

amareTM FUNDAMENTALS PACK

The World's First Award-Winning
Gut-Brain Axis Nutrition System



PROMOTES A
HEALTHY GUT*

BOOST IN
COGNITIVE
FUNCTION &
CLARITY*

ENHANCES
GUT-BRAIN
CONNECTION*

Improve your mental wellness by
taking control of your gut-brain axis
with the Amare Fundamentals Pack.*

Begin your journey to a healthier gut and healthier mind with Amare's flagship award-winning product pack - The **Amare Fundamentals Pack**.* For years, science has told us that mental wellness was a result of what was going on in our head. However, emerging science has shown that it's not all about what's happening in our primary brain. In fact, our gut produces more neurotransmitters, such as dopamine and serotonin, than our brain. These so-called "feel-good" neurotransmitters regulate our mood and affect our overall mental wellness. This is why modern science has labeled our gut as our 2nd brain.

- 1 Connects the gut and brain to enhance the communication between both brains*
- 2 Ingredients shown to improve mood and reduce tension in human clinical trials*
- 3 Supports the growth and vitality of a range of beneficial gut bacteria*
- 4 Improves psychological vigor (physical energy, mental acuity, and emotional well-being)*

Our gut is a very important component of the multi-directional 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.

Amare's **FundaMentals** products are most effective when used together as a coordinated and synergistic "system" to optimize microbiome balance and communication within all aspects of the GBX.*

For best results and added convenience, **take all three FundaMentals products together at breakfast**. Consuming all three products together to start your day will support all three components of the gut-brain axis:

1. MentaBiotics® (Gut)
2. MentaFocus® (Brain)
3. MentaSync® (Axis)



Item Code(s):

with MentaBiotics:	P001-01
with MentaBiotics (Sugar-Free):	P001-02

*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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SCIENCE & INFORMATION

amare FUNDAMENTALS PACK™

THE FUNDAMENTALS PACK IS CLINICALLY PROVEN TO:

Increase GOOD Bacteria in the Gut

28% higher Lactobacillus

30% higher Bifidobacterium

17% higher overall composite score[†]

[†]The composite score is an overall average of many different aspects of microbiome balance, including Bifidobacterium, Lactobacillus, Akkermansia, Firmicutes/Bacteroidetes (F/B) ratio, and others.

which leads to...

INCREDIBLE BENEFITS!

Lower tension by 45%*

Lower depression by 55%*

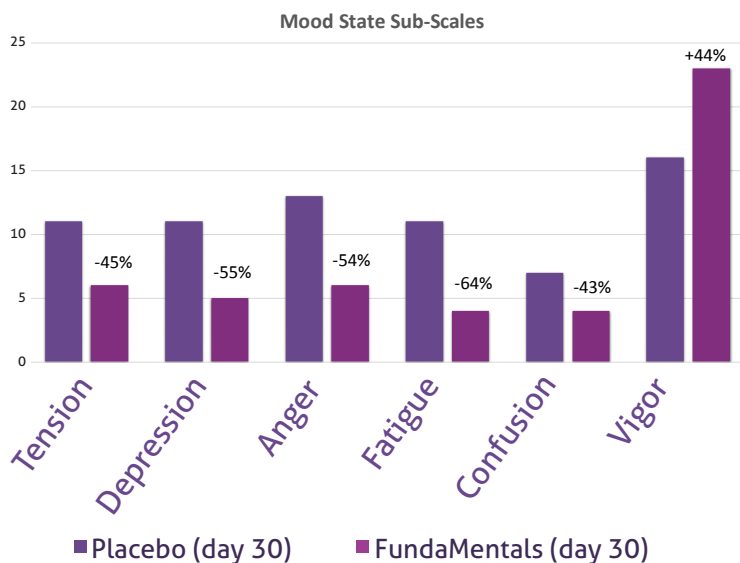
Lower anger by 54%*

Lower fatigue by 64%*

Lower confusion by 43%*

Higher vigor by 44%*

The subjects in this study were “healthy stressed” individuals - meaning they represent the vast majority of the population who have stress, fatigue, brain fog, and the modern 21st century “syndrome of the blahs”.



