



REBOOT+

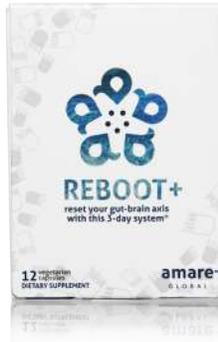
Reset Your Gut-Brain Axis with
this 3-Day System*



amare™
GLOBAL

THE MENTAL WELLNESS COMPANY

TECHNICAL DATA



REBOOT+

A synergistic blend of natural cleansing herbs and phytonutrients to assist the body's own detoxification process – specifically formulated to reboot your gut-brain axis in 3-days.* As the first step in Amare's FundaMentals family of products, Reboot+ prepares body & mind for optimized Mental Wellness.*

KEY INGREDIENTS

Whole Body Detox Blend / Sebatin (*Myristica fragrans seeds, Astragalus membranaceus roots and Poria cocos fruits*) - protection from free radical damage with antioxidants. Supports the body's natural detox process.*

Myristica fragrans seeds (nutmeg) - Nutmegs are evergreen trees, native to the rainforest of Indonesian Moluccas Island, also known as the Spice Islands. The aromatic oil from the seeds is a key principle active ingredient of this herbal medicine. Nutmeg has anti-fungal, anti-depressant, aphrodisiac, digestive, and carminative functions (relieving flatulence). It detoxifies the body and promotes peristaltic motion in the smooth muscles of the intestine. Nutmeg also induces the secretion of various gastric and intestinal juices that ease the digestive process. It also reduces the frequency and discomfort of constipation and other intestinal issues.*

Astragalus membranaceus roots (Huang Qi) - an amazing root that is considered to be a sweet tonic herb that is slightly warming. It is a naturally stimulating energizer and immune enhancing adaptogen. Benefits of Huang Qi include that it supports metabolism, reduces inflammation, and strengthens the musculature. It has antioxidative triterpene saponin glycosides known as astragalosides, in addition to the polysaccharide glucans and astragalus heteroglycans. Astragalus polysaccharides were also reported to have anti-viral, anti-inflammation, anti-tumor, anti-atherosclerosis, hematopoiesis, neuroprotection and anti-diabetic properties in different studies. Often found as a Qi tonic that encourages a general state of tranquility and positive emotional mood. It lowers cortisol levels and is a protector against stresses, both mental and physical. Finally, Huang Qi has also been found to support the digestive system.*

Poria cocos fruits (Fu Ling) - "fungus of immortality" medicinal mushroom growing on the roots of Chinese red pine trees or other conifer trees. The major constituent of Fu Ling is polysaccharides (Pachyman), in the form of β -glucan. Variable biological functions have been reported for poria cocos polysaccharides, such as antioxidant, anti-hyperglycemic, soothing the stomach pain, anti-inflammation, anti-cancer and immunological modulation. Practitioners of traditional Chinese medicine believe in the concept of *shen*, this translates roughly to 'mind' or 'spirit'. They believe that Poria is able to target disturbances within a person's *shen* and that it therefore relieves stress and has a calming effect on the minds of those who use it.*

Liver Support Blend *(Milk Thistle, Artichoke Leaf, Turmeric Root)*

Milk Thistle (*silymarin*) - a flowering herb related to the daisy and ragweed family. It is native to Mediterranean countries. Silymarin is the main active ingredient in milk thistle. Silymarin is both an anti-inflammatory and antioxidant. It is commonly used to detoxify the body, especially the liver. Milk Thistle has been shown to decrease, or even reverse, damage to the liver that's been caused by prescription medications, antibiotics, pollution, heavy metals and so on. It is able to promote healthy digestive function by helping with enzyme formation, increasing bile production, decreasing inflammation and soothing the mucous membranes throughout the body.*

Artichoke Leaf - has been used as a food and a medical remedy as early as 400 BC. Its large basal leaves are effective for improving digestion and liver function, as well as cholesterol levels. Antioxidant, liver-protective, bile-enhancing, and lipid-lowering effects have been demonstrated. Active compounds discovered to be the flavonoids and caffeoylquinic acids serve in the promotion of bile production. Good bile flow is also essential for detoxification. Bile serves as a carrier for toxic substances, delivering them into the intestine for further elimination from the body.*

Turmeric root - has been used in India for thousands of years as a spice and medicinal herb. The medicinal compounds are called curcuminoids, the most important of which is curcumin. It has powerful anti-inflammatory effects and is a very strong antioxidant. Turmeric is shown to stimulate the body's own antioxidant enzymes. It crosses the blood-brain barrier and has been shown to lead to various improvements in the pathological process of Alzheimer's disease. It is effective as an antidepressant and there is also some evidence that curcumin can boost the brain neurotransmitters serotonin and dopamine. Turmeric has anti-microbial, anti-aging, liver protective and regenerative properties.*

