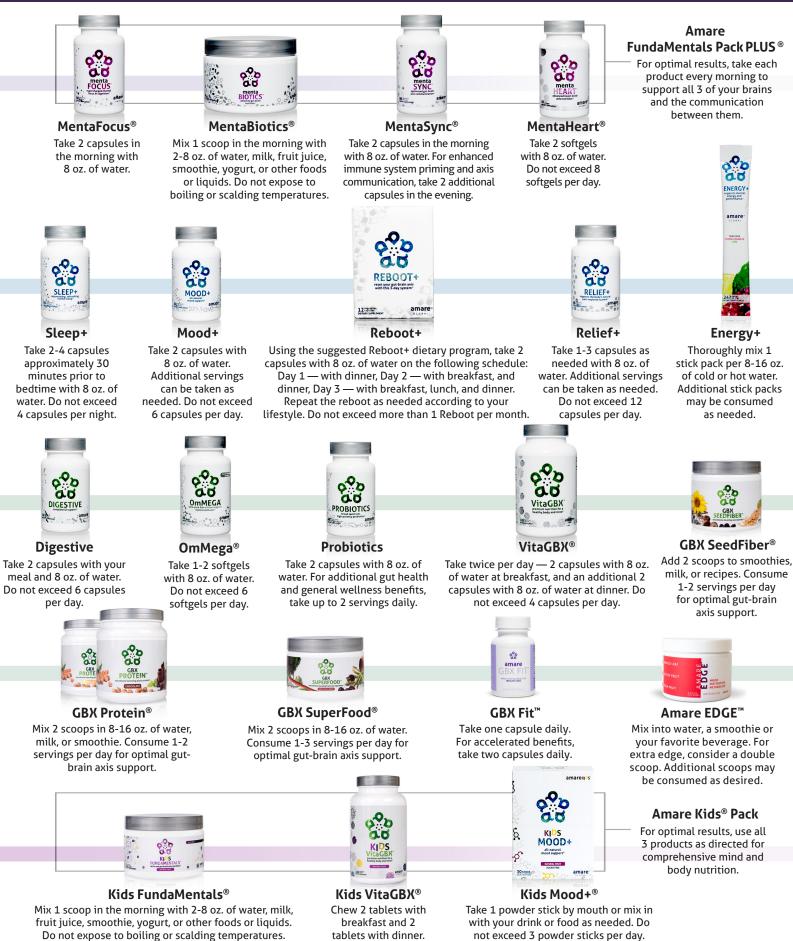
amare[®] INSTRUCTIONS FOR PRODUCT USAGE





WHEN DO I TAKE THE PRODUCTS?

	MORNING	NOON	EVENING
MentaBiotics ®	\checkmark		*
MentaFocus®	\checkmark	*	
MentaSync®	\checkmark		*
MentaHeart®	\checkmark	*	0
Energy+	\checkmark	0	
Mood+	\checkmark	0	0
Relief+	0	0	0
Sleep+			✓
Digestive	0	0	0
VitaGBX®	\checkmark		✓
OmMega®	*		
Probiotics	*		
GBX Protein®	\checkmark	0	0
GBX SuperFood®	\checkmark	*	*
GBX SeedFiber®	\checkmark	0	0
Kids FundaMentals®	\checkmark		
Kids VitaGBX®	\checkmark		
Kids Mood+®	\checkmark	0	0
Amare EDGE™	0	0	0
GBX Fit™	\checkmark		*





O – 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.