



amare

# SUNRISE<sup>®</sup>

## What It Is

At the heart of Sunrise is the powerful combination of Raspberry, Acai Berry, Grape Skin Extract, Concord Grape, and Spinach. This potent blend also includes Amla and Pomegranate, two fruits that have been used for centuries for their numerous benefits.

But that's not all - Sunrise goes above and beyond by incorporating a variety of other foods such as Panax Ginseng, Blueberry, Broccoli, Cranberry, Grape seed Extract, and more. The Panax Ginseng contains anthocyanin pigments that protect it from damage caused by the harsh environment. These ingredients work together to provide a well-rounded nutritional profile, promoting overall well-being and vitality.

## How It Works

Featuring delicious food like Panax Ginseng and the Wild Alaskan Blueberry along with a host of other powerful nature-based ingredients in a delicious blend, Sunrise is the perfect way to start your day. So why wait? Try Sunrise today and experience the incredible benefits for yourself!

## Why You'll Love It

Nature has created a variety of adaptations that help protect plants from the harsh stresses of the environment. Protective pigments as well as Vitamin C and Riboflavin (Vitamin B2), which contribute to the process of cell protection from oxidative stress, are among the key antioxidant ingredients in Sunrise. The Alaskan Wild Blueberry, as the signature ingredient in Sunrise, is high in these antioxidants. Antioxidants counter the effects of oxidative damage in the body caused by free radicals.\*



## Key Features



**Vegan**



**Gluten Free**



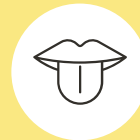
**Lactose Free**



**No Preservatives,  
Artificial Colours,  
Flavours, or  
Sweeteners**



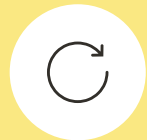
**Cologne List  
Approved**



**Flavour**  
Fruity



**Servings**  
30 Pouches



**Daily Dosage**  
1 Pouch in the  
Morning



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## The SCIENCE of Amare Sunrise

Sunrise combines the power of 21 foods including the Alaskan Wild Blueberry extract, each of them selected for the unique Vitamins it provides. The result is a delicious, nutritious blend of essential Vitamins in a single serving that is the perfect way to start the day.

**Combine with**  
Amare Sunrise and Amare Nitro



**Create your daily routine.**  
Try our **Triangle of Wellness.**



### NUTRITIONAL INFORMATION

Servings per container: 30

|                            | Per day (30 ml) | %RI*  |
|----------------------------|-----------------|-------|
| Vitamin C                  | 60 mg           | 75 %  |
| Vitamin B1                 | 1.5 mg          | 136 % |
| Vitamin B2                 | 1.7 mg          | 121 % |
| Vitamin B3                 | 25 mg           | 156 % |
| Vitamin B6                 | 1.7 mg          | 121 % |
| Vitamin B12                | 3.0 µg          | 120 % |
| Vitamin B5                 | 13.8 mg         | 230 % |
| Inositol                   | 25 mg           | –     |
| Folic acid                 | 200 µg          | 100 % |
| Biotin                     | 150 µg          | 300 % |
| Grape Skin Extract         | 100 mg          | –     |
| Grape Seed Extract         | 15 mg           | –     |
| Aloe vera gel extract      | 15 mg           | –     |
| Spinach Leaves Powder      | 10 mg           | –     |
| Haskap Berry Fruit Powder  | 10 mg           | –     |
| Alaskan Wild Blueberry     | 83 mg           | –     |
| Pomegranate Fruit Extract  | 5,1 mg          | –     |
| Broccoli Flower Powder     | 2.5 mg          | –     |
| Kale Leaves Powder         | 2.5 mg          | –     |
| Panax Ginseng Root Extract | 2.25 mg         | –     |
| Cranberry Juice Extract    | 1.8 mg          | –     |
| Acai Fruit Extract         | 1 mg            | –     |
| Amla Berry Powder          | 1 mg            | –     |

\* RI: Reference Intake





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## Ingredients



**Cranberry**



**Acai Berry**



**Amla**



**Aronia**



**Broccoli**



**Red Raspberry**



**Spinach**



**Kale**



**Carrots**



**White Grape**



**Concord Grape**



**Lime**



**Blueberry**



**Pear Fruit**



**Grape Skin Extract**



**Mangosteen**



**Panax Ginseng**



**Aloe Vera**



**Haskap Berry**



**Stevia Leaf Extract**



**Grape Seed Extract**



**Pomegranate**

## Vitamins



- Thiamine (Vitamin B1)
- Riboflavin (Vitamin B2)
- Niacin (Vitamin B3)
- Pantothenic Acid (Vitamin B5)

- Vitamin B6
- Folate (Vitamin B9)
- Vitamin B12
- Vitamin C
- Biotin

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## Key Benefits



### Heart

Thiamine contributes to the normal function of the heart.



