

## Kids FundaMentals Frequently Asked Questions

### 1. How and when should Kids FundaMentals be taken?

Kids FundaMentals should be taken in the morning — mix 1 scoop in 2-8 oz of water, milk, fruit juice, smoothie, yogurt, or other foods or liquids. Do not expose to boiling or scalding temperatures.

### 2. Is it Vegan?

Yes.

### 3. Is it Gluten Free?

Yes.

### 4. Can I take Kids FundaMentals if I'm pregnant or nursing?

The natural ingredients that we use in Kids FundaMentals 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. What is the difference between the adult FundaMentals Pack and Kids FundaMentals?

The only difference between the Kids FundaMentals and the FundaMentals Pack is that in the kid's version we have left out the capsules that contain ingredients which are known to improve memory preservation, and anti-aging benefits. Kids generally do not need these building blocks, as their brain tissue is fresh, and growing.

### 6. Can I mix Kids FundaMentals with other Amare products?

Yes, absolutely. You can add Kids FundaMentals into your smoothies with GBX Protein. You can also take it alongside all our other Amare products.

### 7. Can my child take Kids FundaMentals while they are prescription medication?

The natural ingredients that are used in Kids FundaMentals are not known to have interactions with medications. As a standard practice, we always advise consulting your child's pediatrician before making adjustments to their regimen.

### 8. Can adults take Kids FundaMentals?

Yes! If you decide to take the Kids FundaMentals as an adult, we recommend taking twice the recommended dose.

### 9. What can I expect when using Kids FundaMentals?

Kids FundaMentals is an all-natural dietary supplement that has been scientifically proven to optimize mental wellness. It can help improve aspects of mental wellness by populating the microbiome with specific strains of probiotics and prebiotics that will help you feel less stressed and with a more positive mood. Keep in mind that improvements are experienced in phases and some results may be more evident than others.

### 10. My child is under 2 years old, can they still take Kids FundaMentals?

Our age recommendation for the Amare Kids line is 3 years old. Please consult with your child's physician, before adding anything into their regimen.