

Mood+ Frequently Asked Questions

1. How and when should I take Mood+?

Take 2 capsules in the morning with 8 oz of water. Additional servings can be taken at any time as needed. Do not exceed 6 capsules per day. You can take it alongside your other Amare products.

2. Is it Vegan?

Yes.

3. Is it Gluten Free?

Yes.

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

The natural ingredients that we use in 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. Regarding breastfeeding, the natural ingredients are not known to interact with breast milk. However, we want to note that Mood+ contains potent herbs that can be passed through breast milk and give it a bitter taste, which is sometimes not desirable to your baby.

5. Can children take Mood+?

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

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

These two products contain completely different ingredients, so they have a different mechanism of action. The adults Mood+ contains ingredients that are clinically validated in adults and the Kids Mood+ contains ingredients that have been specifically studied in children.

8. What can I expect when taking Mood+?

Mood+ is an all-natural mood support product that addresses feelings of anxiousness, sadness, and restlessness. You can expect a reduction of the occasional feelings of depression, anxiety, tension, nervousness, and sleeplessness. Our proprietary blend has been formulated with patented, plant-based ingredients with studies that show enhanced or improved mood and cognitive functions.

9. Are there side effects when stopping Mood+? Is there a weaning process?

There is no “weaning” process or side effects upon stopping the consumption of Mood+ – but the user may slowly return to their pre-supplementation state of mood or stress if they have not changed other aspects of their diet and lifestyle.

10. What is the main difference between Mood+ and EDGE?

The ingredients in Mood+ and EDGE vary significantly and are geared towards different mental wellness goals. The 4 different synergistic and “adaptogenic” herbs ingredients in Mood+ are clinically studied to help with calming tension, reduce stress, and GABA-Serotonin modulation. EDGE on the other hand focuses more on the elevation of mental and physical energy levels, motivation, and metabolic components of mental fitness.