

Amare Ignite For HER Frequently Asked Questions

1. How and when should I use Ignite for HER?

Ignite for HER is an all-natural blend of adaptogens formulated specifically to support the normal balance and regulation of female hormones and normal sexual desire. This women's proprietary blend has clinically studied ingredients that have been used throughout history and known to help support the following: mood balance, hormonal balance, neurochemical balance (promotes relaxation and calm), and normal sexual desire.*

We recommend taking 2 capsules once a day on a regular basis. Consistency is key.

2. What are adaptogens?

Adaptogens are natural substances that help increase the body's ability to adapt to stress and promote normal physiological functioning by maintaining balance.

3. Is it Vegan?

Yes

4. Is it Gluten Free?

Yes

5. Is it sugar free?

Yes

6. Is it dairy free?

Yes

7. Does Ignite for HER contain estrogen or other hormones?

No

8. Can I use Ignite for HER if I'm pregnant or nursing?

We recommend checking with your doctor or health care professional to see if Ignite for HER makes sense for you while you are breastfeeding or pregnant.

9. Can kids take Ignite for HER?

Ignite for HER has ingredients that are clinically studied in adults (age 18 or over) and are not recommended for children. For specific questions, please consult with your doctor or health care professional.

10. What are the main ingredients in Ignite for HER?

- a. **Beet Root Powder** – A phytonutrient that is known to be rich in nitrates which help support blood flow throughout your body - including sex organs. Athletes have used beetroot powder because of its dietary nitrates that can help improve athletic performance. Beet root dilates blood vessels during a workout, increasing blood flow to the muscles. Beet root is rich in dietary nitrates that produce nitric oxide in the body. Beet root has high levels of boron, a mineral that has been shown to support the increased production of sexual hormones.
- b. **Green Oat Extract** – Historically known to help with mood, and stimulation of the physical and emotional desires of sexual activity. Traditional Chinese Medicine associates oat extract with conditions related to anxiety, mood imbalances, and even sleeping restfully.
- c. **Lemon Balm Extract** – Historically known to help support sexual desire and support the balance of female hormones through modulating acetylcholine receptors.
- d. **Shatavari** – Historically used in Ayurvedic medicine and is also known as the "Queen of Herbs" because it has been used since ancient times to support love, vitality and normal hormone balance.
- e. **Fenugreek** – Modulates Estradiol and Serotonin which helps restore balance between estrogen and testosterone, supports normal vaginal lubrication, and balanced mood- resulting in support of a woman's capacity for sexual arousal.

11. What can I expect when using Ignite for HER and how does it work?

Ignite for HER works with the body's natural chemistry to support the modulation of normal hormone balance and sexual desire in women. Since everyone's body, genetics, health, diet and circumstances are different, each individual will respond a little differently to Ignite for HER.

Many of the ingredients in Ignite for HER are considered adaptogens. Adaptogens are natural substances that help increase the body's ability to adapt to stress and promote normal physiological functioning by maintaining balance. If you have a history of hormone related medical conditions, we recommend checking with your doctor or health care professional to see if Ignite for HER makes sense for you.

It can take anywhere from 2-8 weeks to start seeing results. Consistency is key and results will vary.

12. Can I take too much of Ignite for HER?

We recommend taking the recommended dosage of 2 capsules per day, not to exceed 4 capsules per day on a consistent basis. As with any supplement regimen, we recommend checking with your doctor or health care professional to see if Ignite for HER makes sense for you.

13. Are there any stimulants in Ignite for HER?

There are no artificial stimulants or unnatural ingredients in Ignite for HER.

14. Will Amare Ignite for HER interact with my medications?

Ignite for HER can be taken along with other supplements from Amare, as our products are designed to work together for a full body wellness approach. When starting a new supplements routine, or when taking Ignite for HER with medications or other non-Amare supplements, we always recommend checking in with your doctor or health care professional to make sure Ignite for HER is compatible.

15. Can I take Ignite for HER even if I am not sexually active?

Yes, the ingredients that are used in Ignite for HER help with the normal balance of female hormones and neurochemicals. When these hormones, neurochemicals or circulatory components are not functioning well, you typically do not feel good- thus impacting your mental wellness. Studies show that the ingredients found within Amare Ignite for HER could provide supportive benefits throughout many stages of life.

16. How quickly does Ignite for HER start to work?

Since every body, genetics, health, diet and circumstance are different, everyone will respond a little differently to Ignite for HER. It can take anywhere from 2-8 weeks to start seeing results. Consistency is key and results will vary.

17. Can I chew the tablets?

We recommend swallowing the capsules whole and not chewing them. The capsules can also be opened up and mixed in liquids and smoothies.

18. If I am on medication or have a hormone related medical condition, is Ignite for HER safe for me to take?

If you have a medical condition (including a history of hormone sensitive cancers or medical conditions) or are taking medication (especially blood-thinning or diabetes medication), consult your doctor or health care professional before use.

***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.**

You may be concerned about decreased sex drive or another sexual wellness issue. Talk to your doctor about the problem. There could be an underlying medical issue for your symptoms. This may require treatment beyond the use of a supplement. Your doctor can discuss the possible causes of your symptoms. He or she can also help you determine which supplement product is likely to be the safest and most effective solution for your lifestyle.

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.