

## GBX Protein Frequently Asked Questions

### 1. How and when should I take GBX Protein?

You can have GBX Protein at any time of the day. If you're on the go, you can simply add GBX Protein to a shaker bottle with some cold water or milk of choice and drink after a workout or in the morning to keep hunger at bay. If you're looking for more of a meal, add it to your favorite smoothie recipe.

### 2. Is it Vegan?

Yes.

### 3. Is it Gluten Free?

Yes.

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

The natural ingredients that we use in GBX Protein 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 Protein?

As with all Amare products, GBX Protein 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.

### 6. Can I mix GBX Protein with other Amare products?

Yes, absolutely. You can make a smoothie and add in MentaBiotics, GBX SeedFiber or GBX SuperFood and/or you can take it alongside all of our Amare products.

### 7. What is GBX Protein made of?

GBX Protein contains the Amare Microbiome-Boosting Protein Blend, which features Artesa® Chickpea Protein, brown rice and pea protein that nourishes good bacteria in the gut and improves microbiome delivering 17 grams of pure plant protein.

### 8. What can I expect when taking GBX Protein?

With GBX Protein, you can expect a delicious non-Gritty vegan protein that will nourish your microbiome while controlling your appetite and supporting muscle mass. Fully loaded with only functional ingredients you will feel ready to tackle the day!

### 9. What makes GBX Protein different from other protein powders?

Different from other brands, GBX protein is the world's first protein powder specifically developed to support the gut-brain axis and boost the gut microbiome. The chickpea blend is formulated with premium, sustainably sourced chickpeas – so it's not only good for your gut, but for the environment too. The blend is completed with the inclusion of high-quality brown rice and pea protein which help control appetite, promote cardiovascular health, and speed metabolism.

### 10. Is GBX Protein a meal replacement?

It can be. Simply combine your GBX Protein with your favorite milk, some fruit and vegetables and you have a delicious meal replacement.