

GBX Fit Frequently Asked Questions

1. How and when should I take GBX Fit?

A great time to take GBX Fit is in the morning alongside your GBX Protein. For enhanced benefits have a second capsule with dinner.

2. Is it Vegan?

Yes.

3. Is it Gluten Free?

Yes.

4. Can I take GBX Fit if I'm pregnant or nursing?

The natural ingredients that we use in GBX Fit 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 GBX Fit?

This product was designed for adults, so we do not recommend a child starting a weight loss program unless instructed and supervised by a doctor. As with all Amare products, GBX Fit is not known to contain ingredients that are unsafe for your child.

6. Can I take GBX Fit while I am on prescription medication?

The natural ingredients that are used in GBX Fit 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. What is QuadBiotic?

QuadBiotic is the term we are using to describe the world's first ever product containing 4 types of Biotics that benefit, influence, and synchronize all parts of the Gut-Brain Axis through probiotics, prebiotics, phytobiotics, and postbiotics.

8. What can I expect when taking GBX Fit?

The combination of ingredients in GBX Fit will help improve mental wellness while promoting a reduction of weight loss and management of physical body composition with sustainable, natural, science proven ingredients.

- Probiotic – Inflammation (de-bloat)
- Prebiotic – Appetite (less cravings)
- Phytobiotic – Stress (better sleep)
- Postbiotic – Belly Fat (lose inches)

9. How do I maximize the weight loss effects of GBX Fit?

We recommend following our GBX Fit easy program (MES) that includes guidelines to maximize GBX Fit effects. This includes MOVING your muscles and lungs to mobilize fat stores and switch on the feel-good endorphins and endocannabinoids, EATING the right nutrients at the right time to switch on your microbiome and activate your mood and metabolism, and high-quality SLEEP which is a fat-destroying weapon.

10. Do I take GBX Fit only when I am needing to lose weight or is this a weight management product that can be taken long term?

You can take GBX Fit as a long-term weight management solution because it uses QuadBiotic technology that focuses on 4 key mechanisms that work to improve your fat storage, metabolism, gut integrity, and mental wellness. The ingredients that are in GBX Fit are designed for long term use, for sustainable weight loss and management. Because GBX Fit does not contain stimulants like other weight loss products on the market it does not have long term side effects.