

GBX SeedFiber Frequently Asked Questions

1. How and when should I take GBX SeedFiber?

Add 2 scoops of GBX SeedFiber to smoothies, milk or recipes (like your favorite baked goods). Consume 1-2 servings per day for optimal gut-brain axis support.

2. Is it Vegan?

Yes.

3. Is it Gluten Free?

Yes.

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

The natural ingredients that we use in GBX SeedFiber 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 SeedFiber?

As with all Amare products, GBX SeedFiber 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 SeedFiber with other Amare products?

Yes, absolutely. You can add GBX SeedFiber and GBX Protein into your smoothies. You can also take it alongside all our other Amare products. It is also Reboot+ friendly.

7. What is GBX SeedFiber?

GBX SeedFiber is an advanced formula made from phytonutrient-rich seeds as sources of natural insoluble fibers. The robust Cold-Pressed Seed Powder Blend contains sunflower, cucumber, cranberry, black cumin, blackberry, and concord grape seed fibers. This blend supports the immune system, skin health, eye health, brain health, heart health, and increases stress resilience.

8. What can I expect when taking GBX SeedFiber?

With GBX SeedFiber you can expect to feel fuller longer as well as an optimized digestive system helping with constipation. GBX SeedFiber features a cultured mushroom mycelia extract to support microRNA signaling between the microbiome and central nervous system, this unique blend helps manage feelings of stress, tension and anxiety.

9. Can I use GBX SeedFiber in baked goods?

Yes, GBX SeedFiber can be used in baked goods. Upgrade your favorite cookie recipe by adding a serving of GBX SeedFiber to optimize your gut-brain axis!

10. How does GBX SeedFiber help support the immune system?

GBX SeedFiber contains a rare and premium ingredient called AHCC®; a clinically-studied and patented cultured mushroom mycelia extract, rich in alpha-glucans and effective for immune support. AHCC® is a compound that supports the immune system by activating both the innate and adaptive immune response. AHCC® is also rich in antioxidants, which can help combat cell damage caused by free radicals and oxidative stress.