

Relief+ Frequently Asked Questions

1. How and when should I take Relief+?

Relief+ can be taken before or after physical activity or as needed to alleviate physical discomfort. We recommend taking it with food rather than on an empty stomach.

2. Is it Vegan?

Yes.

3. Is it Gluten Free?

Yes.

4. Can I take Relief+ if I'm pregnant or nursing?

The natural ingredients that we use in Relief+ are not known to interact negatively with those who are nursing or pregnant. Since these ingredients are not specifically studied in these populations – we always recommend consulting your physician when making adjustments to your regimen.

5. Can children take Relief+?

As with all Amare products, Relief+ is not known to contain ingredients that are unsafe for your child. We do recommend a ½ dose and consulting your pediatrician prior to consumption.

6. Can I take Relief+ while I am on prescription medication?

The natural ingredients that are used in Relief+ are not known to have interactions with medications. As a standard practice, we always advise consulting your physician before making adjustments to your regimen.

7. What can I expect when taking Relief+ ?

Clinical results demonstrate that Univestin® is effective in reducing post-exercise muscle pain and improve range of motion in a population of healthy adults. Therefore, Relief+ may be viewed as an effective dietary supplement to facilitate healthy pain relief participation in regular physical activity.

8. Is Relief+ a Turmeric supplement?

Relief+ contains a proprietary blend that contains Meriva; the most clinically-studied curcumin on the market and, as a phytosome complex, Meriva provides superior absorption over other curcumin extracts. It is not just a turmeric and curcumin product but a blend of powerful ingredients that offer a natural solution to occasional pain relief, sports recovery, and joint health.

9. What is Univestin®?

Univestin® is a specially formulated, patented natural composition clinically proven to alleviate joint discomfort, reduce stiffness, and improve mobility. Univestin® is composed of plant extracts standardized for specific bioflavonoids from two botanicals; *Scutellaria baicalensis* and *Acacia catechu* (*Senegalia catechu*).

10. Does Relief+ only help with joints, or will it help with sore muscles after a workout?

Clinical results demonstrate that Univestin® (a key ingredient in Relief+) is effective in reducing post-exercise muscle pain and improving range of motion in a population of healthy adults. Relief+ may be viewed as an effective dietary supplement to facilitate healthy pain relief participation in regular physical activity.