

## Relief+ Frequently Asked Questions

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

Relief+ can be taken before or after physical activity or as needed to alleviate physical discomfort. We recommend taking it with food rather than on an empty stomach.

### 2. Is it Vegan?

Yes.

### 3. Is it Gluten Free?

Yes.

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

The natural ingredients that we use in Relief+ 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 Relief+?

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

The natural ingredients that are used in Relief+ 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 Relief+ ?

Clinical results demonstrate that Uninvestin® is effective in reducing post-exercise muscle pain and improve range of motion in a population of healthy adults. Therefore, Relief+ may be viewed as an effective dietary supplement to facilitate healthy pain relief participation in regular physical activity.

### 8. Is Relief+ a Turmeric supplement?

Relief+ contains a proprietary blend that contains Meriva; the most clinically-studied curcumin on the market and, as a phytosome complex, Meriva provides superior absorption over other curcumin extracts. It is not just a turmeric and curcumin product but a blend of powerful ingredients that offer a natural solution to occasional pain relief, sports recovery, and joint health.

### 9. What is Uninvestin®?

Uninvestin® is a specially formulated, patented natural composition clinically proven to alleviate joint discomfort, reduce stiffness, and improve mobility. Uninvestin® is composed of plant extracts standardized for specific bioflavonoids from two botanicals; *Scutellaria baicalensis* and *Acacia catechu* (*Senegalia catechu*).

### 10. Does Relief+ only help with joints, or will it help with sore muscles after a workout?

Clinical results demonstrate that Uninvestin® (a key ingredient in Relief+) is effective in reducing post-exercise muscle pain and improving range of motion in a population of healthy adults. Relief+ may be viewed as an effective dietary supplement to facilitate healthy pain relief participation in regular physical activity.