

WELLNESS TRIANGLE

Product and educational training for a better understanding of the Wellness Triangle supplement system.

- how our biology works
- why to choose a system solution



The training will be led by Pavla Berto
CZ/EU Sales Manager.

TRIANGLE OF WELLNESS

SUPPLEMENT SYSTEM FOR DAILY VITALITY

PRODUCT AND EDUCATIONAL TRAINING



DISCLAIMER: Amare products are not intended to diagnose, treat, cure, or prevent any disease or medical condition. Please store your Amare products out of reach of young children. For adults only. The stated health claims are valid provided that the vitamins and minerals contained in the food supplement are present in amounts as defined by applicable regulations. The information provided here is derived from scientific studies carried out on specific ingredients found in Amare products. These studies have not been performed directly on Amare products themselves. Thus, the findings of these studies should not be interpreted as direct evidence of the effects or benefits of Amare products.

WHY IS THERE A GROWING INTEREST IN TARGETED SUPPLEMENTATION TODAY?

Modern lifestyle may be related to:

- higher mental workload
- irregular daily routine
- unvaried diet



STRESS



PROCESSED FOODS



SLEEP



NUTRITIONAL DEFICIENCY

HUMAN BIOLOGY VS. TODAY'S LIFESTYLE

BIOLOGY:

- natural movement during the day
- varied diet from natural sources
- regular daily light-dark rhythm
- period of activity and regeneration

MODERN REALITY:

- sedentary life
- processed foods
- stress and irregular sleep
- high cognitive load