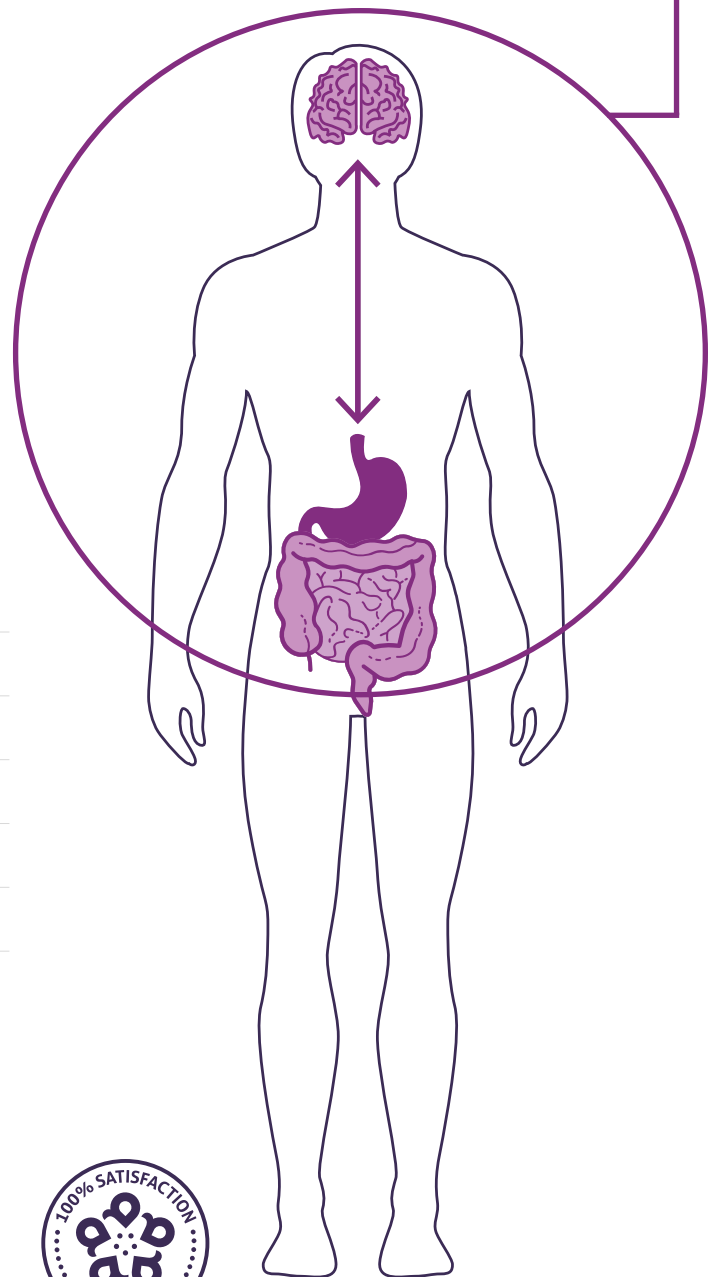
Following 30 days of supplementation with the Amare FundaMentals Pack (MentaBiotics, MentaFocus, and MentaSync), the FundaMentals group showed significant improvements (compared to Placebo) in populations of good gut bacteria and overall microbiome balance, as well as significantly better psychological mood states.

KEY STUDY

Talbott S., Talbott J., Stephens B., & Oddou M. Effect of Coordinated Probiotic/Prebiotic/Phytobiotic Supplementation on Microbiome Balance and Psychological Mood State in Healthy Stressed Adults

GUT - BRAIN - AXIS

Each product in the Amare FundaMentals Pack is designed to strengthen and empower every aspect of the gut-brain axis.



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menta BIOTICS

advanced gut-brain
nutrition*

Now available in Sugar Free!