### Vision

Riboflavin contributes to the maintenance of normal vision.



### Hair

Biotin contributes to the maintenance of normal hair.



### Bones

Vitamin C contributes to normal collagen formation for the normal function of bones and cartilage.



### Immune System

Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise. Folate, Vitamin B6, B12 and C contribute to the normal function of the immune system.



### Cells

Vitamin C contributes to the protection of cells from oxidative stress. Folate and Vitamin B12 have a role in the process of cell division. Folate contributes to maternal tissue growth during pregnancy.



### Blood

Vitamin C contributes to normal collagen formation for the normal function of blood vessels.

Riboflavin contributes to the maintenance of normal red blood cells.

Vitamin B6 and B12 contribute to normal red blood cell formation.



### Metabolism

Vitamin C, B6, B12, Thiamine, Riboflavin, Niacin, Pantothenic Acid and Biotin contribute to normal energy-yielding metabolism.

Vitamin C contributes to the regeneration of the reduced form of vitamin E.

Vitamin C increases iron absorption. Riboflavin contributes to the normal metabolism of iron.

Vitamin B6 contributes to normal cysteine synthesis.

Vitamin B6, B12 and Folate contribute to normal homocysteine metabolism.

Vitamin B6 contributes to normal protein and glycogen metabolism.

Folate contributes to normal amino acid synthesis.

Biotin contributes to normal macronutrient metabolism.

Pantothenic Acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters.

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## Key Benefits



### Nervous System

Vitamin C, Thiamine, Riboflavin, Niacin, Biotin, Vitamin B6 and B12 contribute to normal functioning of the nervous system. Riboflavin, Niacin, Pantothenic Acid, Folate, Vitamin B6, B12 and Vitamin C contribute to the reduction of tiredness and fatigue. Riboflavin contributes to the protection of cells from oxidative stress. Pantothenic Acid contributes to normal mental performance. Vitamin B6 contributes to the regulation of hormonal activity.



### Teeth

Vitamin C contributes to normal collagen formation for the normal function of teeth.



### Skin

Vitamin C contributes to normal collagen formation for the normal function of skin and gums. Riboflavin, Niacin and Biotin contribute to the maintenance of normal skin. Vitamin C contributes to normal collagen formation for the normal function of gums. Riboflavin, Niacin and Biotin contribute to the maintenance of normal mucous membranes.



### Brain Function




Vitamin C, Thiamine, Niacin, Folate, Biotin, Vitamin B6 and B12 contribute to normal psychological function.





# SUNRISE®

## When do I take the products?

|                           |  Morning |  Noon |  Evening |
|---------------------------|---|---|---|
| <b>Amare Edge</b>         | ○   | ○   | ○   |
| <b>Amare Energy+</b>      | ✓   | ○   |   |
| <b>Amare MentaBiotics</b> | ✓   |   | *   |
| <b>Amare Ignite</b>       |   | ○   |   |
| <b>Sunrise</b>            | ✓   | ○   | ○   |
| <b>Nitro</b>              | ✓   | ✓   | ✓   |
| <b>Sunset</b>             |   |   | ✓   |
| <b>HL5</b>                | ○   | ✓   | ○   |
| <b>ON</b>                 | ○   | ○   | ○   |
| <b>Origin</b>             | ○   | ✓   | ○   |
| <b>FIT20</b>              | ○   | ✓   | ○   |
| <b>Restore</b>            | ✓   | ○   | ○   |

- ✓ Recommended
- \* Additional Serving for optimal results
- As needed

### Do I need to take the products with food?

Most nutrients in capsules are better absorbed with food. Restore is the only product that requires food for absorption.

### Can I take all the Amare products?

Yes you can. Amare’s products are formulated to complement each other, providing holistic benefits. Follow the recommended dosage and usage instructions for each product.