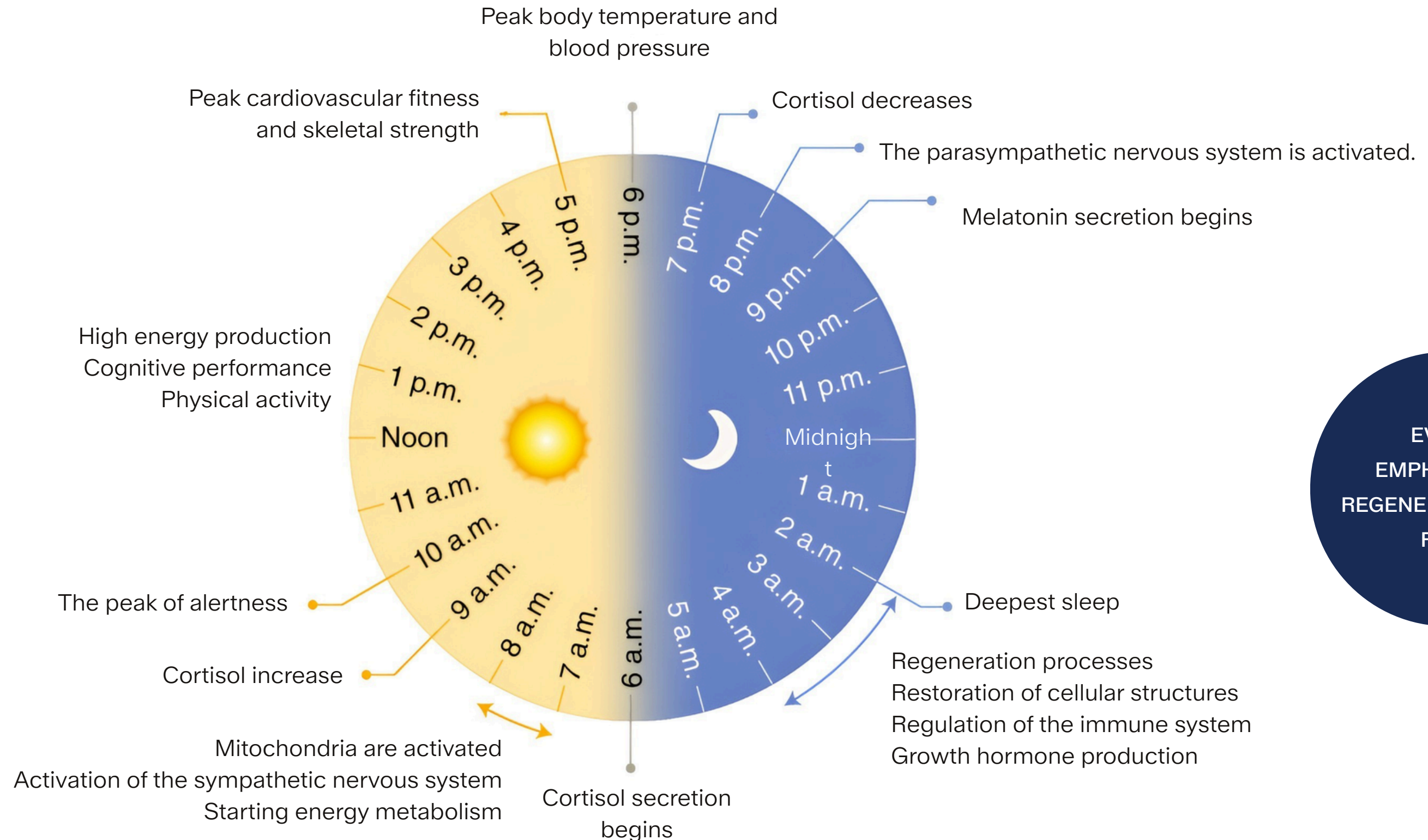
CIRCADIAN RHYTHM

Metabolism, the hormonal system and the nervous system are significantly influenced by circadian rhythms, i.e. the biological clock.

DURING THE DAY:
EMPHASIS ON DAILY
ROUTINE AND
PERFORMANCE

MORNING:
EMPHASIS ON
MICRONUTRIENTS

EVENING:
EMPHASIS ON
REGENERATION AND
REST



NERVOUS SYSTEM

The autonomic nervous system has two main branches.

SYMPATHETIC

performance and survival

It is activated when:

- stress
- performance
- physical activity
- mental strain

Typical reactions:

- increased heart rate
- increased cortisol
- energy mobilization
- increased blood glucose

PARASYMPATHETIC

rest and recovery

It is activated when:

- relaxation
- sleep
- digestion
- regeneration

Function:

- cell renewal
- tissue repair
- immunity
- digestion of nutrients

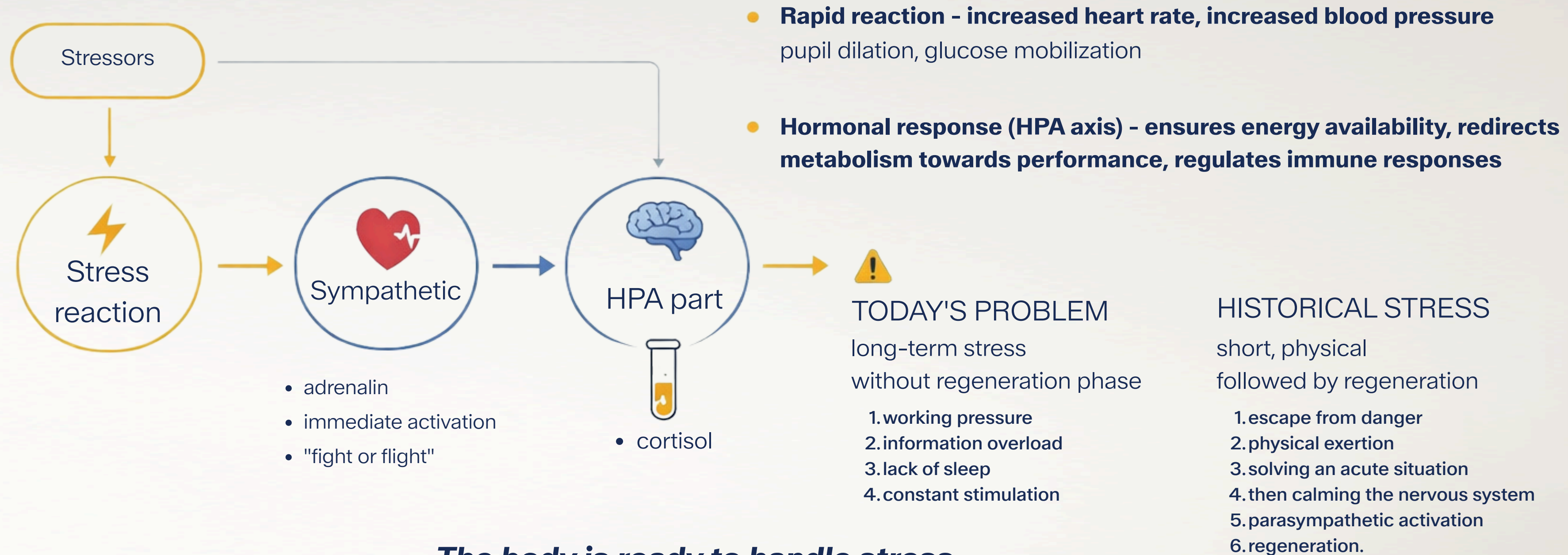


“The sympathetic nervous system keeps us alive.” “The parasympathetic nervous system keeps us in balance.”

