AMARE REBOOT+™

✤ amare

Your Guide to a 3-Day Reset with Reboot+

How It Works

- Resets the microbiome quickly, gently and effectively*
- Provides a natural cleanse and supports a healthy digestive system*
- Helps to remove built-up waste and toxins from the body*
- Partners with and optimizes the body's natural detoxification process*

How To Use It

Directions: 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 one reboot per month.

Dietary Suggestions

During your reboot, make sure to drink plenty of water:

Body Weight (lbs)	100	120	140	160	180	200	220	240	260+
Water (oz)	64	72	80	88	96	104	112	120	128

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

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To access the complete Reboot+ Dietary Program, please visit: www.Reboot-Plus.com

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Reboot Boosters

Get the most out of your reboot by incorporating some of these nutritious foods.*

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: Apple, pears, raspberries, açaí, 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)

SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 6

Amount Per Serving		%DV
Gut Support Proprietary Blend	200mg	†
Senna (*Cassia angustifolia*) leaf, Aloe Vera (*Aloe barbadensis*) leaf, Yellow Dock (*Rumex crispus*) root extract, Burdock (*Arctium lappa*) root extract		
Liver Support Proprietary Blend	212.5mg	†
Artichoke (*Cynara scolymus*) leaf extract, Milk Thistle (*Silybum marianum*) extract, *and* Turmeric (*Curcuma longa*) root extract		
Kidney Support Proprietary Blend	162.5mg	†
Green Tea (*Camellia sinensis*) leaf extract, Dandelion (*Taraxacum officinale*) root, and Cayenne (*Capsicum annuum*) fruit		
Whole Body Detox Proprietary Blend	150mg	†
Sebatin™ [Nutmeg (*Myristica fragrans*) seed, Astragalus (*Astragalus membranaceus*) root, and Poria (*Poria cocos*) fruit]		

† Daily Value not established

Other Ingredients: Plant-based capsule, Rice fiber, Rice flour, Rice extract blend

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*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.

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Reboot Busters

During your 3-day reboot, take care to avoid or limit as many of the following items as possible.*

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

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