

## Kids Mood+ Frequently Asked Questions

**1. How and when should Kids Mood+ be taken?**

Take one powder stick of Kids Mood+ by mouth or mix it in your drink or food as needed through the day. Do not exceed three stick packs a day.

**2. Is it Vegan?**

Yes.

**3. Is it Gluten Free?**

Yes.

**4. Can I take Kids Mood+ if I'm pregnant or nursing?**

The natural ingredients that we use in Kids Mood+ 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 Mood+ and Kids Mood+?**

The adult Mood+ and the Kids Mood+ are completely different formulations. The adults Mood+ has ingredients that have been studied with the adult population, the Kids Mood+ has different ingredients that were studied with children to be effective. The adult Mood+ has herbs that can impact neurochemicals from multiple mechanisms, whereas the children has bioactive components that improve mental wellness – related behaviors on children.

**6. Can I mix Kids Mood+ with other Amare products?**

Yes, absolutely. You can mix Kids Mood+ with Kids FundaMentals or add it into your smoothies with GBX Protein. Kids Mood+ can also be sprinkled into yogurt or applesauce. You can also take it alongside all our other Amare products.

**7. Can my child take Kids Mood+ while they are prescription medication?**

The natural ingredients that are used in Kids Mood+ 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 Mood+?**

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

**9. What can I expect when using Kids Mood+?**

With Kids Mood+, you can expect significant benefits for mood support, stress resilience, cognitive performance, calmness, focus and positivity. You can expect less tension, as well as better "performance" associated with schoolwork and social relationships.

**10. My child is under 2 years old, can they still take Kids Mood+?**

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.