

Energy+ Pomegranate Lime Frequently Asked Questions

1. How and when should I take Energy+ Pomegranate Lime?

Energy+ Pomegranate Lime 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+ Pomegranate Lime can also be mixed with our other products to increase a synergistic effect. This product contains a small amount of caffeine so if you are sensitive to it, abstain from drinking it later in the day.

2. Is it Vegan?

Yes.

3. Is it Gluten Free?

Yes.

4. Is it Sugar Free?

No, Energy+ Pomegranate Lime contains 5g of sugar that has the purpose to ensure adequate hydration in addition to the energy-promoting ingredients.

5. Can I take Energy+ Pomegranate Lime if I'm pregnant or nursing?

The natural ingredients that we use in Energy+ Pomegranate Lime 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+ Pomegranate Lime with my children?

As with all Amare products, Energy+ is not known to contain ingredients that are unsafe for your child. Please note that this product contains a small amount of caffeine, so we do recommend a ½ dose and consulting your pediatrician prior to consumption.

7. Can I take Energy+ Pomegranate Lime 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 your physician before making adjustments to your regimen.

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

Energy+ Pomegranate Lime contains 5g of sugar and delivers rapid improvements in mental and physical performance featuring Guayusa leaf extract from the Amazon Rainforest, which is known for its mental alertness benefits and positive effect on neurotransmitter function. Energy Dragon Fruit (Sugar Free) is powered by Rooibos tea and has all the same benefits but is caffeine free and sugar free.

9. What is Guayusa?

Guayusa tea is a caffeinated herbal beverage commonly consumed in South America. The infusion is made from the leaf of a holly tree (*Ilex guayusa*) that is native to the Amazon rainforest. When compared to other types of caffeinated beverages, Guayusa is believed to provide mental alertness without negative side effects. It also contains antioxidants and chemicals such as theobromine, a substance also found in cocoa and thought to offer mood-enhancing effects.

10. What can I expect when using Energy+ Pomegranate Lime?

Increased energy levels and endurance, improved brain performance and mental acuity without the jitters or crash you might get from typical high-stimulant or high- sugar energy drink alternatives.