

menta BIOTICS[®]

advanced gut-brain
nutrition*



AMARE'S
FLAGSHIP
PRODUCT

SUPPORTS
FEEL-GOOD
NEUROTRANS-
MITTERS*

INCREASES
GOOD
BACTERIA*

The most comprehensive combination of unique strains of probiotics, prebiotics, and phytobiotics that have been scientifically shown to improve mental wellness.*

Mental wellness has been misunderstood for a long time. New science shows that our levels of happiness vs. sadness, optimism vs. pessimism, togetherness vs. loneliness are not just all in our head – in fact, a key contributor to mental wellness is determined by what is going on in our second brain – our gut. This new science is the foundation for our flagship and exclusive product – **MentaBiotics**, which is featured in the world's first award-winning gut-brain axis nutrition system - the **Amare FundaMentals Pack**!

MentaBiotics is the first product of its kind that combines newly discovered specific strains of **probiotics** (good bacteria), **prebiotics** (encourage growth of good bacteria) and **phytobiotics** (protect good bacteria) in a premium all-natural dietary supplement that has been scientifically proven to optimize mental wellness.

MentaBiotics supports the growth and vitality of a range of friendly gut bacteria to increase the production of "feel-good" neurotransmitters, such as dopamine and serotonin. In fact, 90% of our serotonin, the primary neurotransmitter responsible for happiness & mood, is actually produced and located in our gut.

Science has proven that what is going on in your gut directly contributes to your mental wellness via the gut-brain axis. Knowledge is power, and we now have the power to take control of our health in new ways! Don't go another day of your life without feeding your gut with the cutting-edge probiotics, prebiotics, and phytobiotics featured in **MentaBiotics**!*

*Featured in the World's First Award-Winning Gut-Brain Axis Nutrition System, The FundaMentals Pack

- 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 Promotes healthy stress response 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*

Item Code(s):

MentaBiotics:	S001
MentaBiotics (Sugar-Free):	S001-02

WHAT IS THIS LABEL PATTERN?

MENTABIOTICS

Specific strains of healthy bacteria (probiotics) and specialized fibers (prebiotics) that play an important role in your overall mental and physical well-being.



*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

menta BIOTICS®

KEY INGREDIENTS ARE CLINICALLY PROVEN TO:



60% Decrease in irritability scores**
55% Decrease in anxiousness scores**
50% Decrease in negative mood scores**
49% Reduction in overall distress**



70% Increase in "good" bacteria**



Improves overall mood by
increasing positive mood and
decreasing negative mood**

*BASED ON KEY INGREDIENTS CLINICAL STUDIES

KEY STUDIES

Messaoudi M, Lalonde R, Violle N, Javelot H, Desor D, Nejdi A, Bisson JF, Rougeot C, Pichelin M, Cazaubiel M, Cazaubiel JM. Assessment of psychotropic-like properties of a probiotic formulation (Lactobacillus helveticus R0052 and Bifidobacterium longum R0175) in rats and human subjects. Br J Nutr. 2011 Mar;105(5):755-64.

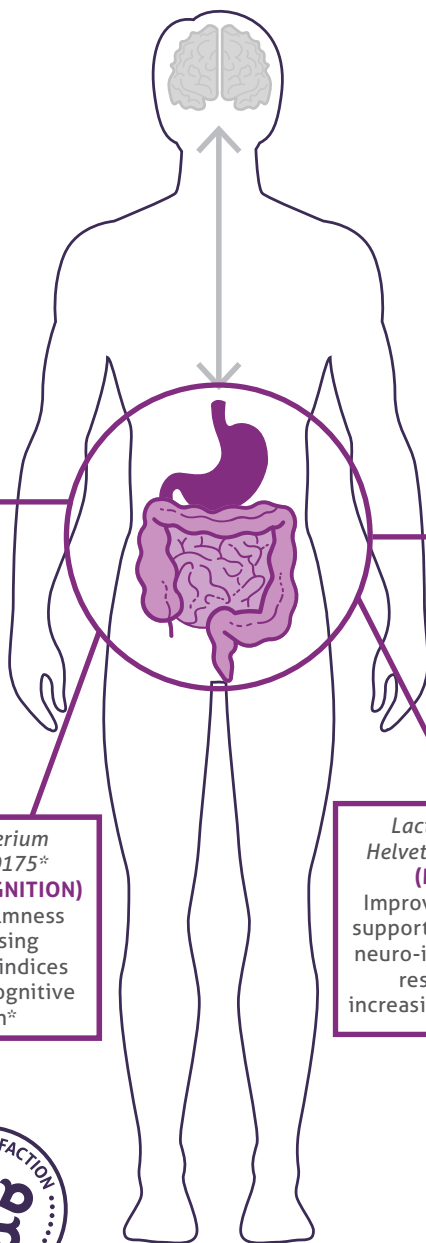
Vulevic J, Drakoularakou A, Yaqoob P, Tzortzis G, Gibson GR. Modulation of the fecal microflora profile and immune function by a novel trans-galactooligosaccharide mixture (B-GOS) in healthy elderly volunteers. Am J Clin Nutr 2008;88:1438-46.

