

amare IGNITE

Product Information Kit

Some of the ideas, claims, and benefits expressed in this kit relate to activities that may make you feel awkward, embarrassed, or even a bit more empowered.

Balancing hormones helps to turn on more of who you really are. Your passion, your desire, your joy. This can be a lot to learn about yourself.

But it's worth it.

Introducing the newest category in Mental Wellness...

Sexual Wellness

Sexual Wellness is a key parameter of mental wellness. It encompasses hormones that are unique chemical messengers in the body and impact important aspects of human health including mood, reproduction, sleep, metabolism, cardiovascular health, skin, hair, and body weight.

And when these hormones are off, you feel off.

Amare Ignite for HER and Amare Ignite for HIM, are proprietary blends formulated with all-natural ingredients that have been revered and used by cultures all over the world for hundreds of years to support the balance of these important hormones.

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amare GNITE

So that you feel good. Empowered. Connected.

And like your best self.

Bring back the spark and ignite your passion.

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amare IGNITE

What It Is

- Clinically validated adaptogens, herbs, and phytonutrients to support sexual wellness.*
- For HER: Shatavari, Wild Green Oat, Fenugreek, Beet Root, and Lemon Balm.
- For HIM: Cordyceps Mushrooms, Rhodiola, Beet Root, and Tongkat Ali.

How It Works

Each all-natural proprietary blend contains adaptogens, herbs and phytonutrients to support the balance of male and female sex hormones. These ingredients are natural substances that help increase the body's ability to adapt to stress and promote normal physiological functioning by supporting and maintaining balance. These blends are formulated to support the unique chemistry of each body and do not contain any hormones.*

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ALL RATURAL AROUSAL

AL VEGETARIAN CAPPAILER

Why You'll Love It

- Helps maintain normal hormone balance*
- Supports normal sexual wellness, desire, vitality*
- Supports blood flow*
- Helps stabilize mood*
- Supports overall reproductive health*

How To Use It

Take 2 capsules per day with 8 oz. of water. For best results use consistently.





AMARE IGNITE™ INFO KIT | 4

Patented Ingredients

> Clinical Studies

Targeted

Formulations

The **SCIENCE** of Amare Ignite

Amare Ignite combines ancient ingredients with cutting-edge science to balance your hormones and promote sexual wellness.



The Amare **Ignite** Hormone Balance Blends

One for HER, one for HIM: this powerful proprietary combination of ingredients supports **targeted hormone balance** to help bring back the spark and ignite your passion.

Ignite For HER: Hormone Balance Proprietary Blend



Shatavari Root Extract (*Asparagus racemosus*) Supports vitality, mood and hormone balance.*



FenuSMART® Fenugreek Seed Extract (Trigonella foenum-graecum) Supports the balance of

testosterone and estrogen levels.*

Ignite For HIM: Hormone Balance Proprietary Blend



Cordyceps Mushroom Extract Blend (Cordyceps militaris &

Cordyceps sinensis) Supports stamina

Supports stamina and performance*



AlivEL[®] 100 Tongkat Ali Root Extract (Eurycoma longifolia)

Supports healthy testosterone production*



Ignite For HER "In-the-Mood" Blend

Healthy blood flow support combined with ancient herbs that, for lack of a better term... **help put you in the mood.**



Neuravena® Wild Green Oat Extract (Avena sativa) Supports mood and relaxation*



Beet Root Powder (Beta vulgaris) Supports blood flow*



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Lemon Balm Extract (*Melissa officinalis*) Supports sexual desire and hormone balance*

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DESIRE & SEXUAL WE

60 VEGETARIAN



Ignite For HIM "Performance" Blend

This potent proprietary blend combines targeted phytonutrients to support healthy blood flow with a combination of herbs that help support you **doing more... in life.**



RhodioLife[®] Rhodiola Root Extract (Rhodiola rosea)

Supports stamina and mood*



Beet Root Powder (Beta vulgaris) Supports blood flow*

The Power of HER

Throughout all of history, people in-the-know have used targeted natural ingredients to reconnect, to reveal more of who they are, to do more ... in life.

Wild Green Oats

Used by ancient Indian healers, traditional Chinese medicine and even in the Middle Ages in Europe

- Phytonutrient that supports blood flow*
- Supports healthy sexual desire*
- Nootropic that helps stabilize mood*



Shatavari

Used for centuries in Ayurveda as the "Queen of Herbs." Amare's organic Shatavari is harvested from a small village in India.

