

## Amare GBX Burn™ Frequently Asked Questions

### 1. What is a Thermogenic?

Thermogenesis is the production of heat, and a thermogenic supplement accelerates metabolic functions. Thermogenic supplements work with your metabolism and cause it to speed up and become more efficient. The result is that you burn more fat and calories from a workout and overall increase energy and caloric expenditure.

### 2. How long will it take for me to lose weight/burn fat?†

Since we are all different, there is no one-size-fits-all answer to the question of how long it will take to work. GBX Burn will begin working immediately, but in most cases, you won't see noticeable results for at least a week or two.

### 3. Do I need to follow a specific diet and exercise plan for it to work?

While some people may experience a variety of results while taking GBX Burn without exercise, it is recommended and most effective to combine with a healthy lifestyle that includes a healthy diet and consistent movement routine. In other words, taking a reasonable approach to your overall nutrition and movement/exercise routine will effectively increase your results. A thermogenic supplement cannot replace poor food choices.

### 4. Will GBX Burn keep me up at night like a stimulant?

GBX Burn does not contain stimulants, so it will not prevent you from a restful night's sleep.

### 5. Can the product be taken alongside all my other Amare products?

Yes, all of our products can be combined or "stacked" as needed.

### 6. Can I take GBX Burn while on prescription medications?

We advise consulting your physician before making adjustments to your regimen.

### 7. What happens when I stop taking it?

If you stop taking GBX Burn, there's a higher chance you'll initially experience an increase in weight when you're no longer taking it. Similarly, since it also helps with appetite control, you may be hungrier once you stop taking it.

### 8. Why is GBX Burn different from other Thermogenic products?

There are many products out there with harmful ingredients, including synthetic stimulants. These types of stimulants could have serious negative side effects on the body such as headaches, jitters, sleeplessness, or rapid heartbeat. GBX Burn is an all-natural, stimulant free alternative to traditional stimulant thermogenics on the market. GBX Burn also contains ingredients that actively promote gut-brain axis signaling.

### 9. When is the best way to take GBX Burn?

The best way to take GBX Burn is with a meal.

### 10. Can I take an accelerated dosage of GBX Burn?

Yes. During your first month or two of usage, you can take up to four GBX Burn capsules a day. Divide the four capsules between two meals.

### 11. How is GBX Burn different from GBX Fit?

GBX Fit is the world's first QUADbiotic that targets the gut microbiome and supports weight loss, targeting white fat that is already stored.

GBX Burn is an all-natural stimulant free thermogenic that supports the burning of calories and helps target brown fat, which is where thermogenesis and calorie burning occur, helping keep fat off before it is stored.

This duo synergistically combines to approach weight loss in a completely new way.

### 12. Is GBX Burn addictive?

GBX Burn is all-natural and non-habit forming.

**13. Can I take GBX Burn if I'm pregnant or nursing?**

Most doctors don't recommend weight loss during pregnancy and we always recommend consulting your physician when making adjustments to your regimen.

**14. What is white fat?**

White fat is the type of fat that is larger, less dense and larger in molecular size, and is found in the abdominal area and around your organs, also known as visceral fat.

**15. What is brown fat?**

Brown fat is the type of fat that is smaller, more dense and smaller in molecular size, and is stored throughout the body around the neck, abs, heart, chest, and etc. When brown fat is activated, which can happen from special spices and herbs, brown fat activates a process called thermogenesis, which burns brown fat and converts it into energy for the body to use. The reason why it is called thermogenesis is because this process generates heat.

Brown fat is the better and more purposeful fat, but too much of either fat is NOT good. We want a balanced level of both.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†Individual weight loss results may vary. It's possible for individuals to lose 1-2 pounds a week using Amare products and following the Amare Fit Program. However, there is no guarantee of specific weight loss results.

This summary is intended for general informational purposes only, and should not be interpreted as specific medical advice. The U.S. Food and Drug Administration does not strictly regulate herbs and supplements. There is no guarantee of purity, strength, or safety of the products. As a result, effects may vary. You should read product labels. In addition, if you are taking medications, herbs, or other supplements you should consult with a qualified healthcare provider before taking a supplement as supplements may interact with other medications, herbs, and nutritional products. If you have a medical condition, including if you are pregnant or nursing, you should speak to your physician before taking a supplement. Consult a healthcare provider if you experience side effects.