STRESS AS A BIOLOGICAL REACTION

= natural biological reaction of the organism to stress

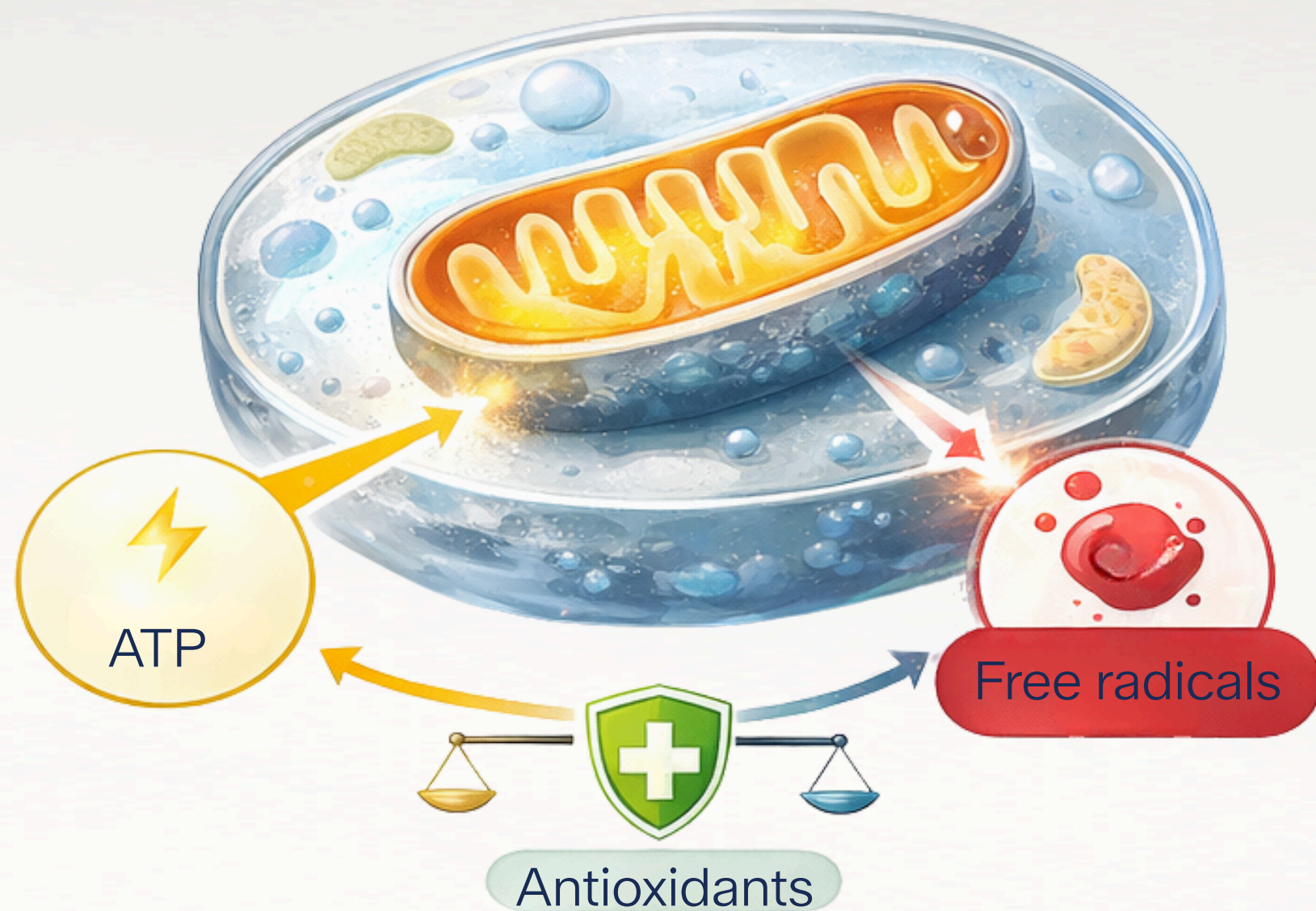
The stress response occurs in two steps:



***The body is ready to handle stress.
But he is not prepared to be under stress all the time.***

OXIDATIVE STRESS

The body optimizes performance, not health, during stress



Oxidative stress = imbalance between free radical production and antioxidant protection.

