



# FUNDAMENTALS PACK®



Meet the world's first award-winning gut-brain axis nutrition system—2018 NutrAward Best New Finished Product.

## What It Is

- **MentaBiotics®** - Probiotics, prebiotics, and phytobiotics that support the gut-brain axis and optimize mental resilience.\*
- **MentaFocus®** - Maintains focus, mental sharpness, clarity, creativity, and cognitive functioning in healthy adults.\*
- **MentaSync®** - A combination of phytonutrients that prime your immune system to optimize the communication between your brain and your gut.\*

## Why You'll Love It

- Enhances communication between the gut and brain.\*
- Features key ingredients shown to support mood and reduce tension in human clinical trials.\*
- Supports the growth and vitality of a range of beneficial gut bacteria.\*
- Promotes psychological vigor (physical energy, mental acuity, and emotional well-being).\*

## How to Use It

- Mix MentaBiotics into 2–8 oz of water, milk, fruit juice, smoothie, yogurt, or other foods or liquids. Take two capsules of MentaSync and two capsules of MentaFocus. For best results and added convenience, take all three products together at breakfast.

## What is the gut-brain axis?

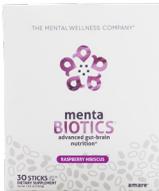
Our gut is a critical component of the multidirectional communication network known as the gut-brain axis (GBX). The GBX connects our gastrointestinal system (gut), nervous system (brain), and immune system (axis) with a vast array of cellular and biochemical messengers throughout the entire body, including the microbiome, hormones, cytokines, and neurotransmitters.

# THE SCIENCE OF AMARE FUNDAMENTALS PACK

## How Does It Work?

When used together as a coordinated and synergistic system, Amare FundaMentals Pack optimizes microbiome balance and communication within all aspects of the gut-brain axis. For best results and added convenience, take all three products together at breakfast.

**A combination of three beloved products to support the gut-brain axis.**



### **MentaBiotics® (Gut)**

Optimize your gut-brain axis (GBX) with this synergistic combination of clinically validated probiotics, prebiotics, and phytobiotics. Formulated to support mind and body resilience through advanced gut-brain nutrition.\*

- Supports a happy (and healthy) gut.\*
- Supports feelings of well-being and emotional regulation.\*
- Increases natural serotonin, dopamine, and GABA production.\*



### **MentaFocus® (Brain)**

Supports your brain with key phytonutrients clinically proven to support focus, mental sharpness, clarity, creativity, and cognitive functioning in healthy adults.\*

- Supports short-term and long-term memory.\*
- Empowers and sustains a sense of mental focus.\*
- Plant-based and stimulant-free.\*



### **MentaSync® (Axis)**

Prime your immune system to optimize the communication sync of chemical messengers between your brain and your gut with the clinically studied key ingredients in MentaSync.\*

- Optimizes communication within the gut-brain axis.
- Enhances immune activity.\*
- Supports psychological vigor.\*



Sugar Free



Non-GMO  
Gluten Free



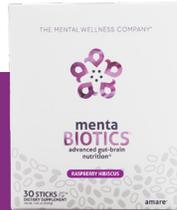
No Caffeine



No Artificial  
Preservatives,  
Colors, Flavors, or  
Sweeteners

\*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.

Amare FundaMentals Pack® — amare.com



# menta BIOTICS®

## Supplement Facts

Serving Size: 1 Stick Pack (8 g)

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Calories	20	3%
Total Carbohydrate	7 g	2%*
Dietary Fiber	4 g	15%*
Sodium	25 mg	1%
<b>MW3® Prebiotic Proprietary Blend</b>	5405 mg	†
IsoFiber® Isomalto-Oligosaccharides, BiMuno® GOS Galactooligosaccharides, Sunfiber® Galactomannan Fiber, Suntheanine® L-Theanine		
<b>MW3® Probiotic Proprietary Blend 3B CFU</b>	65 mg	†
Lactobacillus helveticus R0052, Bifidobacterium longum R0175, Lactobacillus rhamnosus R0011		
<b>Amare GBX+ Proprietary Blend</b>	50 mg	†
Applephenon® Asian Apple ( <i>Malus domestica</i> ) fruit extract, Enovita® French Grape ( <i>Vitis vinifera</i> ) seed extract, Enzogenol® New Zealand Pine ( <i>Pinus radiata</i> ) bark extract		
<b>Digestive Performance Proprietary Blend</b>	160 mg	†
L-Glutamine, ProDigest® [Artichoke ( <i>Cynara scolymus</i> ) leaf extract and Ginger ( <i>Zingiber officinale</i> ) root extract]		

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

**Other ingredients:** Natural flavors, Citric acid, Stevia leaf extract, Vegetable juice color, Salt. **CONTAINS:** Milk and Soy.\*  
\*Milk and Soy ingredients are used in the growth/culture media to nourish our probiotic bacteria during the production process, but the finished probiotics do not contain appreciable levels of Milk or Soy.



# menta FOCUS®

## SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving	%DV	
<b>Focus Empowering Proprietary Blend</b>	50mg	†

Pomegranate extract (Wonderful Variety, punica granatum) whole fruit, **Amare GBX + Proprietary Blend** [Applephenon® Asian Apple (*Malus domestica*) fruit extract, Enovita® French Grape (*Vitis vinifera*) seed extract, and Enzogenol® New Zealand Pine (*Pinus radiata*) bark extract], Rosemary (*Rosmarinus officinalis*) leaf extract, Oregano leaves, Clove (*Eugenia caryophyllata* Thunb.) flower buds, Sage (*Salvia officinalis*) leaf extract, Tulsi (*Ocimum sanctum*) leaf extract.

† Daily Value not established

**Other ingredients:** Plant-based capsule, Rice flour, Rice Extract Blend, Rice fiber



# menta SYNC®

## SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving	%DV	
Vitamin C (as ascorbic acid)	200mg	333%

**Alpha-Beta Glucan Proprietary Blend** 215mg †  
Wellmune® Yeast 1,3/1,6 Beta-Glucan (*Saccharomyces cerevisiae*), M2 organic whole food mushrooms [Chaga (*Inonotus obliquus*); Maitake (*Grifola frondosa*); Shiitake (*Lentinula edodes*); Agaricus (*Agaricus blazei*)], FucoMax™ Fucoïdan (*Laminaria japonica*) seaweed

**Intestinal Integrity Proprietary Blend** 125mg †  
Calcium Butyrate, Magnesium Butyrate, Zinc/Carnosine Complex

† Daily Value not established

**Other ingredients:** Rice flour, Plant-based capsule, Rice fiber, Rice Extract Blend, Natural Peppermint Flavor