- Adaptogen that supports healthy hormonal balance*
- Used since ancient times to support sexual wellness and vitality*
- Supports overall reproductive health for woman of all ages*



Fenugreek

Common in Indian, North African, and Mediterranean cuisine for properties that can help "bring the spark back

- Herb that supports overall sexual wellness*
- Helps maintain healthy sexual desire (from low desire back to normal)
- Supports healthy hormonal balance*

The Power of HIM

Throughout all of history, people in-the-know have used targeted natural ingredients to reconnect, to reveal more of who they are, to do more ... in life.



Cordyceps Mushrooms

Gram-by-gram more expensive than gold, Cordyceps were used in ancient times by the Chinese Emperor for the stamina benefits.

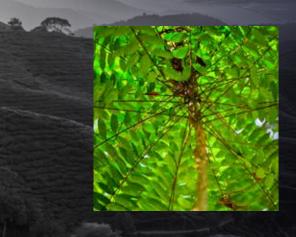
- Adaptogen that supports healthy sexual and reproductive health*
- Supports stamina and vitality for a healthy drive*
- Appreciated for properties that support sports performance*



Rhodiola

Also called "Golden Root" and "Arctic Root", Rhodiola is difficult to source in its purest form. Amare has partnered with a gold standard supplier for this blend. Rhodiola has been used in traditional medicine all over the world with the first recorded use by Greek physician Dioscorides in 77 CE.

- Adaptogen that helps maintain endurance and performance*
- Supports sexual desire*
- Helps support balanced mood*



Tongkat Alí

Found in Southeast Asia, this natural ingredient requires an exacting process to extract the proper bioactives. It's been appreciated throughout history as an aphrodisiac.

- Herb that supports sexual life and vitality*
- Supports healthy hormone balance*
- Supports healthy testosterone levels*

Bundle & Save for Benefits

When your Customers start with an Amare Ignite 2-Pack or Happy Hormones Pack on Subscribe & Save, they can Bundle & Save up to three other products of their choice! Check out this chart to help guide them to the best product combo for the results they seek.

+



Amare Ignite 2-Pack

Plus bundle three more products at **up to 54% off** Subscribe & Save price!

Targeted Benefits	Bundle Product
Accelerated Weight Loss*	Amare GBX Fit
Energy/Vigor*	Energy+ (Orig.)
Heart Health*	MentaHeart
Immune Health*	MentaSync
Focus*	MentaFocus
Muscle Building*	GBX Protein
Nutrition Boost*	GBX SuperFood
Sleep Quality*	Sleep+
Stress Resilience*	Mood+
Workout Recovery*	Relief+

What More Can We Say? (for HER)

Amare Ignite is so awesome it can be easy to get carried away! Take a look at the list below to make sure you stay compliant while you spread the word.

DO SAY!

- Maintains healthy sexual desire and function in women
- Supports healthy blood flow
- Supports healthy hormone balance
- Supports sexual satisfaction
- Supports ability to focus and concentrate
- Stabilizes mood balance impacted by hormone fluctuation
- Supports female reproductive health
- Stabilizes monthly hormone fluctuations
- Promotes healthy balance of energy and vitality
- Supports sexual life

- Supports sexual wellness
- Improves quality of life and general wellbeing
- Supports normal sexual arousal
- Supports healthy estrogen levels

KEY DOS

USE these words to keep your claims compliant:

- Supports
- Maintains
- Promotes
- Desire
- Vitality
- Sexual Wellness

DON'T SAY!

COLORIS COLORIS

- Increases libido
- Restores libido
- Relieves PMS or other hormone symptoms
- Cures hormone imbalance or medical conditions

KEY DON'TS

AVOID these words to keep your claims compliant:

- Libido
- Increases
- Cures
- Restores
- Relieves
- Prevents



Amare Ignite is so awesome it can be easy to get carried away! Take a look at the list below to make sure you stay compliant while you spread the word.

DO SAY!

