

MentaBiotics Frequently Asked Questions

1. How and when should I take MentaBiotics?

Mix 1 scoop of MentaBiotics with 2-8 oz. of water, milk, fruit juice, smoothie, yogurt, or other foods or liquids in the morning. Feel free to use in combination with Amare EDGE and Energy+ to create the Happy Juice. You can also take it alongside your other products from the FundaMentals Pack/FundaMentals Pack PLUS or with any other Amare products. Do not expose to boiling or scalding temperatures.

2. Is it Vegan?

No. We list that MentaBiotics contains milk and soy because of how it is produced. It contains probiotic strains and a galactooligosaccharides (GOS) prebiotic that are produced using milk and soy as a growth median and processing aid however, there are no milk or soy in the final product.

3. Is it Gluten Free?

Yes.

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

The natural ingredients that we use in MentaBiotics 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 MentaBiotics?

As with all Amare products, MentaBiotics 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. We also have a similar product for kids and teens called [Kids FundaMentals](#).

6. Can I take MentaBiotics while I am on prescription medication?

The natural ingredients that are used in MentaBiotics are not known to have interactions with medications. As a standard practice, we always advise consulting your physician before making adjustments to your regimen.

7. What is the difference between the MentaBiotics and Probiotics?

The probiotic strains that are featured in the MentaBiotics are designed for emotional well-being benefits. They are clinically studied to help with mental wellness, mood, depressive like symptoms, anxiety like symptoms, GABA neurotransmission, and overall stress.

The probiotic strains that are featured in Probiotics are designed for general gut health benefits. They are specifically designed for general gut gastric integrity benefits, like gut health, gastric motility, microbiome diversity, nutrient absorption, metabolism, and more.

8. What can I expect when taking MentaBiotics?

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

9. Do I need to do a reboot with Reboot+ before taking MentaBiotics or the FundaMentals Pack?

While we recommend starting with a three-day reboot with Reboot+, it isn't necessary. Starting with Reboot+ will help reset your gut microbiome balance to improve the formation of neurotransmitters and the communication along the gut-brain axis so you can obtain optimal results with MentaBiotics and the FundaMentals Pack.

10. Is there a detox period?

Each body has different internal environmental factors and some people do go through a phase of detoxification. The phenomenal piece about the microbiome is that it takes some time for our body to adjust to the different bodily functions following the balancing of the microbiome. These changes typically occur within 30-60 days, depending on the level of dysbiosis that could be present.