



PROJECT B3

A fit **BODY** begins with mental wellness, and the key to a healthy **BRAIN** is the gut micro**BIOME**.

Body. Brain. Biome. **Project B3**. The holistic solution to a healthier well-being.

We've been thinking about body issues all wrong!

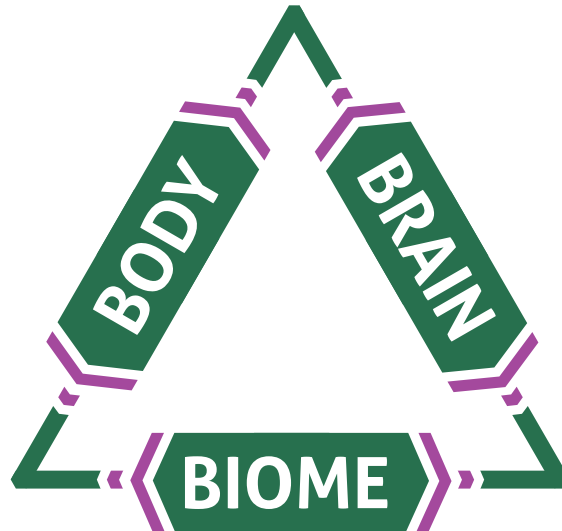
The biome impacts your **whole body**

It's a common misconception that...

stress eating and cravings are exclusively body issues. In reality they're a subset of mental wellness. They're actually body, brain and biome issues.

By naturally balancing all three aspects that are out of balance, we can help people feel better (mental wellness) and finally achieve the health that they've been missing (physical wellness):

A healthy **body** is dependent on more than just dieting. Our levels of stress, mental wellness and gut health all play a role in our physical well-being.



Cutting-edge science has increasingly shown that our **brain** and mental health, along with our overall stress, are greatly impacted by the health of our microbiome.

The gut **microbiome** forms the foundation of both brain and body health.

The Amare Solution

Body and brain wellness begins with biome health. The first step to full body wellness is to supplement your nutrition daily with these products specially formulated to optimize your gut-microbiome health:





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Follow the steps outlined below to begin your journey to optimal mental and physical health with Project B3.

Project B3: Where to Begin



1. Get the Products

Take these core supplements daily for optimal microbiome support:

Amare Fundamentals Pack (1), VitaGBX (1), GBX Protein (2), GBX SeedFiber (1), GBX SuperFood (1)

Add these other supplements as needed:

Highly recommended: Mood+, Sleep+, Energy+ **Encouraged:** OmOmega, Digestive, Probiotics



The Smartest Way to Buy! Try Bundle & Save.

When you purchase Project b3 on Subscribe & Save, you can Bundle & Save up to three additional products. Use this to save big on the other recommended supplements, personalize your Project b3 program and optimize your wellness.

2. Days 1–3: Reboot your Microbiome

Start your journey by priming your microbiome for optimal wellness. Follow the three-day Reboot+ program.

Order your Reboot+, find the guide, learn the recipes and more at reboot-plus.com.

3. Day 4: Begin SENSE

Supplementation Begin taking your core Project b3 products daily. For optimal results, add other supplements as needed. Find all these biome-supporting products at amare.com

Exercise Aim for three days of cardio and two days of weights each week.

Nutrition Eat 1,200–1,800 calories balancing protein, carbs, fats and fiber.

Stress Management Sleep well and take time to meditate or breathe deeply.

Evaluation Adjust your routine for your changing mental wellness needs.

Team up with friends for added success!

Balancing your physical and mental health can be smoother with a friend! Join a buddy on your Project B3 journey for added support, motivation and success!

Swap stories, trade tips and connect with others at www.facebook.com/groups/AmareProjectB3.

Join the Project B3
**Facebook
Community**

Learn More: Find video recordings and links to learn more about the science and strategy of Project B3 at <https://bestfutureyou.com/2018/11/17/project-b3-pilot-program-slides/>.

Join the Video Seminars: Participate in LIVE video seminars every Thursday at 6 p.m. PST

Join from a PC, Mac, Linux, iOS or Android: <https://zoom.us/j/495730632>

Or Telephone: +1 646 876 9923 or +1 669 900 6833 Meeting ID: 495 730 632