- Maintains healthy sexual desire and function in men
- Supports healthy blood flow
- Supports healthy hormone balance
- Supports sexual satisfaction
- Supports stamina and vitality for a healthy drive
- Stabilizes mood balance impacted by hormone fluctuation
- Supports healthy testosterone levels
- Maintains sexual endurance and performance
- Supports sexual life

- Improves quality of life and general wellbeing
- Promotes healthy balance of energy and vitality
- Supports sexual wellness

KEY DOS

USE these words to keep your claims compliant:

- Supports
- Maintains
- Promotes
- Desire
- Vitality
- Sexual Wellness

DON'T SAY!

46 VECTER

- Increases libido
- Restores libido
- Relieves symptoms of ED
- Cures hormone imbalance or medical conditions

KEY DON'TS

AVOID these words to keep your claims compliant:

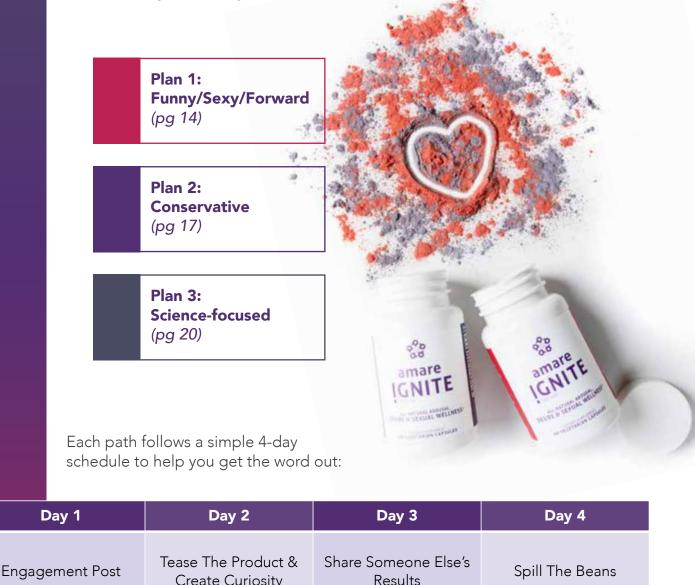
- Libido
- Increases
- Cures
- Restores
- Relieves
- Prevents

4-Day Social Media Plan

Create Curiosity

Don't wait! You can start sharing the benefits of Amare Ignite from Day 1. Ignite's benefits come in many forms — this gives everyone something to talk about and relate to.

To get the ideas flowing, we created 3 different social media plans. Choose the plan that speaks to YOU:



Plan 1: Funny/Sexy/Forward

Day 1: ENGAGEMENT POST

Goal — to boost the algorithm and get conversation started.

On Facebook: Create this post with a color block background **On Instagram:** Create this post in your stories with a poll

SAMPLE POST IDEAS:

- Ok friends...how important is regular *quality* physical intimacy?
- Settle this debate for me...who needs sex more men or women?



Day 2: TEASE THE PRODUCT AND CREATE CURIOSITY

Goal — to start teasing the product by creating curiosity around what it is. You want your audience to take guesses and start asking you for more information. **Use a photo of the Amare Ignite capsules.**

SAMPLE POST:

"Let's get it on"

Cue the Marvin Gaye.

I just placed my order and am SO FREAKING PUMPED to experience mental wellness in a whole new way.

These sexy capsules are designed to maintain normal youthful hormone balance. Men's formula + women's formula scientifically validated to support desire,

arousal, and more satisfaction in the sack - with natural ingredients.

We've got special launch pricing and I can hook you up with \$10 off your first order.

Send me a message or drop INFO below for details!

DAY 3: SHARE SOMEONE ELSE'S RESULTS

Goal — to share results that people are getting on the product. You do not have to have your own results yet to share someone else's results!



SAMPLE POST:

"I haven't slept this good in years"

"I feel like I'm in my 20's again"

"I've wanted to be around my hubby so much more...it feels like we are dating again!"

SHARE WHATEVER RESULTS YOU FEEL COMFORTABLE WITH...AND DOUBLE CHECK THEY ARE ALIGNED WITH COMPLIANCE.



I told you this product was different.

The results from the 4 week test group were clear - hormone balancing helps a whole lot of areas that most people don't even realize are the actual issue.

You know you're curious, so let's chat!

I've got a \$10 off coupon for your first order AND special launch pricing.

Send me a message or comment INFO below.

DAY 4: SPILL THE BEANS

Goal — Now that you have warmed up your audience and created tons of curiosity you want to spill the beans! Use words and phrases that create curiosity and are powerful! Remember that there is posture and energy in the words you use. **Post a photo of you that demonstrates strength and energy**.

