

# KIDS FUNDAMENTALS™

all-in-one gut-brain axis nutrition\*



INGREDIENTS  
SHOWN TO  
IMPROVE  
MENTAL  
WELLNESS\*

SUPPORTS  
ENTIRE GUT-  
BRAIN AXIS\*

EASY-TO-  
DIGEST  
FORMULA

The gut-brain axis is a key component of mental wellness & overall health for children, just like it is for adults. However, many kids are resistant to swallowing capsules every day. This is why we sought to convert the benefits of the world's first award-winning gut-brain axis nutrition system, The Amare FundaMentals Pack™, into an all-in-one great tasting mixable powder for kids!

Featuring our MW3™ Probiotic Proprietary Blend, MW3™ Prebiotic Proprietary Blend, Phytobiotic Proprietary Blend, and Gut-Axis Support Proprietary Blend, **Kids FundaMentals™** is a comprehensive product to support the entire gut-brain axis (GBX).

For years, science has told us that mental wellness was a result of what was going on in our head. However, emerging science has shown that it's not all about what's happening in our primary brain. In fact, our gut produces more neurotransmitters, such as dopamine and serotonin, than our brain. These so called "feel-good" neurotransmitters regulate our mood and effect our overall mental wellness. This is why modern science has labeled our gut as our second brain.

Our gut is a very important component of the multidirectional communication network known as the gut-brain axis (GBX). The GBX connects our gastrointestinal system (gut), nervous system (brain), and immune system (axis) with a vast array of cellular and biochemical messengers throughout the entire body, including the microbiome, hormones, cytokines, and neurotransmitters.

**Kids FundaMentals** is the world's only product formulated to specifically support the gut-brain axis for kids and teens! This great tasting & easy-to-digest formula is perfect for kids and teens of all ages.\*

Kids FundaMentals™ is an all-in-one product that supports the entire gut-brain axis (GBX) of growing kids and teens. Featuring nutrients scientifically shown to improve mental wellness, this easy-to-digest formula is perfect for kids and teens of all ages.\*

- 1 Connects the gut and brain to enhance the communication between both brains\*
- 2 Ingredients shown to improve mood and reduce tension in human clinical trials\*
- 3 Supports the growth and vitality of a range of beneficial gut bacteria\*
- 4 Improves psychological vigor (physical energy, mental acuity, and emotional well-being)\*

### Item Code(s):

Kids FundaMentals: S017

### WHAT IS THIS LABEL PATTERN?

#### GUT-BRAIN AXIS ELEMENTS PATTERN

Kids FundaMentals features equivalent benefits to the Amare FundaMentals™ Pack, which include MentaBiotics™, MentaFocus™ and MentaSync™.\*



\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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# SCIENCE & INFORMATION

Key ingredients in Kids FundaMentals have been clinically shown to:

**3 in 1** Have equivalent benefits to the Amare FundaMentals Pack™ in a *one scoop* serving for kids and teens of all ages\*

Support the growth and vitality of a range of beneficial gut bacteria\*

Increase short-term and long-term memory by increasing visual and verbal recall by **28%\*\***

\*BASED ON KEY INGREDIENTS CLINICAL STUDIES

## KEY STUDIES

Messaoudi M, Lalonde R, Violle N, Javelot H, Desor D, Nejdj A, Bisson JF, Rougeot C, Pichelin M, Cazaubiel M, Cazaubiel JM. Assessment of psychotropic-like properties of a probiotic formulation (Lactobacillus helveticus R0052 and Bifidobacterium longum R0175) in rats and human subjects. Br J Nutr. 2011 Mar;105(5):755-64.

Vulevic J, Drakoularakou A, Yaqoob P, Tzortzis G, Gibson GR. Modulation of the fecal microflora profile and immune function by a novel trans-galactooligosaccharide mixture (B-GOS) in healthy elderly volunteers. Am J Clin Nutr 2008;88:1438-46.

Vulevic J, Juric A, Walton GE, Claus SP, Tzortzis G, Toward RE, Gibson GR. Influence of galacto-oligosaccharides mixture (B-GOS) on gut microbiota, immune parameters and metabolomics in elderly subjects. Brit J Nutr 2015;114:586-95.

Schmidt K, Cowen PJ, Harmer CJ, Tzortzis G, Errington S, Burnet PJ. Probiotic intake reduces the waking cortisol response and alters emotional bias in healthy volunteers Psychopharmacology 2015;232:1793-1801.

