



# SUNRISE

## What It Is

22 beneficial foods & 9 Vitamins. Sunrise is the perfect way to kickstart your day and give your body the nutrients it needs to thrive.

This product offers a balanced combination of different plant-based ingredients to help complement your daily diet including bilberry, blueberry, canadian blueberry, cranberry, lingonberry, acai, pomegranate, aronia, mangosteen, grape skin extract and green botanicals such as spinach, kale, and broccoli. These carefully selected ingredients are formulated to contribute to a balanced lifestyle and a varied diet.

## Why You'll Love It

Nature provides plants with a variety of natural compounds that help them adapt to environmental stress. Sunrise contains plant pigments as well as Vitamin C and Riboflavin (Vitamin B2), which contribute to the protection of cells from oxidative stress. Sunrise features a blend of different berries – including bilberry, blueberry, Canadian blueberry, red raspberry, aronia, lingonberry, cranberry, and acai berry. These carefully selected ingredients are included to complement a varied and balanced diet as part of a healthy lifestyle.



## Key Features



**Vegan**



**Gluten Free**



**Lactose Free**



**Soy Free**



**Nuts Free**



**Plant Based**



**Flavour**  
Fruity



**Servings**  
30 Pouches



**Daily Dosage**  
1 Pouch in the  
Morning

## How To Use

Start your day with 1 (30 ml) of Pouch Sunrise. Make it your morning routine, you will love it.

**CAUTION:** Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose. Keep out of reach of children. For adults only.

*\*DISCLAIMER: Amare products are not intended to diagnose, treat, cure, or prevent any disease or medical condition. Please store your Amare products out of reach of young children. For adults only. The stated health claims are valid provided that the vitamins and minerals contained in the food supplement are present in amounts as defined by applicable regulations. The information provided here is derived from scientific studies carried out on specific ingredients found in Amare products. These studies have not been performed directly on Amare products themselves. Thus, the findings of these studies should not be interpreted as direct evidence of the effects or benefits of Amare products.*

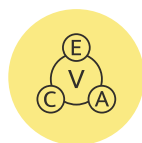


# SUNRISE

## The SCIENCE of Amare Sunrise

Sunrise combines 22 carefully selected superfoods, including berries such as bilberry, blueberry, Canadian blueberry, red raspberry, aronia, lingonberry, cranberry, and acai berry – each naturally containing different nutrients. The result is a delicious blend that provides 9 essential vitamins in a single serving, designed to complement a varied and balanced diet as part of a healthy lifestyle.

## Vitamins



- Vitamin C (L-ascorbic Acid)
- Vitamin B6 (Pyridoxine hydrochloride)
- Vitamin B2 (Riboflavin)
- Folic acid (Pteroylmonoglutamic acid – Vitamin B9)
- Biotin (D-biotin - Vitamin B7/H)
- Vitamin B12 (Cyanocobalamin)
- Niacinamide
- D-calcium pantothenate
- Thiamin HCl



### SUPPLEMENT FACTS

Daily Dose: 1 Pouch (30ml)

Daily Doses Per Container: 30

	Per Daily Serving	% NRV*
Vitamin C (L-ascorbic acid)	60 mg	75%
Niacin (nicotinamide)	25 mg NE	156%
Pantothenic acid (D-calcium pantothenate)	15 mg	250%
Vitamin B6 (pyridoxine hydrochloride)	1,7 mg	121%
Vitamin B1 (thiamine hydrochloride)	1,5 mg	136%
Riboflavin	1,7 mg	121%
Folic acid (pteroylmonoglutamic acid)	200 µg	100%
Biotin (D-biotin)	150 µg	300%
Vitamin B12 (cyanocobalamin)	3 µg	120%
White grape (Vitis vinifera L.) juice concentrate	1683 mg	**
Pear (Pyrus communis L.) juice concentrate	1683 mg	**
Bilberry (Vaccinium myrtillus L.) juice concentrate	1201,2 mg	**
Red grape (Vitis vinifera L.) juice concentrate	330 mg	**
Red raspberry (Rubus idaeus L.) juice concentrate	300,3 mg	**
Aronia (Aronia melanocarpa Michx.) juice concentrate	300,3 mg	**
Blueberry (Vaccinium corymbosum L.) juice concentrate	247,5 mg	**
Lime (Citrus aurantifolia Swingle) juice	201,3 mg	**
Concentrated pomegranate (Punica granatum L.) juice	120,12 mg	**
Grape (Vitis vinifera L.) skin extract	102,3 mg	**
Mangosteen (Garcinia mangostana) fruit juice concentrate	102,3 mg	**
Grape (Vitis vinifera L.) seed extract	15,18 mg	**
Spinach (Spinacia oleracea L.)	10,23 mg	**
Lingonberry (Vaccinium vitis-idaea) fruit juice	10,23 mg	**
Canadian blueberry (Vaccinium myrtilloides Michx.) juice	8,58 mg	**
Pomegranate (Punica granatum L.) juice concentrate	5,28 mg	**
Broccoli (Brassica oleracea L.)	2,64 mg	**
Kale (Brassica oleracea L.)	2,64 mg	**
Cranberry (Vaccinium maroccanum Aiton) fruit concentrate	1,98 mg	**
Panax ginseng extract	1,57 mg	**
Amla (Emblia officinalis syn Phyllanthus L.) berry extract	1,023 mg	**
Acai (Euterpe oleracea) berry juice	0,5193 mg	**
Taurine	200 mg	**
Inositol	25 mg	**