SAMPLE POST:

As awkward as the topic of sexual wellness is, the more awkward thing would be NOT talking about it.

The convos I've been having over this hormone balancing product the past couple of days is confirming what I already knew...I'm not the only one excited to #Igniteandchill.

I've got a quick video that will give you all the *juicy* details you need to know about this category creating product.

Think empowerment, confidence, and youthful vitality.

Oh, and I've still got the hook up for you on launch pricing and a \$10 off coupon for your first order.

Want to check it out?

In stories you can do face to camera and share your personal sexual wellness/ intimacy/hormone story with an invite to check out the video for full details.







Plan 2: Conservative

Day 1: ENGAGEMENT POST

Goal — to boost the algorithm and get conversation started.

On Facebook: Create this post with a color block background **On Instagram:** Create this post in your stories with a poll

SAMPLE POST IDEAS:

• What is your love language and is it different from your spouse?

Tell me! What is your love language? On a scale of 1-10 how important is intimacy in marriage?

Day 2: TEASE THE PRODUCT AND CREATE CURIOSITY

Goal — to start teasing the product by creating curiosity around what it is. You want your audience to take guesses and start asking you for more information. **Use a photo of the Amare Ignite capsules.**

SAMPLE POST:

Date night is getting a major upgrade!

I just placed my order and am SO FREAKING PUMPED to experience mental wellness in a whole new way.

These beautiful capsules are designed to maintain normal youthful hormone balance.

Men's formula + women's formula scientifically validated to support balanced sex hormones, blood flow, and help bring back your vitality.

We've got special launch pricing and I can hook you up with \$10 off your first order.

Send me a message or drop INFO below for details!

DAY 3: SHARE SOMEONE ELSE'S RESULTS

Goal — to share results that people are getting on the product. You do not have to have your own results yet to share someone else's results!



SAMPLE POST:

"I haven't slept this good in years"

"I feel like I'm in my 20's again"

"I've wanted to be around my hubby so much more...it feels like we are dating again!"

SHARE WHATEVER RESULTS YOU FEEL COMFORTABLE WITH...AND DOUBLE CHECK THEY ARE ALIGNED WITH COMPLIANCE.



I told you this product was different.

The results from the 4 week test group were clear - hormone balancing helps a whole lot of areas that most people don't even realize are the actual issue.

You know you're curious, so let's chat!

I've got a \$10 off coupon for your first order AND special launch pricing.

Send me a message or comment INFO below.

DAY 4: SPILL THE BEANS

Goal — Now that you have warmed up your audience and created tons of curiosity you want to spill the beans! Use words and phrases that create curiosity and are powerful! Remember that there is posture and energy in the words you use. **Post a photo of you that demonstrates strength and energy**.

SAMPLE POST:

As awkward as it is to talk about, every healthy relationship *needs* healthy emotional AND physical intimacy.

The convos I've been having over this hormone balancing product the past couple of days is confirming what I already knew...life takes a toll on our relationships and people are excited at the thought of being able to bring the spark back in a natural way.

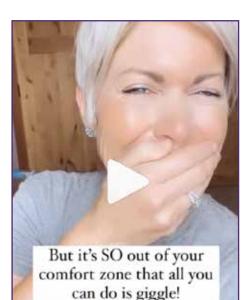
I've got a quick video that will give you all the details you need to know about this category creating product.

Think confidence, connection, and youthful joy.

Oh, and I've still got the hook up for you on launch pricing and a \$10 off coupon for your first order.

Want to check it out?

In stories you can do face to camera and share your personal sexual wellness/ intimacy/hormone story with an invite to check out the video for full details.





Plan 3: Science-focused

Day 1: ENGAGEMENT POST

Goal — to boost the algorithm and get conversation started.

On Facebook: Create this post with a color block background **On Instagram:** Create this post in your stories with a poll

SAMPLE POST IDEAS:

- When I say hormones do you think metabolism, stress or sex?
- Hormone health is a hot topic, how does being out of balance affect your daily life?
- Do you think men or women are more affected by hormone imbalance?
- How much of a role would you say hormones play in one's overall mental well-being?

What does "she's so hormonal!"actually mean?

