

## GBX SuperFood Frequently Asked Questions

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

You can enjoy GBX SuperFood at any time of the day. Simply add it to water or mix it with GBX Protein or Happy Juice.

### 2. Is it Vegan?

Yes.

### 3. Is it Gluten Free?

Yes.

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

The natural ingredients that we use in GBX SuperFood 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 SuperFood?

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

Yes, absolutely. You can add GBX SuperFood into your smoothies with GBX Protein or add it to Happy Juice. You can also take it alongside all our other Amare products. It is also Reboot+ friendly.

### 7. What is GBX SuperFood?

GBX SuperFood is a selective blend of phytonutrients that provide the equivalent of three servings of fruits and vegetables per scoop. This phytobiotic-rich blend delivers cellular level anti-stress benefits and helps protect cells from a variety of different stressors, helping the brain and gut run at peak efficiency.

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

With GBX SuperFood you can make sure you are getting enough servings of fruits and vegetables in your diet. Also, the Anti-Stress Phytobiotic Proprietary Blend helps protect cells from damage by oxidative free radicals and inflammatory cytokines, helping your brain and gut run at peak efficiency.

### 9. What are the fruits and vegetables in GBX SuperFood?

GBX SuperFood provides three servings of natural fruits and veggies that include beet root, carrot, spinach, kale, strawberry, pomegranate, and cherry. The Anti-Stress Proprietary blend contains spirulina and enzyme treated Japanese asparagus that provide a good source of antioxidants, cognitive function, and natural anti-stress molecules.

### 10. Is GBX SuperFood sweetened? Does it contain added sugars?

GBX SuperFood has a sweet Apple Berry flavor due to its fruit and vegetable content and it is sweetened with a hint of Stevia leaf.