\*NRV = Nutritional Reference Value / \*\*NRV not established

**\*DISCLAIMER:** Amare products are not intended to diagnose, treat, cure, or prevent any disease or medical condition. Please store your Amare products out of reach of young children. For adults only. The stated health claims are valid provided that the vitamins and minerals contained in the food supplement are present in amounts as defined by applicable regulations. The information provided here is derived from scientific studies carried out on specific ingredients found in Amare products. These studies have not been performed directly on Amare products themselves. Thus, the findings of these studies should not be interpreted as direct evidence of the effects or benefits of Amare products.

# SUNRISE

## Ingredients



**Cranberry  
Concentrate  
Powder**



**Acai Berry  
Juice  
Powder**



**Amla  
Extract**



**Aronia  
Juice  
Concentrate**



**Broccoli  
Powder**



**Raspberry  
Juice  
Concentrate**



**Spinach  
Powder**



**Kale  
Powder**



**Canadian  
Blueberry  
Fruit Juice**



**White Grape  
Juice  
Concentrate**



**Red Grape  
Juice  
Concentrate**



**Clear Lime  
Concentrate**



**Blueberry  
Powder**



**Pear Juice  
Concentrate**



**Grape Skin  
Extract**



**Mangosteen  
Fruit Juice**



**Panax  
Extract  
Powder**



**Lingoberry  
Fruit Juice  
Powder**



**Billberry  
Concentrate**



**Grape Seed  
Extract**



**Pomegranate  
Juice  
Concentrate**



**Pomegranate  
Concentrate**

Water, fructose corn syrup, white grape (*Vitis vinifera* L.) juice concentrate, pear (*Pyrus communis* L.) juice concentrate, bilberry (*Vaccinium myrtillus* L.) juice concentrate, red grape (*Vitis vinifera* L.) juice concentrate, red raspberry (*Rubus idaeus* L.) juice concentrate, aronia (*Aronia melanocarpa* Michx.) juice concentrate, taurine, blueberry (High Bush) (*Vaccinium corymbosum* L.) juice concentrate, lime (*Citrus aurantifolia* Swingle) juice, colouring food (black carrot concentrate), thickener: dextrin, corn starch, acidity regulatory: malic acid, flavour, acidity regulatory: citric acid, concentrated pomegranate (*Punica granatum* L.) juice, grape (*Vitis vinifera* L.) skin extract, mangosteen (*Garcinia mangostana*) fruit juice concentrate, vitamin C (L-ascorbic acid), thickener: xanthan gum, thickener: dextrin, niacin (nicotinamide), inositol, pantothenic acid (D-pantothenate, calcium), anti-caking agent: tricalcium phosphate, grape (*Vitis vinifera* L.) seed extract, sweetener: steviol glycoside from Stevia, spinach (*Spinacia oleracea* L.), lingonberry (*Vaccinium vitis-idaea*) fruit juice, Canadian blueberry (*Vaccinium myrtillifolius* Michx.) juice, pomegranate (*Punica granatum* L.) juice concentrate, broccoli (*Brassica oleracea* L.), kale (*Brassica oleracea* L.), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamine hydrochloride), riboflavin, cranberry (*Vaccinium macrocarpon* Aiton) fruit concentrate, panax ginseng extract, thickener: gum acacia, amla (*Embilica officinalis* syn *Phyllanthus* L.) berry extract, acai (*Euterpe oleracea*) berry juice, anti-caking agent: dicalcium phosphate, folic acid (pteroylmonoglutamic acid), biotin (D-biotin), vitamin B12 (cyanocobalamin).

**\*DISCLAIMER:** Amare products are not intended to diagnose, treat, cure, or prevent any disease or medical condition. Please store your Amare products out of reach of young children. For adults only. The stated health claims are valid provided that the vitamins and minerals contained in the food supplement are present in amounts as defined by applicable regulations. The information provided here is derived from scientific studies carried out on specific ingredients found in Amare products. These studies have not been performed directly on Amare products themselves. Thus, the findings of these studies should not be interpreted as direct evidence of the effects or benefits of Amare products.



# SUNRISE

## How It Works - Key Benefits



### Heart

- Vitamin B1 contributes to the normal function of the heart.



### Vision

- Vitamin B2 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.



