

## Reboot+ Frequently Asked Questions

### 1. How and when should I take Reboot+?

Reboot+ is a 3-day system designed to reset your gut-brain axis. It sets a healthy, clean foundation for your microbiome so you can obtain optimal results with other Amare products. Take Reboot+ as directed and follow the 3-day Reboot+ Program Guide. On Day 1, take 2 capsules with dinner. On Day 2, take 2 capsules with breakfast and 2 capsules with dinner. On Day 3, take 2 capsules with breakfast, 2 with lunch, and 2 capsules with dinner to complete the program. Drink 8 oz of water with each serving.

### 2. Is it Vegan?

Yes.

### 3. Is it Gluten Free?

Yes.

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

The natural ingredients that we use in Reboot+ are not known to interact negatively with those who are nursing or pregnant. Regarding breastfeeding, the natural ingredients are not known to interact with breast milk. However, we want to note that some products contain potent herbs that can be passed through breast milk and give it a bitter taste, which is sometimes not desirable to the baby. 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 Reboot+?

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

The natural ingredients that are used in Reboot+ 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. How often can I do the Reboot+ Program?

The natural ingredients that we use in Reboot+ were strategically chosen to have a very minimal "over consumption profile." It is safe to do more frequently than shown on the directions. We have seen people do a Reboot+ every couple of months and achieve great results.

### 8. What can I expect when taking Reboot+?

The synergistic blend of natural cleansing herbs and phytonutrients in Reboot+ will assist the body's own gentle detoxification process while preparing your microbiome to be setup to be populated with the good bacteria. While taking the Reboot+ you may feel more energized, more mentally clear and have more regular bowel motility and may have more frequent urination as you will be consuming more water.

### 9. Can I use my other Amare supplements while "rebooting"?

You are more than welcome to continue taking your Amare supplements during a reboot. However for the best results, we suggest waiting to introduce the FundaMentals Pack or any of the products in the FundaMentals Pack until after completing the Reboot+ Program.

### 10. Do I need to follow the food guidelines strictly for it to work?

The focus of the Reboot+ Program is to encourage you to eat more "biome-boosting" fruits and vegetables that have high contents of prebiotic fiber to help the "good" bacteria to grow and get stronger. In addition, you also avoid and reduce your intake of "biome-busting" sugars and processed foods that encourage the growth of "bad" bacteria associated with inflammation, stress, fatigue, brain fog and bad mood. As with all the Reboot+ recommendations, boosters and busters, the benefits you get out of the reboot are related to the effort that you put in. We suggest adhering to our recommendations to eat more fruits and vegetables and drink lots of water, to maximize the benefits you'll get in rebooting your microbiome.