

## MentaFocus Frequently Asked Questions

### 1. How and when should I take MentaFocus?

Take 2 capsules in the morning with 8 oz of water. You can take it alongside your other products from the FundaMentals Pack/FundaMentals Pack PLUS or with any other Amare products.

### 2. Is it Vegan?

Yes.

### 3. Is it Gluten Free?

Yes.

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

The natural ingredients that we use in MentaFocus 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 MentaFocus?

As with all Amare products, MentaFocus 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 take MentaFocus while I am on prescription medication?

The natural ingredients that are used in MentaFocus 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 link between the brain and the microbiome?

Our microbiome consists of trillions of bacteria, viruses, yeasts, protozoa, and fungi. In addition to microbes, the gut-brain axis (vagus nerve, neurotransmitters, metabolites, etc) work together to allow communication between the gut and brain. Disruptions to the gut microbiome can promote changes in the body that may affect the communication and can affect psychological, behavioral, and neurological health. Science continues to discover that intestinal dysbiosis is associated with degenerative neurological functions.

### 8. What can I expect when taking MentaFocus?

MentaFocus contains a proprietary pomegranate extract that has been shown in studies to increase short-term and long-term memory, enhance brain activation, and improve both working and recognition memory. You should expect to feel clarity of mind and an improved concentration and attention as well as stress reduction.

### 9. Can I take MentaFocus on its own or do I have to take the complete FundaMentals Pack for it to be beneficial?

MentaFocus can certainly stand alone for brain optimization and support mental focus and memory recall. You do not need to take the complete FundaMentals Pack but is certainly more beneficial if done that way.

### 10. How is MentaFocus microbiome friendly?

The ingredients in the MentaFocus have been designed to not only support brain health but provides flavonoids and phytonutrients to help reduce inflammation and oxidation in the gut and may improve the communication axis by optimizing neurotransmitter blood flow to the brain.