

# **Amare EDGE Frequently Asked Questions**

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

EDGE can be consumed throughout the day. Mix one scoop of EDGE with water to kickstart your morning, optimize your workouts, or as a mid-day pick-me-up to keep you motivated for the rest of your day. EDGE can also be mixed with our other products to increase a synergistic effect.

# 2. Is it Vegan?

Yes

#### 3. Is it Gluten Free?

Yes

## 4. Is it Sugar Free?

Yes, it is sugar free! The Natural Sweetener Blend is a combination of Xylitol and Rebaudioside M that is extracted from Sugar Cane in small amounts. This is a naturally occurring, fermented form of actual sugar cane plants that is very innovative. Both were chosen and used for their superior taste, quality, 0 glycemic index, 0 calorie index, and microbiome safe profiles.

#### 5. Can I take EDGE if I'm pregnant or nursing??

The natural ingredients that we use in EDGE 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.

# 6. Can I share EDGE with my children?

As with all Amare products, EDGE 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.

# 7. Can I take this while I am on prescription medication?

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

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

You can expect to feel a boost in mood and motivation (increase neuron regeneration, and improve endurance).

## 9. Does EDGE have any third-party Athletic Seals?

Amare EDGE has been certified with BSCG (Banned Substances Control Group) quality seal which approves its ingredients for usage in professional athletic organizations. BSCG is the gold standard in dietary supplements that is recognized internationally across professional sports.

## 10. Can people allergic to tree nuts have EDGE since it contains Lychee?

Yes. The plant parts that we use in the Lychee are not known to contribute to allergies to tree nuts. We use the pulp and skin of the Lychee – not the seeds.

## 11. Are there any stimulants in EDGE that will give me the jitters like caffeine?

There are no stimulants or unnatural ingredients in EDGE – which results in a clean boost in mood and motivation without jitters.