



SUNRISE[®]

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 Sunrise contains a blend of fruits and vegetables, alongside essential vitamins, to support overall nutritional intake.

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, Contains Vitamin C and Riboflavin (Vitamin B2), which contribute to the protection of cells from oxidative stress. Antioxidants counter the effects of oxidative damage in the body caused by free radicals.*

***DISCLAIMER:** Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

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Please store your Amare products in a place out of reach of children. This product is suitable for individuals aged 12 years and older.

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EU-ENG Amare Sunrise – amare.com



Key Features



Vegan & Vegetarian



Gluten Free



Lactose Free



Soy Free



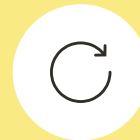
Tree Nuts or Peanuts Free



Flavour
Fruity



Servings
30 Pouches



Daily Dosage
1 Pouch in the Morning



SUNRISE®

The SCIENCE of Amare Sunrise

Sunrise combines the power of 22 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 Sunset and **Amare Nitro**



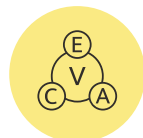
Create your daily routine.

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		

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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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

Water, Juice Concentrates (White Grape, Pear, Concord Grape, Blueberry, Aronia, Pomegranate Fruit, Raspberry, Lime, Mangosteen), Fructose, Acidity Regulators (Malic Acid, Citric Acid), Natural Colour, Natural Flavouring, Grape Skin Extract (*Vitis vinifera* L.), Stabiliser (Xanthan Gum), L-Ascorbic Acid (Vitamin C), Inositol, Nicotinamide (Vitamin B3), Sea Salt, D-Calcium Pantothenate (Vitamin B5), Grape Seed Extract (*Vitis vinifera* L.), Aloe Vera Gel Extract (*Aloe vera*/ *Aloe barbadensis* Mill.), Sweetener (Steviol glycosides from Stevia), Spinach Leaves Powder (*Spinacia oleracea* L.), Haskap Berry Fruit Powder (*Lonicera caerulea*), Alaskan Wild Blueberry Extract (10:1) *Vaccinium Alaskaense*, Pomegranate Extract from arils of the Pomegranate (*Punica granatum* L.), Broccoli Flower Powder (*Brassica oleracea* L. *Italica* group), Kale Leaves Powder (*Brassica oleracea* L. *Acephala* group), Panax Ginseng Root Extract (*Panax Ginseng* C.A. Meyer), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Hydrochloride (Vitamin B1), Cranberry Juice Extract (*Vaccinium macrocarpon* Aiton), Riboflavin (Vitamin B2), Acai Fruit Extract (*Euterpe oleracea* Mart.), Amla Berry Powder (*Emblica officinalis* syn *Phyllanthus* L.), Cyanocobalamin (Vitamin B12), Pteroylmonoglutamic acid (Vitamin B9), D-Biotin (Vitamin B8).

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SUNRISE®

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.



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Product Usage Information

Take 1 sachet of Sunrise in the morning, after Nitro. Do not exceed the recommended daily dose. It provides the best results when used with Sunset. The most important step for achieving better results from the products is to use them regularly.

AMARE TRIANGLE OF WELLNESS Usage Table

	 Morning	 Noon	 Evening
Sunrise	✓		
Nitro	✓	✓	✓
Sunset			✓

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