

VitaGBX Frequently Asked Questions

1. How and when should I take VitaGBX?

Take 2 capsules with 8 oz of water at breakfast and an additional 2 capsules with 8 oz of water at dinner. Do not exceed 4 capsules per day. You can take it alongside your other Amare products.

2. Is it Vegan?

No. VitaGBX is not considered Vegan as Vitamin D3 is sourced from lanolin which is a substance derived from the wool of sheep.

3. Is it Gluten Free?

Yes.

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

The natural ingredients that we use in VitaGBX 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 VitaGBX?

As with all Amare products, VitaGBX 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. We suggest for children to take the [Kids VitaGBX](#) in our kids' line, as it is the multivitamin designed for that age group.

6. Can I take VitaGBX while I am on prescription medication?

The natural ingredients that are used in VitaGBX 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. Why do I feel nauseous after taking it in the morning?

Taking VitaGBX on an empty stomach can cause nausea or an upset stomach. To avoid this, we recommend taking your multivitamin with food. By doing this it will also ensure the absorption of the fat-soluble vitamins it contains.

8. What can I expect when using VitaGBX?

VitaGBX is a premium multivitamin, plus mind support formula that delivers a daily dose of high-quality essential nutrients. VitaGBX combines more than 50 vitamins, minerals, amino acids, and phytonutrients in their most active and bioavailable forms to provide you with optimal micronutrient nutrition for a well-balanced body and mind. By daily supplementation you can expect improved concentration, attention, and alertness.

9. What makes VitaGBX different from other multivitamins?

VitaGBX is different than the typical multivitamin because it contains nutrients that activate a wide range of other cellular defense responses (CDRs), including those that reduce inflammation (Nf-kB), increase longevity (SIRT1), enhance metabolism (MTOR), and stimulate cellular cleanup (autophagy). In addition, VitaGBX is a comprehensive formulation of 50+ nutrients including bioavailable vitamins, minerals, amino acids, and phytonutrients that enhance optimal functionality of the gut-brain axis.

10. How long can I take VitaGBX?

VitaGBX can be taken continuously on a daily basis. Make sure you consult with your healthcare provider before making any changes in your diet or exercise routine.