Gut Support Blend *(Senna Leaf, Aloe Vera Leaf, Yellow Dock Root, Burdock Root)*

Senna Leaf - Senna is found in many tropical countries. The plant has been used in India for thousands of years as a laxative. Both the leaves and the seeds are used in herbal medicine. Known primarily for its purgative properties, senna works as a natural laxative. It works by interacting with the bacteria in the digestive tract, resulting in intestinal contractions. Because of this ability, senna leaf is helpful in relieving constipation, often leading to bowel movements within six to 12 hours after ingestion. In traditional Chinese medicine, senna leaf removes heat from your colon, helping get rid of waste from old food that has built up there over time. It is known as a natural anti-inflammatory.*

Aloe Vera Leaf - grows wild in tropical climates around the world. It increases intestinal water content, stimulates mucus secretion and increases intestinal peristalsis, which are contractions that break down food and mix the chyme. Aloe has anti-inflammatory and laxative components. Another aloe vera benefit is its ability to help with digestion. Aloe vera juice helps digestion, normalizes acid/alkaline and pH balance, lessens yeast formation, encourages digestive bacteria and regularizes bowel processing. A study involving aloe vera showed decreased gastric acidity in laboratory rats. The study also measured the gut-brain connection and reported data on the water content found in the brains of the rats with aloe vera treatment. The water content in the treated rats was reduced, which suggests that the brain influences the gut and gastrointestinal problems. Aloe vera contains antibacterial agents and natural healing properties that can restore the stomach lining back to health. It also boosts immunity, provides

antioxidants, and reduces inflammation.*

Yellow Dock Root - used traditionally by Native Americans to help external swelling, sores, constipation, and blood cleansing. It is a general detoxifier, especially for the liver. Yellow dock root stimulates bile production, which helps digestion, particularly of fats. It can stimulate a bowel movement to help remove lingering waste from your intestinal tract. Yellow dock root also increases the frequency of urination to assist in toxin elimination. Its high antioxidant protection and can help alleviate stomach acid, heartburn, and indigestion. It stimulates the digestive functions by helping to increase both digestive enzymes and stomach acid. Yellow dock root can aid the liver and gallbladder and is called a cholagogue because it is thought to stimulate the production of bile and digestive fluids.*

Burdock Root - has been an important botanical in Western folk herbalism and traditional Chinese medicine for thousands of years, primarily valued for its cleansing and skin smoothing properties. The high concentration of fibers in burdock help to stimulate the digestive system and move food smoothly through the bowels, relieving constipation and preventing bloating, cramping, and ulcers. Inulin, a particular type of fiber found in burdock, is able to reduce inflammation in the gut and eliminate many types of harmful bacteria that can cause diarrhea and other gastrointestinal problems. Burdock stimulates bile production and digestive juices in the gut, which helps the liver more rapidly process toxins and flush them from the system. Clearing toxins from the blood is one of the main purposes of the liver, and burdock's organic compounds and components have been directly linked to improving this function.*

Kidney Support Blend *(Green Tea Leaf Extract, Dandelion Root Powder and Cayenne Fruit)*

Green Tea Leaf Extract - the polyphenols in green tea support the body's natural abilities to detox. Green tea is rich in polyphenol compounds called catechins, of which epigallocatechin-3-gallate (EGCG) is the best-studied and has shown the greatest range of beneficial effects. Polyphenols work in two ways: they have a direct impact on your liver, the body's major detox organ, and they're antioxidants that fight free radicals. One study showed that it could protect rats from kidney damage that results from the use of the antibiotic gentamicin. Green tea extracts exert powerful antioxidant and anti-inflammatory effects, both in the kidney and in other tissues.*

Dandelion Root Powder - used by humans for centuries as a remedy for all types of ailments from hepatitis to skin disorders. Dandelion root and leaves are natural detoxifiers and blood cleansers. This wild edible was not viewed as a "weed" in the olden days. It was seen for the beauty of its golden blossoms and was actually encouraged to grow and proliferate. It assimilates nutrients and eliminates metabolic waste products. Dandelions contain bitter principles that activate and stimulate the action of the liver and also acts as a diuretic. They help to neutralize acidic conditions, aid protein absorption and are very high in nutrient content. The two flavonoids found in dandelion root powder, apigenin and luteolin, act as a natural diuretic to help remove excess fluid and salt from the body, which has been shown to lower blood pressure and treat a number of health-related problems.*

Cayenne Fruit - a known circulatory stimulant that increases the pulse of our lymphatic and digestive rhythms. By heating the body, the natural process of detoxification is streamlined. Cayenne stimulates the digestive tract, increasing the flow of enzyme production and gastric juices. This aids the body's ability to metabolize food (and toxins). It is also helpful for relieving intestinal gas. Cayenne can rebuild

the tissue in the stomach and the peristaltic action in the intestines. It aids elimination and assimilation, and helps the body to create hydrochloric acid, which is necessary for good digestion and assimilation, especially of proteins. All this becomes very significant when we realize that the digestive system plays the most important role in mental, emotional and physical health, as it is through the digestive system that the brain, glands, muscles and every other part of the body are fed.*