Day 2: TEASE THE PRODUCT AND CREATE CURIOSITY

Goal — to start teasing the product by creating curiosity around what it is. You want your audience to take guesses and start asking you for more information. *Use a photo of the Amare Ignite capsules.*

SAMPLE POST:

The game just changed for HEALTHY HORMONES!

These beautiful capsules are designed to maintain normal youthful hormone balance.

Men's formula + women's formula scientifically validated to support balanced sex hormones, blood flow, and help bring back your vitality.

We've got special launch pricing and I can hook you up with \$10 off your first order.

Send me a message or drop INFO below for details!

DAY 3: SHARE SOMEONE ELSE'S RESULTS

Goal — to share results that people are getting on the product. You do not have to have your own results yet to share someone else's results!



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"I haven't slept this good in years"

"I feel like I'm in my 20's again"

"I've wanted to be around my hubby so much more...it feels like we are dating again!"

SHARE WHATEVER RESULTS YOU FEEL COMFORTABLE WITH...AND DOUBLE CHECK THEY ARE ALIGNED WITH COMPLIANCE.



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The results from the 4 week test group were clear - hormone balancing helps a whole lot of areas that most people don't even realize are the actual issue.

You know you're curious, so lets chat!

I've got a \$10 off coupon for your first order AND special launch pricing.

Send me a message or comment INFO below.

DAY 4: SPILL THE BEANS

Goal — Now that you have warmed up your audience and created tons of curiosity you want to spill the beans! Use words and phrases that create curiosity and are powerful! Remember that there is posture and energy in the words you use. **Post a photo of you that demonstrates strength and energy**.

SAMPLE POST:

Who knew hormone health was such a HOT topic!

The convos I've been having over this hormone balancing product the past couple of days is confirming what I already knew...you are just as excited as I am to reset factory settings!

I've got a quick video that will give you all the cool details you need to know about this category creating product.

Think balance, blood flow, and youthful vitality.

Oh, and I've still got the hook up for you on launch pricing and a \$10 off coupon for your first order.

Want to check it out?

In stories you can do face to camera and share your personal sexual wellness/ intimacy/hormone story with an invite to check out the video for full details.





What Real People Are Saying About Ignite!

What positive benefits did you notice or experience after taking this product?



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This summary is intended for general informational purposes only, and should not be interpreted as specific medical advice. The U.S. Food and Drug Administration does not strictly regulate herbs and supplements. There is no guarantee of purity, strength, or safety of the products. As a result, effects may vary. You should read product labels. In addition, if you are taking medications, herbs, or other supplements you should consult with a qualified healthcare provider before taking a supplement as supplements may interact with other medications, herbs, and nutritional products. If you have a medical condition, including if you are pregnant or nursing, you should speak to your physician before taking a supplement. Consult a healthcare provider if you experience side effects. MARE IGNITETM INFO KIT | 23



Don't Over-Complicate It!

Now's the time to reach out! Follow these simple scripts to share the amazing benefits Amare has to offer:

FOR CURRENT CUSTOMERS AND MEMBERS

You: Hi **(Name)**! How have you been? I am touching base because I want to let you know we launched an incredible new hormone balancing product called Ignite. This product has been a game changer for men and women's hormone health. There is a targeted his and hers formula and the results people are getting are incredible.

One person reported she feels more youthful than she did in her 20's. Another is seeing her physique change and loss of inches all over her body. Another reported feeling more attracted to her spouse **(insert testimony that resonates with your customer/member)**

Would you like to add this to your regime?

[Customer/Member: Yes]

You: Awesome, I suggest taking advantage of our special price of a 2-pack for \$99.95. How does that sound?



FOR PEOPLE WITH OPEN CARTS

You: Hi **(Name)**! How have you been? I am touching base because I want to let you know there is an incredible new product that just launched!

This product has been a game changer for hormone health already. There is a targeted formula for men and women and the results people are getting are incredible.

One person reported she feels more youthful than she did in her 20's. Another is seeing her physique change and loss of inches all over her body. Another reported feeling more attracted to her spouse (insert testimony that resonates with your potential based on previous conversation)

Right now, we have an awesome promo where you can get a two pack at a special price of \$99.95. And since it would be your first order, you get an additional \$10 off with my promo code.

How exciting!

Is that something you want to take advantage of?

[Person: Yes]

You: Awesome, we also have another incredible perk attached to this promo. You get a special one-year referral membership code valued at \$70 for FREE when you enroll with an order of \$129.95 or higher.

