



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.

Amare Three Brains FundaMentals Pack™

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



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.



Energy+

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



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.



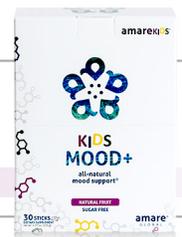
Kids FundaMentals®

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+™	✓	○	○

✓ – 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.