### Blood

- Vitamin C contributes to normal collagen formation for the normal function of blood vessels.
- Vitamin B2 contributes to the maintenance of normal red blood cells.
- Folic acid contributes to normal amino acid synthesis.
- Folic acid contributes to normal blood formation.
- Vitamin B12 contributes to normal red blood cell formation.



### Teeth

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



### Metabolism

- Vitamin B3 contributes to normal energy-yielding metabolism.
- Vitamin B5 contributes to normal energy-yielding metabolism.
- Vitamin B6 contributes to normal energy-yielding metabolism.
- Vitamin B6 contributes to normal protein and glycogen metabolism.
- Vitamin B6 contributes to the regulation of hormonal activity.
- Vitamin B1 contributes to normal energy-yielding metabolism.
- Vitamin B2 contributes to normal energy-yielding metabolism.
- Biotin contributes to normal energy-yielding metabolism.
- Biotin contributes to normal macronutrient metabolism.
- Vitamin B12 contributes to normal energy-yielding metabolism.
- Vitamin B12 contributes to normal homocysteine metabolism.



### Cells

- Vitamin C contributes to the protection of cells from oxidative stress.
- Vitamin B2 contributes to the protection of cells from oxidative stress.
- Biotin contributes to the maintenance of normal mucous membranes.

**\*DISCLAIMER:** Amare products are not intended to diagnose, treat, cure, or prevent any disease or medical condition. Please store your Amare products out of reach of young children. For adults only. The stated health claims are valid provided that the vitamins and minerals contained in the food supplement are present in amounts as defined by applicable regulations. The information provided here is derived from scientific studies carried out on specific ingredients found in Amare products. These studies have not been performed directly on Amare products themselves. Thus, the findings of these studies should not be interpreted as direct evidence of the effects or benefits of Amare products.



# SUNRISE

## How It Works - Key Benefits



### Nervous System

- Vitamin B3 contributes to the normal functioning of the nervous system.
- Vitamin B1 contributes to the normal functioning of the nervous system.
- Vitamin B2 contributes to the normal functioning of the nervous system.
- Vitamin B12 contributes to the normal functioning of the nervous system.



### Immune System

- Vitamin C contributes to the normal function of the immune system.
- Vitamin C contributes to the reduction of tiredness and fatigue.
- Vitamin B6 contributes to the normal function of the immune system.
- Vitamin B6 contributes to the reduction of tiredness and fatigue.
- Vitamin B2 contributes to the reduction of tiredness and fatigue.
- Folic acid contributes to the normal function of the immune system.
- Folic acid contributes to the reduction of tiredness and fatigue.
- Vitamin B12 contributes to the normal function of the immune system.
- Vitamin B12 contributes to the reduction of tiredness and fatigue.
- Niacin contributes to the reduction of tiredness and fatigue.
- Pantothenic acid contributes to the reduction of tiredness and fatigue.



### Skin

- Vitamin C contributes to normal collagen formation for the normal function of skin.
- Vitamin B2 contributes to the maintenance of normal skin.
- Folic acid contributes to normal maternal tissue growth during pregnancy.
- Biotin contributes to the maintenance of normal skin.



### Brain Function

- Vitamin B5 contributes to normal mental performance.
- Vitamin B6 contributes to normal psychological function.
- Vitamin B1 contributes to normal psychological function.
- Folic acid contributes to normal psychological function.
- Biotin contributes to normal psychological function.
- Vitamin B12 contributes to normal psychological function.

*\*All of these claims are approved under EU Commission Regulation (EU) No 432/2012 and may be used only if the vitamin is present in sufficient quantities ( $\geq 15\%$  of NRV per daily dose).*

*\*DISCLAIMER: Amare products are not intended to diagnose, treat, cure, or prevent any disease or medical condition. Please store your Amare products out of reach of young children. For adults only. The stated health claims are valid provided that the vitamins and minerals contained in the food supplement are present in amounts as defined by applicable regulations. The information provided here is derived from scientific studies carried out on specific ingredients found in Amare products. These studies have not been performed directly on Amare products themselves. Thus, the findings of these studies should not be interpreted as direct evidence of the effects or benefits of Amare products.*






# SUNRISE

## Product Usage Information

Start your day with 1 (30 ml) of Pouch Sunrise. Make it your morning routine, you will love it.

**CAUTION:**  
Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose. Keep out of reach of children. For adults only.

## AMARE TRIANGLE OF WELLNESS Usage Table

	 Morning	 Noon	 Evening
Sunrise	✓		
Nitro	✓	✓	✓
Sunset			✓

*\*DISCLAIMER: Amare products are not intended to diagnose, treat, cure, or prevent any disease or medical condition. Please store your Amare products out of reach of young children. For adults only. The stated health claims are valid provided that the vitamins and minerals contained in the food supplement are present in amounts as defined by applicable regulations. The information provided here is derived from scientific studies carried out on specific ingredients found in Amare products. These studies have not been performed directly on Amare products themselves. Thus, the findings of these studies should not be interpreted as direct evidence of the effects or benefits of Amare products.*