When you end up loving these products, you will have the ability to refer to friends and family with your own unique referral code. You will also get access to our trainings and awesome community.

If you end up not using the referral link, you can always downgrade to a customer in a year. It's kind of a no brainer, would you like me to throw that in there?

[Person: Yes]

Discuss what else you can add to the cart to get it to \$129.95 to qualify for the free membership.

FOR PEOPLE WHO DIDN'T USE PAST PROMOS, BUT EXPRESSED INTEREST

You: Hi (Name)! How have you been? I am touching base because I know you were really interested in the new hormone health product I've been raving about. It has officially launched.

The results people are reporting are amazing. One person reported she feels more youthful than she did in her 20's. Another is seeing her physique change and loss of inches all over her body. Another reported feeling more attracted to her spouse (insert testimony that resonates with your potential based on previous conversation)

We have a killer introductory price. Would you like to learn more?

[Person: Yes]

You: Awesome, right now we are offering a 2-pack for \$99.95.

Plus, since its your first order you get an additional \$10 off with my special coupon code Is that something you'd like to take advantage of?

[**Person:** Yes]

You: Awesome, we also have another incredible perk attached to this promo. You get a special one-year referral membership code valued at \$70 for FREE when you enroll with an order of \$129.95 or higher.

When you end up loving these products, you will have the ability to refer to friends and family with your own unique referral code. You will also get access to our trainings and awesome community.

If you end up not using the referral link, you can always downgrade to a customer in a year. It's kind of a no brainer, would you like me to throw that in there?

[**Person:** Yes]

Discuss what else you can add to the cart to get it to \$129.95 to qualify for the free membership.

Amare Ignite FAQs

How and when should I use Ignite for HER?

for HER

Ignite for HER is an all-natural blend of adaptogens formulated specifically to support the normal balance and regulation of female hormones and normal sexual desire. This women's proprietary blend has clinically studied ingredients that have been used throughout history and known to help support the following: mood balance, hormonal balance, neurochemical balance (promotes relaxation and calm), and normal sexual desire.*

We recommend taking 2 capsules once a day on a regular basis. Consistency is key.

What are adaptogens?

Adaptogens are natural substances that help increase the body's ability to adapt to stress and promote normal physiological functioning by maintaining balance.

Is it Vegan?

Yes

Is it Gluten Free?

Yes

Is it sugar free?

Yes

Is it dairy free?

Yes

Amare Ignite for HER FAQs (cont'd)

Does Ignite for HER contain estrogen or other hormones?

No

Can I use Ignite for HER if I'm pregnant or nursing?

We recommend checking with your doctor or health care professional to see if Ignite for HER makes sense for you while you are breastfeeding or pregnant.

Can kids take Ignite for HER?

Ignite for HER has ingredients that are clinically studied in adults (age 18 or over) and are not recommended for children. For specific questions, please consult with your doctor or health care professional.

What are the main ingredients in Ignite for HER?

- a. Beet Root Powder A phytonutrient that is known to be rich in nitrates which help support blood flow throughout your body - including sex organs. Athletes have used beetroot powder because of its dietary nitrates that can help improve athletic performance. Beet root dilates blood vessels during a workout, increasing blood flow to the muscles. Beet root is rich in dietary nitrates that produce nitric oxide in the body. Beet root has high levels of boron, a mineral that has been shown to support the increased production of sexual hormones.
- b. Green Oat Extract Historically known to help with mood, and stimulation of the physical and emotional desires of sexual activity. Traditional Chinese Medicine associates oat extract with conditions related to anxiety, mood imbalances, and even sleeping restfully.
- **c.** Lemon Balm Extract Historically known to help support sexual desire and support the balance of female hormones through modulating acetylcholine receptors.
- **d. Shatavari** Historically used in Ayurvedic medicine and is also known as the "Queen of Herbs" because it has been used since ancient times to support love, vitality and normal hormone balance.
- e. Fenugreek Modulates Estradiol and Serotonin which helps restore balance between estrogen and testosterone, supports normal vaginal lubrication, and balanced mood- resulting in support of a woman's capacity for sexual arousal.

What can I expect when using Ignite for HER and how does it work?

Ignite for HER works with the body's natural chemistry to support the modulation of normal hormone balance and sexual desire in women. Since everyone's body,

Amare Ignite for HER FAQs (cont'd)

genetics, health, diet and circumstances are different, each individual will respond a little differently to Ignite for HER.

