

MentaHeart Frequently Asked Questions

1. How and when should I take MentaHeart?

Take 2 softgels in the morning with 8 oz of water. Can be taken daily with or without food. You can take it alongside your other three products from the FundaMentals Pack/FundaMentals Pack PLUS (MentaBiotics, MentaFocus, and MentaSync) or with any other Amare products.

2. Is it Vegan?

No. MentaHeart is not considered Vegan as the soft gel gelatin is bovine derived.

3. Is it Gluten Free?

Yes.

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

The natural ingredients that we use in MentaHeart 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 MentaHeart?

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

The natural ingredients that are used in MentaHeart 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. I have a heart condition. Is it safe for me to take MentaHeart?

The natural ingredients that we use in MentaHeart are not specifically designed for any type of heart condition or disease. However, the ingredients we use in it are designed to help with general heart health, and heart efficiency. Please consult your doctor before adding it into your daily regimen.

8. Why is the heart considered the third brain?

Studies have now shown that the heart is the body's third brain, containing approximately 40,000 neurons that can sense, feel, learn, and remember. Like the gut-brain axis, the heart and brain are also closely connected via the heart-brain axis. The heart sends messages to the brain about what it needs, how the body feels, and more. When the heart is not in optimal condition, mental wellness problems may manifest and be misunderstood as issues with the brain when they are originating from the heart. MentaHeart is the first product of its kind to support mental wellness through the heart-brain axis. MentaHeart helps connect what we feel (heart/emotions) to what we know (brain/intelligence).

9. How will MentaHeart help with my mental wellness?

"Physical" heart benefits and "mental" brain benefits are related via the psychophysiological "heart-brain-axis" with simultaneous improvements in both physical and mental wellness. Our studies have shown targeted supplementation to improve parameters associated with heart health (antioxidant, fat oxidation, endurance) and brain health (neuro-inflammation, cognition, antidepressant/anxiolytic) — with further previously-undescribed benefits for psychological mood state (depression, fatigue, vigor).

10. Will MentaHeart help lower my cholesterol?

MentaHeart may help with balancing healthy cholesterol levels and cardiovascular efficiency. The ingredient Bergavite is clinically shown to help with cholesterol levels. Please visit our technical data sheet for clinical study reference.