



# MENTABIOTICS

## What It Is

Mentabiotics™\* is a multi-component formula that combines oligosaccharides, bacterial strains, amino acids, magnesium, and botanical ingredients in a carefully balanced daily supplement. The formulation includes isomalto- and galacto-oligosaccharides, three bacterial strains, L-glutamine, and plant-derived extracts such as green tea, grape seed, maritime pine bark, ginger, and apple fruit.

These components reflect growing scientific interest in the diverse nutrients, fibres, bacterial strains, and phyto-compounds found in food supplements. Each ingredient group contributes its own characteristics to the overall profile of the product.

Magnesium contributes to normal psychological function, normal energy-yielding metabolism, and to the reduction of tiredness and fatigue, providing recognised physiological benefits when consumed at the recommended daily dose.

## Why You'll Love It

- Contains clinically researched probiotic bacterial strains and natural plant extracts
- Helps reduce tiredness and supports normal energy metabolism (magnesium)
- Naturally sweetened with Stevia, free from artificial colorants or preservatives
- Suitable for daily use as part of a balanced lifestyle
- Magnesium contributes to normal psychological function, to the reduction of tiredness and fatigue, and to normal energy-yielding metabolism.

*\*DISCLAIMER: This information relies upon scientific research on certain ingredients in Amare products. None of the studies examined Amare product specifically, and there is not necessarily a relationship between the results of these studies and any Amare product. Amare products are not intended to, and do not, diagnose, treat, cure, prevent, or mitigate any disease or condition.*

EU-ENG Amare Mentabiotics - amare.com



## Key Features



Vegetarian



Gluten Free



Soy



Servings  
30 Sticks



Daily Dosage  
1 Stick

\*Contains Soy. Not suitable for individuals with soy allergy.

## How To Use

**Recommended daily dose and directions of use:**

Mix 1 stick in 250 ml of water. Take once per day.

Do not exceed the recommended daily dose.

**WARNINGS:** Food supplements should not be used as a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of the reach of young children. The isomalto-oligosaccharide is a source of glucose. Consult your doctor or pharmacist when using anticoagulants. The product contains 1 mg (-)-epigallocatechin-3-gallate (EGCG) per daily dose. It is not recommended to consume a daily amount of **800 mg of EGCG or more. Should not be consumed by pregnant or lactating women and children below 18 years old. Should not be consumed if you are already consuming other products containing green tea on the same day. Should not be consumed on an empty stomach.**



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## The SCIENCE of Amare Mentabiotics

Mentabiotics™\* is a food supplement containing 3 bacterial strains, dietary fibre, botanical ingredients, and magnesium. Magnesium contributes to normal psychological function and to the reduction of tiredness and fatigue. Mentabiotics™\* is a food supplement that combines oligosaccharides, bacterial strains, magnesium, L-glutamine, and botanical ingredients in a carefully balanced daily formula. Each serving provides isomalto- and galacto-oligosaccharides, three bacterial strains, and a blend of plant extracts including green tea, grape seed, maritime pine bark, ginger, and apple fruit. Magnesium contributes to normal psychological function, normal energy-yielding metabolism, and to the reduction of tiredness and fatigue. These recognised physiological functions make Mentabiotics™\* a supportive addition to your daily routine. Mentabiotics™\* can be enjoyed as part of a balanced lifestyle.



**Nutritional Information**  
Daily dose: 1 stick  
Daily doses per container: 30

	Per daily dose	% NRV*
Isomalto-oligosaccharide	2752.349 mg	-
Galacto-oligosaccharide from lactose	1800 mg	-
Partially hydrolyzed guar gum (Cyamopsis tetragonoloba (L.) Taub.)	1200 mg	-
Cerebiome bacterial blend	32.609 mg (1 billion CFU)	-
- Lactobacillus helveticus R0052	26.41 mg	-
- Lactocaseibacillus rhamnosus R0011	3.26 mg	-
- Bifidobacterium longum R0175	2.93 mg	-
Green tea leaf extract (Camellia sinensis)	230 mg	-
L-glutamine	100 mg	-
Magnesium	56.25 mg	15 %
Apple fruit extract (Malus domestica)	25 mg	-
Ginger rhizome extract (Zingiber officinale)	20 mg	-
Maritime pine bark extract (Pinus pinaster)	10 mg	-
Grape seed extract (Vitis vinifera)	15 mg	-

\* NRV = Nutrient reference values

## Ingredients



**Green Tea Leaf Extract**



**Ginger Rhizome Extract**



**Magnesium Oxide**



**Maritime Pine Bark Extract**



**Stevia**



**Grape Seed Extract**



**Apple Fruit Extract**

Isomalto-oligosaccharide, galacto-oligosaccharide from lactose (milk), partially hydrolyzed guar gum (Cyamopsis tetragonoloba (L.) Taub.), green tea leaf extract (Camellia sinensis), L-glutamine, flavouring, magnesium oxide, Cerebiome bacterial blend (Lactobacillus helveticus R0052, Lactocaseibacillus rhamnosus R0011, Bifidobacterium longum R0175) **(soy)**, acidity regulator: citric acid, sweetener: steviol glycosides from Stevia, apple fruit extract (Malus domestica) ginger rhizome extract (Zingiber officinale), maritime pine bark extract (Pinus pinaster), grape seed extract (Vitis vinifera)

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## How It Works - Key Benefits



### Metabolism

- Magnesium contributes to normal energy-yielding metabolism helping
- maintain daily vitality.
- Magnesium contributes to the reduction of tiredness and fatigue, making it ideal for busy lifestyles.
- Magnesium contributes to electrolyte balance



### Brain Function

- Magnesium contributes to normal psychological function supporting everyday mental performance



### Nervous System

- Magnesium contributes to normal functioning of the nervous system



### And More

- Multi-component formula combining fibres, live cultures, amino acids, magnesium, and plant ingredients
- Includes isomalto- and galacto-oligosaccharides to diversify the fibre profile
- Features botanical extracts such as green tea, grape seed, maritime pine bark, ginger, and apple fruit
- Contains L-glutamine, a widely used amino acid
- Designed for easy daily use as part of a balanced lifestyle

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