Many of the ingredients in Ignite for HER are considered adaptogens. Adaptogens are natural substances that help increase the body's ability to adapt to stress and promote normal physiological functioning by maintaining balance. If you have a history of hormone related medical conditions, we recommend checking with your doctor or health care professional to see if Ignite for HER makes sense for you.

It can take anywhere from 2-8 weeks to start seeing results. Consistency is key and results will vary.

Can I take too much of Ignite for HER?

We recommend taking the recommended dosage of 2 capsules per day, not to exceed 4 capsules per day on a consistent basis. As with any supplement regimen, we recommend checking with your doctor or health care professional to see if Ignite for HER makes sense for you.

Are there any stimulants in Ignite for HER?

There are no artificial stimulants or unnatural ingredients in Ignite for HER.

Will Amare Ignite for HER interact with my medications?

Ignite for HER can be taken along with other supplements from Amare, as our products are designed to work together for a full body wellness approach. When starting a new supplements routine, or when taking Ignite for HER with medications or other non-Amare supplements, we always recommend checking in with your doctor or health care professional to make sure Ignite for HER is compatible.

Can I take Ignite for HER even if I am not sexually active?

Yes, the ingredients that are used in Ignite for HER help with the normal balance of female hormones and neurochemicals. When these hormones, neurochemicals or circulatory components are not functioning well, you typically do not feel good- thus impacting your mental wellness. Studies show that the ingredients found within Amare Ignite for HER could provide supportive benefits throughout many stages of life.

Amare Ignite for HER FAQs (cont'd)

How quickly does Ignite for HER start to work?

Since every body, genetics, health, diet and circumstance are different, everyone will respond a little differently to Ignite for HER. It can take anywhere from 2-8 weeks to start seeing results. Consistency is key and results will vary.

Can I chew the tablets?

We recommend swallowing the capsules whole and not chewing them. The capsules can also be opened up and mixed in liquids and smoothies.

If I am on medication or have a hormone related medical condition, is Ignite for HER safe for me to take?

If you have a medical condition (including a history of hormone sensitive cancers or medical conditions) or are taking medication (especially blood-thinning or diabetes medication), consult your doctor or health care professional before use.

Amare Ignite FAQs

How and when should I use Ignite for HIM?

Ignite for HIM is an all-natural blend of adaptogens formulated specifically to support the normal balance and regulation of male hormones and normal sexual desire. This proprietary men's blend has clinically studied ingredients that have been used throughout history and known to help support the following: healthy blood flow, healthy stamina, and normal hormone balance.*

for HIM

We recommend taking 2 capsules once a day on a regular basis. Consistency is key.

What are adaptogens?

Adaptogens are natural substances that help increase the body's ability to adapt to stress and promote normal physiological functioning by maintaining balance.

Is it Vegan?

Yes

Is it Gluten Free?

Yes

Is it sugar free?

Yes

Is it dairy free?

Yes

Does Ignite for HIM contain testosterone or other hormones?

No

Amare Ignite for HIM FAQs (cont'd)

Can I take Ignite HIM even if I am not sexually active?

Yes, the ingredients that are used in Ignite for HIM help with the normal balance of male hormones and neurochemicals. When these hormones, neurochemicals or circulatory components are not functioning well, you typically do not feel good- thus impacting your mental wellness. Studies show that the ingredients found within Amare Ignite for HIM could provide supportive benefits throughout many stages of life.

Can kids take Ignite for HIM?

Ignite for HIM has ingredients that are clinically studied in adults (age 18 or over) and are not recommended for children. For specific questions, please consult with your doctor or health care professional.

What are the main ingredients in Ignite for HIM?

- a. Beet Root Powder A phytonutrient that is known to be rich in nitrates which help support blood flow throughout your body- including sex organs. Athletes have used beet root powder because of its dietary nitrates that can help improve athletic performance. Beet root dilates blood vessels during a workout, increasing blood flow to the muscles. Beet root is rich in dietary nitrates that produce nitric oxide in the body. Beet root has high levels of boron, a mineral that has been shown to support the increased production of sexual hormones.
- **b. RhodioLIFE**[®] (*Rhodiola rosea*) from Eurasia- An adaptogen used by endurance athletes, supports stamina and mood.
- c. Cordyceps Militaris & Sinensis Mushroom Extract Cordyceps was once reserved for use only by the Chinese Emperor for its stamina benefits and has been used as a natural aphrodisiac. These are high in bioactive compounds known to support libido.
- **d.** Tongkat Ali (*Eurycoma longifolia*) Has historically been used as an aphrodisiac. Studies show that this ingredient helps maintain healthy testosterone levels.