- Long-term stress can
- 👉 cortisol can remain elevated
 - 👉 disrupt circadian rhythm
 - 👉 worsen sleep quality
 - 👉 affect regenerative processes
 - 👉 affect cell energy metabolism



Reactive oxygen species are naturally produced during energy production. These are normal, but they occur more frequently during stress and high workloads.

Long-term imbalance may be related to:

- oxidative stress
- impaired cell function
- promoting inflammation
- fatigue of the body

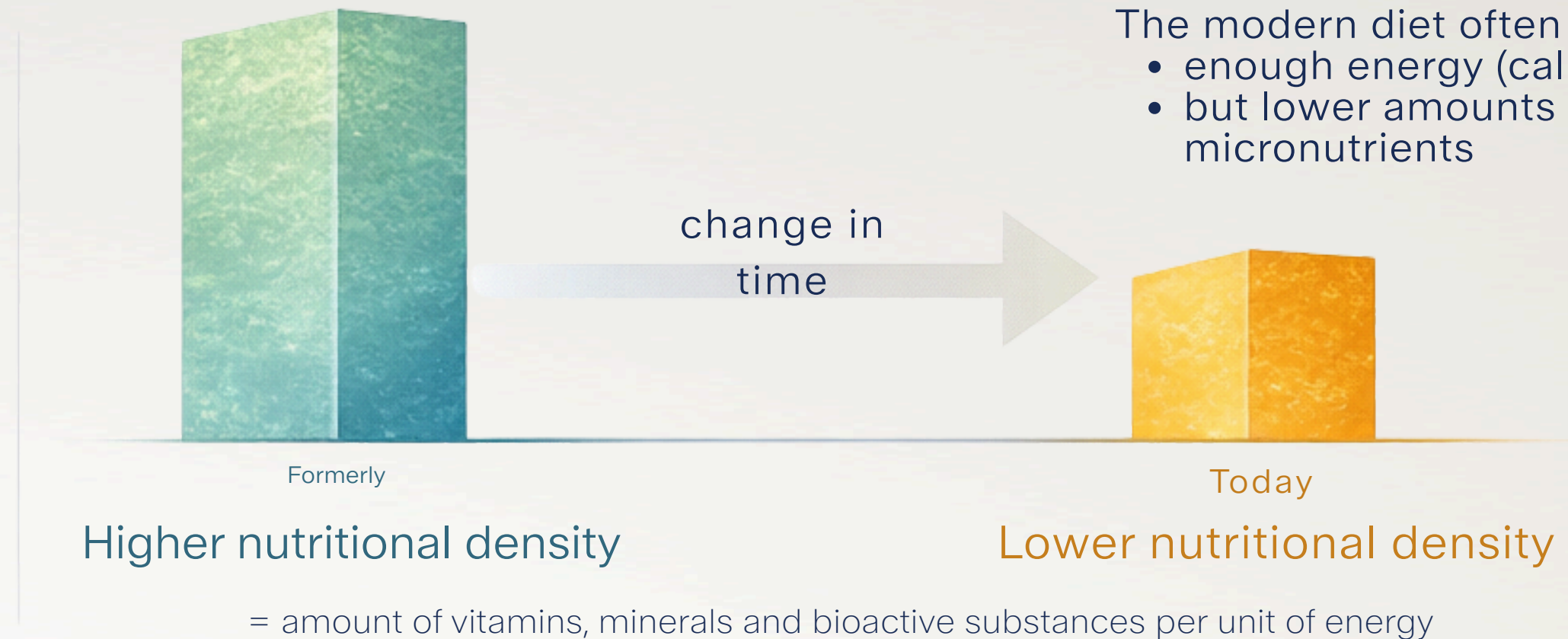
**We produce energy every day.
The question is how well we protect our cells.**

ENERGY INTAKE VS. NUTRIENT DENSITY

Calories vs. micronutrients

For example, a UK study (Mayer et al., 2022) showed a decrease in some minerals in crops during the 1940–2019:

- ★ iron up to -50%
- ★ copper up to -49%
- ★ magnesium up to -10%



Modern diets often cover energy needs, but not the needs of cells.



