

Energy+ Dragon Fruit (Sugar Free) Frequently Asked Questions

1. How and when should I take Energy+ Dragon Fruit (Sugar Free)?

Energy+ Dragon Fruit (Sugar Free) can be consumed throughout the day. Mix one stick pack in water to kickstart your morning, optimize your workouts, or while working on your computer. Energy+ Dragon Fruit (Sugar-Free) 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! Energy+ Dragon Fruit (Sugar Free) is sweetened with Monk Fruit. It is also known as Lo Han Guo or Swingle fruit derived from China. It has been used in Eastern medicine as cold remedies and has digestive support properties. It is an innovative, healthy alternative to sugar that has no effect on blood sugar, or glycemic index.

5. Can I take Energy+ Dragon Fruit (Sugar Free) if I'm pregnant or nursing?

The natural ingredients that we use in Energy+ Dragon Fruit (Sugar Free) 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 Energy+ Dragon Fruit (Sugar Free) with my children?

As with all Amare products, Energy+ 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 Energy+ Dragon Fruit (Sugar Free) while I am on prescription medication?

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

8. What is the main difference between Energy+ Dragon Fruit and Energy+ Pomegranate Lime?

Energy+ Dragon Fruit (Sugar Free) delivers the same rapid improvements in brain and physical performance without caffeine and sugar. It also contains rooibos tea which is the active ingredient and glycine, which is an amino acid with many impressive health benefits. Your body needs glycine to make important compounds, such as glutathione, creatine and collagen.

9. What is Rooibos?

It is a South African herb that has been used for centuries around the world, particularly in South Africa where it is called “red bush tea” (even though it is not a true *Camellia sinensis* “tea”). It is a caffeine-free alternative for energy and alertness, and has antioxidant properties, inflammatory benefits, and blood sugar balancing effects.

10. What can I expect when using Energy+ Dragon Fruit (Sugar Free)?

Increased energy levels and endurance, mental energy benefits, stress relief, and nervous tension relief – without the stimulant effects of typical caffeinated alternatives.