What can I expect when using Ignite for HIM?

Ignite for HIM works with the body's natural chemistry to support the modulation of normal hormone balance and sexual desire in men. Since everyone's body, genetics, health, diet and circumstances are different, each individual will respond a little differently to Ignite for HIM.

Many of the ingredients in Ignite for HIM are considered adaptogens. Adaptogens are natural substances that help increase the body's ability to adapt

Amare Ignite for HIM FAQs (cont'd)

to stress and promote normal physiological functioning by maintaining balance. If you have a history of hormone related medical conditions, we recommend checking with your doctor or health care professional to see if Ignite for HIM makes sense for you.

It can take anywhere from 2-8 weeks to start seeing results. Consistency is key and results will vary.

Can I take too much of Ignite for HIM?

We recommend taking the recommended dosage of 2 capsules per day, not to exceed 4 capsules per day on a consistent basis. As with any supplement regimen, we recommend checking with your doctor or health care professional to see if Ignite for HIM makes sense for you.

Are there any stimulants in Ignite HIM?

There are no artificial stimulants or unnatural ingredients in Ignite for HIM.

Will Amare Ignite for HIM interact with my medications?

Ignite for HIM can be taken along with other supplements from Amare, as our products are designed to work together for a full body wellness approach. When starting a new supplements routine, or when taking Ignite for HIM with medications or other non-Amare supplements, we always recommend checking in with your doctor or health care professional to make sure Ignite for HIM is compatible.

How quickly does Ignite for HIM start to work?

Since every body, genetics, health, diet and circumstance are different, everyone will respond a little differently to Ignite for HIM. It can take anywhere from 2-8 weeks to start seeing results. Consistency is key and results will vary.

Can I chew the tablets?

We recommend swallowing the capsules whole and not chewing them. The capsules can also be opened up and mixed in liquids and smoothies.

Amare Ignite for HIM FAQs (cont'd)

If I am on medication for Erectile Dysfunction, or have any other medical condition, is Ignite for HIM safe for me to take?

If you have any medical condition (including Erectile Dysfunction, a heart condition, or a history of hormone sensitive cancers) or are taking medication (especially blood-thinning or diabetes medication), consult your doctor or health care professional before use.

*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.

You may be concerned about decreased sex drive or another sexual wellness issue. Talk to your doctor about the problem. There could be an underlying medical issue for your symptoms. This may require treatment beyond the use of a supplement. Your doctor can discuss the possible causes of your symptoms. He or she can also help you determine which supplement product is likely to be the safest and most effective solution for your lifestyle.

This summary is intended for general informational purposes only, and should not be interpreted as specific medical advice. The U.S. Food and Drug Administration does not strictly regulate herbs and supplements. There is no guarantee of purity, strength, or safety of the products. As a result, effects may vary. You should read product labels. In addition, if you are taking medications, herbs, or other supplements you should consult with a qualified healthcare provider before taking a supplement as supplements may interact with other medications, herbs, and nutritional products. If you have a medical condition, including if you are pregnant or nursing, you should speak to your physician before taking a supplement. Consult a healthcare provider if you experience side effects.

Amare **Ignite** Resources

SHAREABLES, PRODUCT	https://amareassets.blob.core.windows.net/webassets/
CUTOUTS, & LOGOS	resources/OtherInformation/Ignite-Graphics.zip
PRODUCT INFO PAGE	https://amareassets.blob.core.windows.net/webassets/ resources/productinfo/AmareIgnite_PIP.pdf
TECHNICAL DATA SHEET	https://amareassets.blob.core.windows.net/webassets/
FOR HER	resources/TechnicalDataSheets/Ignite_forHER_TDS.pdf
TECHNICAL DATA SHEET	https://amareassets.blob.core.windows.net/webassets/
FOR HIM	resources/TechnicalDataSheets/Ignite_forHIM_TDS.pdf
COMMERCIAL VIDEO	https://youtu.be/2ZoSs3NV7kc

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