**Directions:** Mix one scoop in the morning with 2-8 oz. of water, milk, fruit juice, smoothie, yogurt, or other foods or liquids. Do not expose to boiling or scalding temperatures.

SUPPLEMENT FACTS			
Serving Size: 1 Scoop (7g)		Servings Per Container: 30	
Amount Per Serving %DV*		Amount Per Serving %DV*	
Calories	15	Phytobiotic Proprietary Blend	37.5mg †
Total Carbohydrate	5g 2%	Suntheanine® L-Theanine, Amare GBX+	
Total Sugars	0g	<b>Proprietary Blend:</b> Applephenon® Asian Apple	
Total Fiber	5g	( <i>Malus domestica</i> ) fruit extract, Enovita® French Grape ( <i>Vitis vinifera</i> ) seed extract, Enzogenol®	
<b>MW3™ Probiotic Proprietary Blend</b>	<b>4700mg †</b>	New Zealand Pine ( <i>Pinus radiata</i> ) bark extract	
IsoFiber™ Iso-Malto-Oligosaccharides, BiMuno® GOS		<b>Gut-Axis Support Proprietary Blend</b>	<b>205mg †</b>
Galacto-Oligo-Saccharides, SunFiber® Galactomannan Fiber		Wellmune® Yeast 1,3/1,6 Beta-Glucan	
<b>MW3™ Probiotic Proprietary Blend 1.5B CFU †</b>		( <i>Saccharomyces cerevisiae</i> ), L-Glutamine, ProDigest®	
<i>Lactobacillus helveticus</i> R0052, <i>Bifidobacterium longum</i> R0175, <i>Lactobacillus rhamnosus</i> R0011		[Artichoke Leaf Extract ( <i>Cynara scolymus</i> ) and Ginger Root Extract ( <i>Zingiber officinale</i> )]	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily needs may be higher or lower depending on your calorie needs.

† Daily Value not established.

**Other Ingredients:** natural flavors, citric acid, malic acid, stevia leaf extract. **CONTAINS Milk and Soy.**  
\*Milk and Soy ingredients are used in the growth/culture media to nourish our probiotic bacteria during the production process, but the finished probiotics do not contain appreciable levels of Milk or Soy.

# KIDS FUNDAMENTALS™

Kids FundaMentals™ provides gut support through our MW3™ Probiotic Proprietary Blend, which is specifically formulated to feed the bacteria in our MW3™ Probiotic Proprietary Blend.\*

### MW3 Probiotic Proprietary Blend

Our blend contains unique and specific probiotic strains targeted to enhance overall mental wellness.\*

#### MW3 Probiotic Strains:

*Lactobacillus rhamnosus* R0011 — Reduces stress by lowering cortisol exposure and improves GABA neurotransmission\*

*Bifidobacterium longum* R0175 — Enhances calmness by decreasing anxiety indices and improves cognitive function\*

*Lactobacillus helveticus* R0052 — Improves mood by decreasing neuro-inflammation and increasing serotonin\*



### MW3 Probiotic Proprietary Blend

Our MW3 Probiotic Proprietary Blend provides optimal gut support by feeding the specific mental wellness probiotic strains found in our MW3 Probiotic Proprietary Blend.\*



#### MW3 Probiotic Fibers:

**IsoFiber™** (Iso-Malto-Oligosaccharides) — Contains a combination of naturally occurring prebiotic plant fibers that are clinically shown to improve the growth of specific probiotic strains featured in Kids FundaMentals™ and now MentaBiotics™ Sugar Free!

**BiMuno®** (Galacto-Oligo-Saccharides) — Resets and increases friendly gut bacteria, maintains immune health, controls inflammation in the body and supports your microbiome balance. Is highly effective and a natural way of increasing preferred bacteria in your gut. Plays an important role in feeding Bifidobacteria probiotic strains\*

**SunFiber®** (Galactomannan Fiber) — Helps improve the growth and vitality of beneficial bacteria, including Bifidobacteria and Lactobacillus.\*

### Which prebiotics match up with our mental wellness probiotics?

MW3™ Probiotic Proprietary Blend

MW3™ Probiotic Proprietary Blend

IsoFiber™

Iso-Malto-Oligosaccharides

Lactobacillus helveticus R0052

BiMuno®

Galacto-Oligo-Saccharides

Bifidobacterium longum R0175

SunFiber®

Galactomannan Fiber

Lactobacillus rhamnosus R0011



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