

## MentaSync Frequently Asked Questions

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

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. For enhanced immune priming and axis communication, take 2 additional capsules in the evening. Can be taken daily with or without food.

### 2. Is it Vegan?

Yes.

### 3. Is it Gluten Free?

Yes.

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

The natural ingredients that we use in MentaSync 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 MentaSync?

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

The natural ingredients that are used in MentaSync 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 can I expect when taking MentaSync?

The phytonutrients in our unique AlphaBeta Glucan Proprietary Blend and Intestinal Integrity Proprietary Blend can help improve the signaling ability of the axis, (a network of communication devices – like nerves, chemical messengers, and cellular communication) so that your immune system is primed and optimized to read what is happening throughout the body. You may feel more physiological vigor and overall sense of your nervous system and immune system functioning properly.

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

MentaSync can certainly stand alone for immune health. You do not need to take the complete FundaMentals Pack but is certainly more beneficial if done that way.

### 9. What is the mushroom blend contained in MentaSync?

The mushroom extracts that we use in MentaSync (Maitake, Shiitake, and Chaga mushrooms) provide a specialized polysaccharide (carbohydrate molecule) called alpha-glucan that helps to improve immune system function.

### 10. Why does MentaSync have a specific scent?

The ingredient called Butyrate is what gives MentaSync its scent. Butyrate is a Short-Chain Fatty Acid that helps with digestive system integrity (mucous lining, junctions, etc). To lighten this scent, we have added peppermint that gives it a more pleasant odor as well as delivers digestive benefits.