- intensive agriculture
- soil degradation
- higher yields → lower nutrient concentrations

NUTRITIONAL SYSTEM INSPIRED BY NATURAL DAILY RHYTHMS

Modern lifestyle can be associated with increased demands on the body.
A balanced and varied diet is important for overall wellbeing.



THE WELLNESS TRIANGLE WORKS WITH THREE PRINCIPLES

1 start of the day

It's not that today's foods are bad. But we know that their nutritional density can vary and the demands on the body are increasing. Which is why it makes sense to think about nutrition at the cellular level.



A system designed with the daily routine in mind – morning, during the day and evening.

2 during the day



3 evening routine



SUNRISE™

Morning nutritional support



Why Sunrise?

- essential nutrients
- complement a varied diet
- perfect way to kickstart the day

22 plant based
extracts

9 essential
vitamins

22 PLANT BASED INGREDIENTS



Cranberry Concentrate Powder



Acai Berry Juice Powder



Amla Extract



Aronia Juice Concentrate



Broccoli Powder



Raspberry Juice Concentrate



Spinach Powder



Kale Powder



Canadian Blueberry Fruit Juice



White Grape Juice Concentrate



Red Grape Juice Concentrate



Clear Lime Concentrate



Blueberry Powder



Pear Juice Concentrate



Grape Skin Extract



Mangosteen Fruit Juice



Panax Extract Powder



Lingoberry Fruit Juice Powder



Billberry Concentrate



Grape Seed Extract



Pomegranate Juice Concentrate



Pomegranate Concentrate



SUNRISE™



Vitamins

- vitamin C (L-ascorbic acid)
- B1 thiamin
- B2 riboflavin
- B3 nicotinamide
- B5 pantothenate
- B6 pyridoxine
- B9 folic acid
- B12
- biotin

+ contains plant based extracts that are a natural source of polyphenols and other substances known for their antioxidant potential

HOW DOES IT WORK IN NATURE?

Nature provides plants with various bioactive substances that help them adapt to environmental stress.

Phytonutrients

= natural bioactive substances found in plants.

Phytonutrients include, for example, polyphenols, flavonoids or carotenoids.

Why??

