

## Amare Digestive Frequently Asked Questions

### 1. How and when should I take Digestive?

Take 2 capsules with your meal and 8 oz of water. Do not exceed 6 capsules per day. You can take it alongside your other Amare products.

### 2. Is it Vegan?

Yes

### 3. Is it Gluten Free?

Yes

### 4. Can I take Digestive if I'm pregnant or nursing?

The natural ingredients that we use in Digestive 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 Digestive?

As with all Amare products, Digestive 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 Digestive while I am on prescription medication?

The natural ingredients that are used in Digestive 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. How does Digestive benefit mental wellness?

Amare's Digestive provides complete digestive support for the upper (stomach), middle (intestine), and lower (colon) gastrointestinal system – When gut health becomes compromised, it usually means your system is not digesting food properly or fully. Poor digestion can create a chain of imbalances in the body, which can create or aggravate many seemingly unrelated health issues including inflammation. Neurotransmitters are made in the gut from amino acids, which come from proteins. Digestive will help you break down proteins properly in order to produce the neurotransmitters you need to achieve a state of mental wellness and remain happy and relaxed.

### 8. What can I expect when taking Digestive?

You may expect a reduction in overall digestive complaints, improvement in GI function and a faster conversion of food nutrients to cellular energy.

### 9. What makes Digestive different from other enzyme products?

Different from other brands, Digestive is a comprehensive blend of digestive enzymes and key ingredients that provides complete GI support and helps ease digestive distress. It also contains a unique patented ingredient of a combination of artichoke and ginger that have been clinically proven to be highly effective in managing digestive discomfort and gastric motility. Unlike other products, Amare's Digestive supports the body's normal digestive processes, while also assisting with the conversion of food nutrients to cellular energy.

### 10. If supplemental enzymes are taken, will my body stop producing them?

No, because supplemental enzymes support normal body organ function and perform very specific digestive activities breaking down carbohydrates, fats, and protein. If you discontinue supplementing, the body will continue to produce the necessary enzymes for digestive and metabolic purposes.