Vulevic J, Juric A, Walton GE, Claus SP, Tzortzis G, Toward RE, Gibson GR. Influence of galacto-oligosaccharides mixture (B-GOS) on gut microbiota, immune parameters and metabonomics in elderly subjects. Brit J Nutr 2015;114:586-95.

Schmidt K, Cowen PJ, Harmer CJ, Tzortzis G, Errington S, Burnet PWJ. Probiotic intake reduces the waking cortisol response and alters emotional bias in healthy volunteers Psychopharmacology 2015;232:1793-1801.

GUT - BRAIN - AXIS

The growth and vitality of healthy beneficial bacteria in the gut is a key component to overall well-being.



*Lactobacillus Rhamnosus R0011**
(STRESS)
Promotes healthy stress response by lowering cortisol exposure & improves GABA neurotransmission*

*Bifidobacterium Longum R0175**
(ANXIETY/COGNITION)
Enhances calmness by decreasing anxiousness indices & improves cognitive function*

*Lactobacillus Helveticus R0052**
(MOOD)
Improves mood by supporting a healthy neuro-inflammation response & increasing serotonin*



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MW3™ Prebiotic & Probiotic Proprietary Blends



MentaBiotics® provides gut support through our **MW3™ Prebiotic Proprietary Blend**, which is specifically formulated to feed the bacteria in our **MW3™ Probiotic Proprietary Blend**.*



MW3 Probiotic Proprietary Blend

Our blend contains unique and specific probiotic strains targeted to enhance overall mental wellness.*

MW3 Probiotic Strains:

Lactobacillus rhamnosus R0011 — Promotes healthy stress response by lowering cortisol exposure and improves GABA neurotransmission*

Bifidobacterium longum R0175 — Enhances calmness by decreasing anxiety indices and improves cognitive function*

Lactobacillus helveticus R0052 — Improves mood by supporting a healthy neuro-inflammation response and increasing serotonin*



MW3 Prebiotic Proprietary Blend

Our MW3 Prebiotic Proprietary Blend provides optimal gut support by feeding the specific mental wellness probiotic strains found in our MW3 Probiotic Proprietary Blend.*

MW3 Prebiotic Fibers:

IsoFiber™ (Iso-Malto-Oligosaccharides) — Contains a combination of naturally occurring prebiotic plant fibers that are clinically shown to improve the growth of specific probiotic strains featured in Kids FundaMentals™ and now MentaBiotics™ Sugar Free!

Bimuno® (Galacto-Oligo-Saccharides) — Resets and increases friendly gut bacteria, maintains immune health, supports healthy inflammation functions in the body and supports your microbiome balance. Is highly effective and a natural way of increasing preferred bacteria in your gut. Plays an important role in feeding Bifidobacteria probiotic strains*

SunFiber® (Galactomannan Fiber) — Helps improve the growth and vitality of beneficial bacteria, including Bifidobacteria and Lactobacillus.*

Which prebiotics match up with our mental wellness probiotics?

MW3™ Prebiotic Proprietary Blend

isoFiber™
Iso-Malto-Oligosaccharides

Bimuno®
Galacto-Oligo-Saccharides

Sunfiber®
Galactomannan Fiber

MW3™ Probiotic Proprietary Blend

Lactobacillus helveticus — R0052

Bifidobacterium longum — R0175

Lactobacillus rhamnosus — R0011

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