= protection against environmental stress

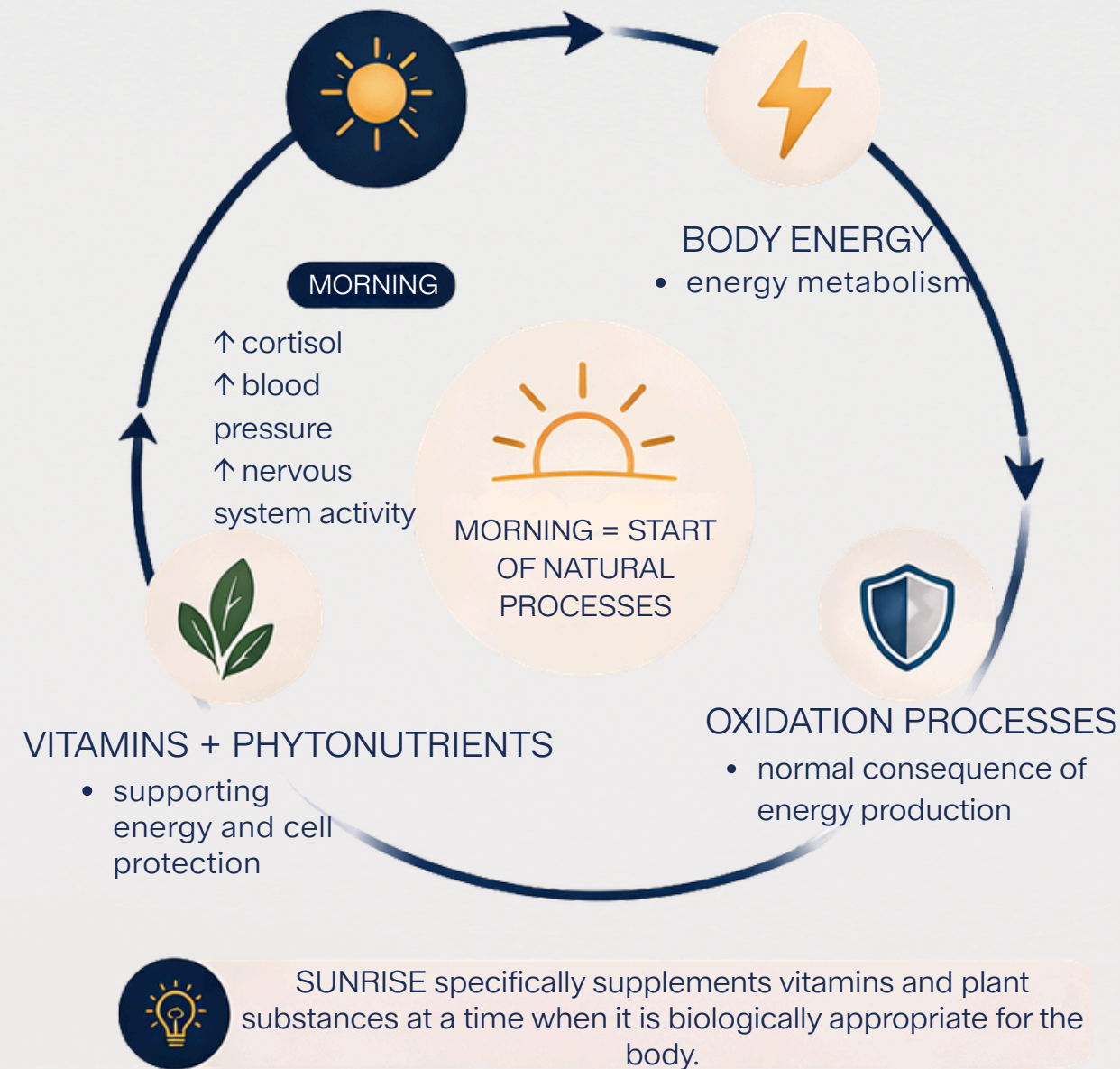
- UV radiation
- drought and temperature fluctuations
- microorganisms

They are part of their natural defense system.

Bioactive properties

= some phytonutrients in plants are associated with protection against environmental influences such as not only UV radiation, but also oxidative stress.

HOW DOES SUNRISE™ SUPPORT THE BODY?



VITAMINS IN SUNRISE AND THEIR BENEFITS



- ✓ contribute to the reduction of tiredness and fatigue
- ✓ contribute to normal energy-yielding metabolism
- ✓ contribute to the normal functioning of the nervous system

B vitamins



- ✓ contributes to the reduction of tiredness and fatigue
- ✓ contributes to the normal function of the immune system
- ✓ contributes to the protection of cells from oxidative stress

Vitamin C



- ✓ natural source of bioactive substances from plants
- ✓ for example polyphenols
- ✓ supplement vitamin intake as part of a varied diet

Phytonutrients



The key link between nutrient intake and their use in the body.

NITRO XTREME™

Connecting element:

- concentrated blend from Noni
- unifying factor completing the Triangle of Wellness

