

MENTAL FITNESS PACK™

The World's Leading All-Natural Products to Support Your Mental Fitness*



Fuel your mental edge with all-natural products in our Mental Fitness Pack! This pack includes (1) of each of our most-popular mental optimization products: Energy+, Mood+, Sleep+, and Relief+.*

It's time to fuel your mental edge with the world's leading all-natural products in our Mental Fitness Pack!

Our popular Mental Fitness Pack is a combination of products to improve your energy levels, boost your mood, help you sleep soundly, and relieve you from occasional aches and pains.*

Here's the breakdown:

Energy+: A next-generation mental energy product that delivers rapid improvements in brain and physical performance, without the jitters or crash you might get from many high-stimulant or high-sugar energy drinks.*

Mood+: The key ingredients in Mood+ have multiple scientific studies that show significant benefits for mood support such as relief from anxious feelings, sadness, restlessness, and overall stress relief.*

Sleep+: The key ingredients in Sleep+ have multiple scientific studies that show significant benefits including helping you to fall asleep faster, stay asleep longer, and experience higher quality plus more rejuvenating sleep.*

Relief+: The key ingredients in Relief+ have been scientifically shown to balance normal inflammatory function and support antioxidant levels to provide fast-acting & long-lasting relief from occasional aches and pains.*

- 1 Improves brain performance*
- 2 Increases energy levels and endurance*
- 3 Helps provide calm to body and brain*
- 4 Supports lower stress hormones including cortisol*
- 5 Enhances feelings of well-being and supports a healthy, positive mood*
- 6 Rapid improvements in mental acuity and alertness*

Item Code:	P023
Price:	\$155.95 / 111 PV
Subscribe & Save:	\$139.95 / 100 PV
Bundle & Save:	\$95.00 / 45 PV

THE SMARTEST WAYS TO BUY & SAVE MORE

when you order the Mental Fitness Pack on Subscribe & Save versus purchasing the products individually.



AMARE PACKS UNLOCK BUNDLE & SAVE

When you place a Subscribe & Save order on any of our packs, you can bundle **ADDITIONAL PRODUCTS AT REDUCED PRICES!**† of up to **54% OFF** Subscribe & Save.

†Excluding the FundaMentals products



Meet The Formulator: Shawn Talbott

Chief Science Officer | PhD, CNS, LDN, FACSM, FAIS, FACN

As a nutrition educator for elite-level athletes, and an athlete myself, I know how important it is to have a MENTAL EDGE. This pack provides everything you need for next-level performance everyday — on the field, in the office, or at home!



100% SATISFACTION GUARANTEE

We offer a complete line of products focused on mental wellness. You can evaluate our products for yourself and if at any time you are not completely satisfied, we will fully refund your purchase. Visit amare.com for full return policy.

*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.

MENTAL FITNESS PACK™

FUEL YOUR MENTAL EDGE WITH ALL-NATURAL PRODUCTS!



Energy+

YOUR "ON" SWITCH



Mood+

BANISH YOUR BAD MOOD



Sleep+

YOUR "OFF" SWITCH



Relief+

NO PAIN — ALL GAIN



Improvement in mental acuity and alertness*

42%

Decrease in feelings of anger*

50%

Improvement in sleep efficiency*

74%

Decrease in osteomuscular pain*



Increase in stamina and endurance*

20%

Decrease in feelings of sadness*

40%

Improvement in sleep quality*

53%

Reduction in inflammation*



No jitters or crash*

70%

Reduction of stress related symptoms*

33%

Faster time to fall asleep*

31%

Decrease in cartilage damage*

What People Are Saying About The Mental Fitness Pack

"I realized I had lived for years in a brain fog and it was finally lifted." -Jennifer

"Optimize your entire life!" -Amy

"I had cat-like reflexes all of a sudden." -Andrea

"Love that it is all natural!" -Vonny



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ENERGY+

Supports Mental Energy and Performance*

Benefits:

- Increases energy levels and endurance*
- Rapid improvements in mental acuity and alertness*
- Helps to regulate epinephrine production*
- Improves brain performance*
- Long-lasting stamina without the jitters or crash*
- Sip throughout the day for maximum mental energy benefits*

Directions:

Thoroughly mix one stick pack per 8 to 16-oz of water. Additional stick packs may be consumed as needed.

