

 MORNING	 NOON	 EVENING
MentaBiotics®	✓		*
MentaFocus®	✓	*	
MentaSync®	✓		*
MentaHeart®	✓	*	○
Energy+	✓	○	
Mood+	✓	○	○
Relief+	○	○	○
Sleep+			✓
Digestive	○	○	○
VitaGBX®	✓		✓
OmMega®	*		✓
Probiotics	*		✓
GBX Protein™		○	○
GBX SuperFood™	✓	*	*
GBX SeedFiber™	✓	○	○
Kids FundaMentals®	✓		
Kids VitaGBX™	✓		✓
Kids Mood+™	✓	○	○

- ✓ – Recommended
- * – Additional Serving for Optimal Results
- – As Needed

Do I need to take the products with food?

Most nutrients in capsules are better absorbed with food. VitaGBX is the only product that *requires* food for absorption.

Can I take all of the Amare products?

Yes, you can! Amare's products are formulated to complement each other, providing holistic benefits. Follow the recommended dosage and usage instructions for each product.