Coenzyme Q10

Noni fruit extract

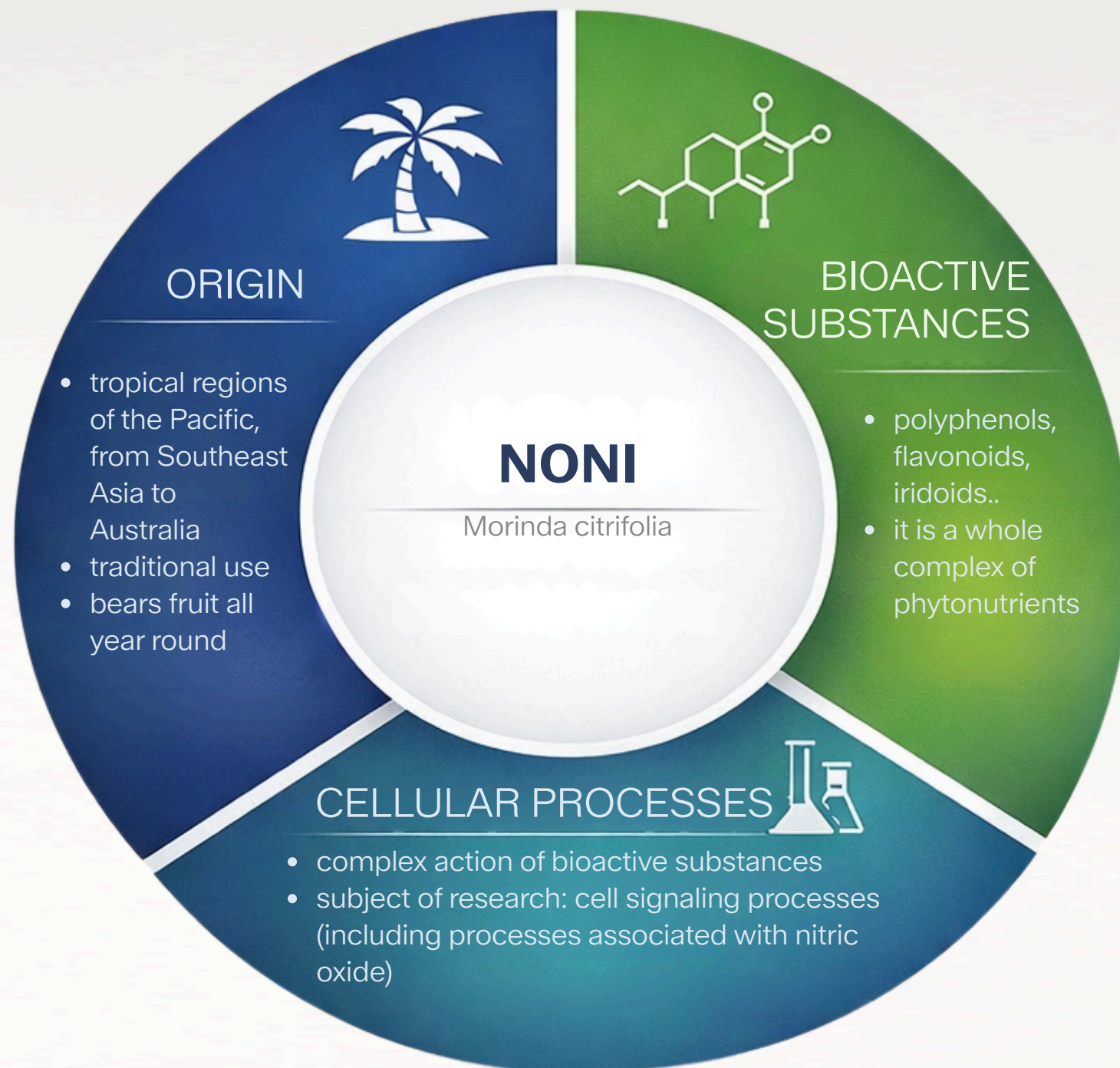
**Thiamine
Niacin
Zinc
Chromium**

Food supplement with vitamins, minerals, coenzyme Q10 and noni fruit concentrate.

56 ml e (1120 drops)

WHAT IS NONI FRUIT?

Noni is the fruit of the tropical tree *Morinda citrifolia*, known for its content of bioactive substances and a long history of traditional use.



Noni does not act as a single active substance - it is a complex of bioactive compounds that are together the subject of research in connection with physiological processes in the body.

HOW DOES NITRO XTREME™ SUPPORT THE BODY?

ACTIVE COMPLEX

- **Noni fruit extract** (Morinda citrifolia)
 - complex of bioactive substances
- **Coenzyme Q10**
 - a naturally occurring substance in the body
 - part of cellular processes

VITAMINS AND MINERALS



Vitamin B1 (thiamine)

- ✓ contributes to normal heart activity
- ✓ contributes to the normal energy-yielding metabolism



Vitamin B3 (niacin)

- ✓ contributes to the reduction of tiredness and fatigue
- ✓ contributes to the normal functioning of the nervous system



Zinc

- ✓ contributes to the normal function of the immune system
- ✓ contributes to the protection of cells from oxidative stress



Chromium

- ✓ contributes to normal macronutrient metabolism
- ✓ contributes to maintaining normal blood glucose levels



SUNSET™

Omega 3 + fat-soluble vitamins

Why Sunset?