- 1 Improves aspects of mental wellness by populating the microbiome with specific strains of probiotics and prebiotics*
- 2 Supports the growth and vitality of a range of beneficial gut bacteria*
- 3 Reduces stress and promotes a positive mood*
- 4 Helps normalize gut, immune, and brain function*
- 5 Ingredients shown to improve mood and reduce tension in human clinical trials*

menta FOCUS

supercharged mental
focus & cognition*

- 1 Enhances clarity, cognition, and creativity*
- 2 Increases short-term and long-term memory*
- 3 Empowers and sustains a sense of mental focus*
- 4 Improves concentration, attention, and alertness*
- 5 All-natural & stimulant-free*
- 6 Promotes stress reduction*

menta SYNC

optimized gut-brain
axis communication*

- 1 Optimizes the communication of the gut-brain axis*
- 2 Balances normal signaling between cells of the gut, brain, and immune system*
- 3 Improves psychological vigor (physical energy, mental acuity, and emotional well-being)*
- 4 Supports healthy aging*
- 5 Optimizes nervous system functioning*
- 6 Enhances immune activity*

Directions: Mix one scoop in the morning with 8-oz of water, milk, fruit juice, smoothie, yogurt, or other foods or liquids. Do not expose to boiling or scalding temperatures.

SUPPLEMENT FACTS			
Serving Size: 1 Scoop (7g)		Servings Per Container: 30	
Amount Per Serving	%DV*	Amount Per Serving	%DV*
Calories	15	Phytobiotic Proprietary Blend	75mg †
Total Carbohydrate	3g 1%	Suntheanine® L-Theanine, Amare GBX + Proprietary Blend: 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	
Total Sugars	3g	Digestive Performance Proprietary Blend	160mg †
Prebiotic Proprietary Blend	3000mg †	L-Glutamine, ProDigest® [Artichoke (<i>Cynara scolymus</i>) leaf extract and Ginger (<i>Zingiber officinale</i>) root extract]	
BiMuno® GOS Galacto-Oligo-Saccharides, Sunfiber® Galactomannan Fiber			
Probiotic Proprietary Blend	3B CFU †		
<i>Lactobacillus helveticus</i> R0052, <i>Bifidobacterium longum</i> R0175, <i>Lactobacillus rhamnosus</i> R0011			

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily needs may be higher or lower depending on your calorie needs.
† Daily Value not established

Other ingredients: Cane sugar, natural flavors, citric acid, stevia extract. **CONTAINS** Milk and Soy Suntheanine® and Sunfiber® are registered trademarks of Taiyo International, Inc.

Directions: Take 2 capsules in the morning with 8-oz of water

SUPPLEMENT FACTS		
Serving Size: 2 Capsules		
Servings Per Container: 30		
Amount Per Serving	%DV	
Focus Empowering Proprietary Blend	50mg †	
Pomegranate extract (Wonderful Variety, punica granatum) whole fruit, Amare GBX + Proprietary Blend [Applephenon® Asian Apple (<i>Malus domestica</i>) fruit extract, Enovita® French Grape (<i>Vitis vinifera</i>) seed extract, and Enzogenol® New Zealand Pine (<i>Pinus radiata</i>) bark extract], Rosemary (<i>Rosmarinus officinalis</i>) leaf extract, Oregano (<i>Origanum vulgare</i>) leaves, Clove (<i>Eugenia caryophyllata</i> Thunb.) flower buds, Sage (<i>Salvia officinalis</i>) leaf extract, Tulsi (<i>Ocimum sanctum</i>) leaf extract.		
† Daily Value not established		

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

Directions: Take 2 capsules in the morning with 8-oz of water. For enhanced immune system priming & axis communication, take 2 additional capsules in the evening.

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 (<i>Saccharomyces cerevisiae</i>), MycoFusions® high-polyphenol purple mushrooms [Maitake (<i>Grifola frondosa</i>); Shiitake (<i>Lentinula edodes</i>); Agaricus (<i>Agaricus blazei</i>); Chaga (<i>Inonotus obliquus</i>)], FucoMax™ Fucoidan (<i>Laminaria japonica</i>) 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 MycoFusions® is protected under US Patent 7,178,285 and is a trademark of NutraGenesis, LLC

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