

## Amare EDGE Frequently Asked Questions

**1. How and when should I take EDGE?**

EDGE can be consumed throughout the day. For Adults 18 years and older, mix one serving (one scoop or packet) into 8 oz. of water or a beverage of your choice, up to twice daily. Consult a health care practitioner for use beyond 15 days.

**2. Is it vegan?**

Yes.

**3. Is it gluten free?**

Yes.

**4. Is it sugar free?**

Yes, EDGE is sugar free! The sweetener blend is a combination of Xylitol and Rebaudioside M that is extracted from sugar cane in small amounts. This is a naturally-occurring, fermented form of actual sugar cane plants. Both were chosen for their superior taste, quality, 0 glycemic index, 0 calorie index, and microbiome-safe profiles.

**5. Can I take EDGE if I'm pregnant or breastfeeding?**

Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

**6. Can I share EDGE with my children?**

No, EDGE is not recommended or approved for use by children.

**7. Can I take EDGE while I am on prescription medication?**

Please consult your health care practitioner before consuming if on prescribed medication.

**8. What benefits can I expect to experience when taking EDGE?**

EDGE provides a source of antioxidants that helps to protect cells against the oxidative damage caused by free radicals.

**9. Can people allergic to tree nuts have EDGE since it contains Lychee?**

Please consult your health care practitioner prior to consuming EDGE if you have a tree nut allergy.

**10. Are there any stimulants in EDGE that will give me the jitters like caffeine?**

There are no stimulants in EDGE.