- » Omega 3 fatty acids
- » fat-soluble vitamins
- » designed for evening routine

**Omega 3
EPA and DHA**

**Vitamins
A, E, D**

Astaxanthin

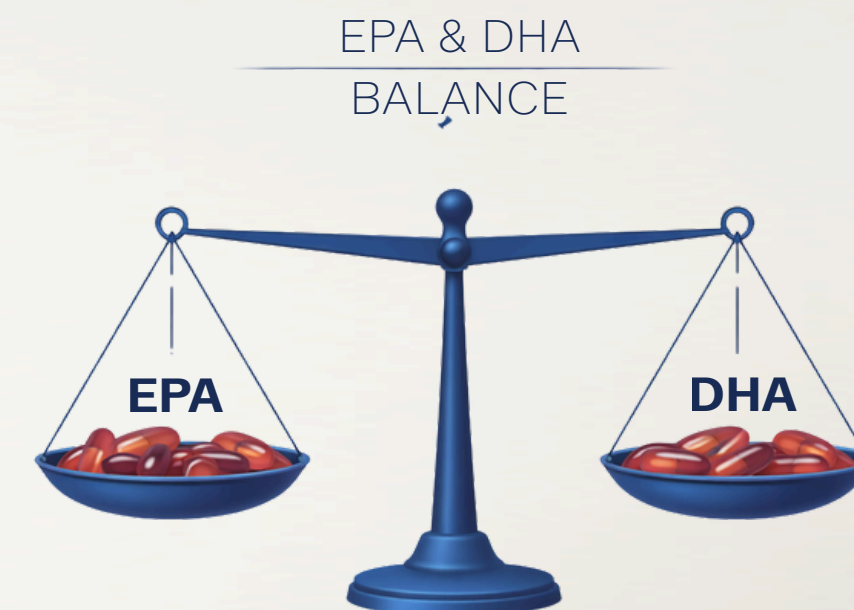
OMEGA-3 FATTY ACIDS

Essential fats that the body cannot produce on its own and are a natural part of cell structures.



ALA	EPA	DHA
<ul style="list-style-type: none"> • Essential fatty acid • Plant sources (Flaxseed, chia, nuts) • It is converted into EPA and DHA in the body. • Conversion is limited 	<ul style="list-style-type: none"> • Marine source (fatty fish, algae) • Involved in normal physiological processes • Naturally occurring along with DHA <p>Balance of EPA and DHA</p>	<ul style="list-style-type: none"> • Marine source (fatty fish, algae) • Structural component of cell membranes • Important component of brain and retinal tissues

Modern diets often contain higher amounts of omega-6 fatty acids; increasing omega-3 intake may be part of a balanced diet.



HOW DOES SUNSET™ SUPPORT THE BODY?

ACTIVE AND FUNCTIONAL INGREDIENTS

- **Omega 3 fatty acids EPA and DHA**
 - contribute to normal heart function
 - DHA contributes to the maintenance of normal brain function and vision
- **Rice bran oil**
 - source of vitamin E, formulation stability

VITAMINS AND OTHER INGREDIENTS



Vitamin A (retinyl palmitate)

- ✓ a form that the body can directly use
- ✓ helps maintain normal vision, skin, and immune system



Vitamin D (cholecalciferol)

- ✓ contributes to the normal function of the immune system contributes to the
- ✓ contributes to the maintenance of normal bones, muscles, teeth



Vitamin E (D-alpha-tocopherol)

- ✓ contributes to the protection of cells from oxidative stress
- ✓ makes sense in a formulation with Omega 3 acids



Astaxanthin

- ✓ a natural carotenoid that occurs naturally in marine organisms
- ✓ it is obtained from the microalgae Haematococcus pluvialis



SYNERGY OF THE WELLNESS TRIANGLE

A nutritional approach inspired by natural biological processes.



The Triangle of Wellness is not about individual products, but about how they complement each other.

Each of them has its own role, but only together do they create a comprehensive approach to the nutrition.



RECOMMENDED USE

Take **3 capsules daily** with your evening meal. (for adults only)

1 sachet of Sunrise in the morning, after taking Nitro. (for adults only)

It is recommended to **take 1 ml** three times a day. (for adults only)



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Those information relies upon scientific research on certain ingredients in Amare products. None of the studies examined Amare product specifically, and there is not necessarily a relationship between the results of these studies and any Amare product.

Amare products are not intended to, and do not, diagnose, treat, cure, prevent, or mitigate any disease or condition. Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

If you are pregnant, breastfeeding, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose. Keep out of reach of children. For adults only.