reset your gut-brain axis
with this 3-day system*

Why Reboot Your System?
A new beginning in mental wellness starts with a healthy microbiome.

Reboot+ is the first step in ridding your body of the imbalances in gut bacteria that can be the source of digestive problems, unbalanced inflammation, and nagging mental wellness issues such as fatigue, tension, and depressed mood.

While not a “must do,” taking Reboot+ before starting the FundaMentals program amplifies the beneficial effects in your gut-brain axis.

For optimal mental wellness, “rebooting” the ecology of your gut microbiome helps prepare your body and mind for healthy re-population and re-balancing.

Let’s Clear Up Some Things...

Reboot+ is NOT a traditional cleanse. Here is the truth behind many common concerns:

| I have to wait for a convenient time to start... | You don’t have to change your plans to fit in your reboot. Many restaurants provide healthy items which fit the program. The nutrients will leave you feeling energized and ready to take on anything you have scheduled. |
| I’ll be stuck in my bathroom all day... | None of the ingredients in Reboot+ act as a harsh laxative. |
| The food guidelines will leave me hungry... | There are no calorie restrictions with Reboot+. You can eat as many booster foods as needed during the day. Additionally, many of the options are high in fiber and will make you feel full longer. |
| The foods will be limited and difficult to find... | The wide variety of options means you may have many of the foods already in your home. Most are readily available at your local grocery store. |
| Cutting caffeine will make me tired... | The many beneficial nutrients and foods will provide your body with plenty of clean energy to get you through your day. |

PRO TIP!
Avocados make you feel full. They go great with your smoothie or salad!

www.amare.com
1-888-898-8551
It’s Only 3 Days! You can do ANYTHING for 3 days!

Hey, it never seems like the perfect time to do a reboot, and you might not follow everything perfectly, but for best results, follow these simple guidelines:

### How to Reboot:

**Directions:**
Beginning the morning of day 1, start the Reboot+ dietary program, and then take 2 capsules with 8-oz of water with the following meals:
- **Day 1:** Dinner
- **Day 2:** Breakfast and Dinner
- **Day 3:** Breakfast, Lunch, and Dinner

### WATER

Due to the high fiber content of the reboot boosters, make sure to drink plenty of water to support normal digestive processes.

Refer to the chart below:

<table>
<thead>
<tr>
<th>Body Weight (lbs)</th>
<th>Water (oz)</th>
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</thead>
<tbody>
<tr>
<td>100</td>
<td>64</td>
</tr>
<tr>
<td>120</td>
<td>72</td>
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<tr>
<td>140</td>
<td>80</td>
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<td>160</td>
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<td>220</td>
<td>112</td>
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<tr>
<td>240</td>
<td>120</td>
</tr>
<tr>
<td>260+</td>
<td>128</td>
</tr>
</tbody>
</table>

Don’t chug! Space out your water intake throughout the day.

### ENJOY! Reboot Boosters

- **Booster Vegetables:** broccoli, cauliflower, kale, cabbage, brussels sprouts, red and green lettuce, romaine, spinach, endives, artichokes, dandelion greens, arugula, asparagus, beets, collard greens, celery, parsley, carrots, onions, yams/sweet potatoes, mushrooms, bok choy
- **Booster Fruits:** apples, pears, raspberries, açai, blueberries, blackberries, grapefruits, kiwis, lemons, pomegranates, bananas, tomatoes
- **Legumes:** lentils, peas, chickpeas/hummus, beans (except refried beans)
- **Nuts and Seeds:** hemp, flax, pumpkin, sunflower seeds, almonds, walnuts, cashews, nut butters (avoid peanuts)
- **Booster Oils/Fats:** coconut oil, olive oil, avocados, coconut meat
- **Herbal teas:** chamomile, mint, rooibos, ginger, dandelion root, hibiscus
- **Milks:** almond, coconut, hemp or rice (all unsweetened)

### AVOID! Reboot Busters

- **Alcohol and Caffeine**
- **Sweeteners:** sugar, foods with refined sugars (especially soda), cane sugar/juice, corn syrup, maple syrup, honey, artificial and/or added sweeteners (stevia is permitted)
- **Processed Foods:** fast food, packaged food
- **Dairy:** milk, cheese, cottage cheese, cream cheese, sour cream, yogurt, ice cream, butter
- **All Animal Products:** meat, poultry, eggs, fish
- **Soy Products:** tempeh, tofu, soy milk
- **Buster Oils:** vegetable oil, canola oil, soybean oil, anything partially hydrogenated
- **Buster Fruits:** fruit juices, spreads/preserves with added sugar
- **Grains:** rice, quinoa, wheat, oats, barley, pasta, bread, cereal, tortillas, oatmeal, granola
- **Buster Vegetables:** potatoes, corn, creamed vegetables

To access the full Reboot+ dietary program, please visit [www.Reboot-Plus.com](http://www.Reboot-Plus.com)

*Reboot+ is NOT a typical “detox” - it’s a scientifically-supported RESET.*

Your 3 day Reboot+, in combination with the science-backed formulas in the FundaMentals, will help strengthen your gut-brain axis, which is the foundation upon which your mental wellness is built.