SUPPLEMENT FACTS

Serving Size: 7.00g (1 Stick Pack)
Servings Per Container: 30

Amount Per Serving	%DV*
Calories	20
Total Carbohydrates	5g 2%
Sugars	5g
Mental Energy Proprietary Blend	385mg †

Pomegranate Extract (fruit), Amatea™ Guayusa Extract (leaf), Matcha Green Tea (leaf), Natural Caffeine*, Amare GBX+ Proprietary Blend [Applephenon® Asian Apple (Malus domestica) fruit extract, Novita® French Grape (Vitis vinifera) seed extract, and Enzogenol® New Zealand Pine (Pinus radiata) bark extract]

*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: Cane Sugar, Citric Acid, Natural Flavors, Stevia (as Rebaudioside A)

*Provides 55mg of naturally derived caffeine from green tea leaf extract

MOOD+

All-Natural Mood Support*

Benefits:

- Enhances feelings of well-being and supports a healthy, positive mood*
- Lessens occasional anxiousness and feelings of sadness*
- Supports natural serotonin and dopamine production for enhanced mood benefits*
- Reduces feelings of negativity and stress*
- Promotes a calming, relaxing state of mind*
- Increases motivation and drive*

Directions:

Take 2 capsules with 8 oz of water. Additional servings can be taken as needed. Do not exceed 6 capsules per day.

SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 30

Amount Per Serving	%DV
Mood Elevating Prop. Blend:	330mg †

Rosemary (*Rosmarinus officinalis*) leaf extract, Oregano (*Origanum vulgare*) leaf extract, Clove (*Syzygium aromaticum*) flower buds, Sage (*Salvia officinalis*) leaf extract, Zembrin® Kan-na (*Sceletium tortuosum*) extract, Venetron® Rafuma (*Apocynum venetum*) leaf extract.

Tension Reducing Prop. Blend:	270mg †
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Sensoril® Ashwagandha (*Withania somnifera*) root and leaf extract, Relora® (Magnolia (*Magnolia officinalis*) bark extract and Phellodendron (*Phellodendron amurense*) bark extract), Tulsi (*Cocimum sanctum*) leaf extract.

† Daily Value not established

Other ingredients: Rice flour, Plant-based capsule, Marshmallow root, Rice Extract Blend, Bamboo silica

SLEEP+

Rejuvenating, Refreshing, Restful Sleep*

Benefits:

- Relieves occasional sleeplessness*
- Improves quality of sleep and ease of falling asleep*
- Decreases the number of nighttime awakenings and sleepless nights*
- Provides a soothing and refreshing night's sleep, without morning grogginess*
- Encourages restful sleep, calms the nervous system, and helps reduce stress*

Directions:

Take 2-4 capsules approximately 30 minutes prior to bedtime with 8 oz of water. Do not exceed 4 capsules per night.

SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 30

Amount Per Serving	%DV
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Vitamin C (ascorbic acid)	23mg 25%*
Vitamin D3 (as cholecalciferol)	3.8mcg 19%*
Niacin (as niacinamide)	4mg NE 25%*
Vitamin B6 (as pyridoxine HCl)	425mcg 25%*
Folate (as 5-methyltetrahydrofolate)	100mcg DFE 25%*
Vitamin B12 (as Methylcobalamin)	1.5mcg 83%*
Magnesium (as Amino Acid Chelate)	50mg 12%*
Zinc (as Amino Acid Chelate)	3mg 25%*

Deep Sleep Proprietary Blend	350mg †
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Maizindol™ Corn grass (from *Zea mays*), 5-Hydroxytryptophan (from *Griffonia simplicifolia* seed)

*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: Rice flour, Plant-based capsule, Rice hulls silica, Rice extract, Rice hulls, Gum arabic, Sunflower oil

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 45

Amount Per Serving	%DV
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Proprietary Relief Blend:	425mg †
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Meriva® Turmeric (*Curcuma longa*-phytosome complex), Casperome® Frankincense (*Boswellia serrata*-phytosome complex), Papain 2000 USP/mg, Bromelain (*Ananas comosus*) 2400 GDU/gm, Cayenne Pepper (*Capsicum annuum*), White Willow (*Salix alba*) bark extract, Chamomile (*Matricaria recutita*) flowers extract

† Daily Value not established

Other ingredients: Plant-based capsule, Rice flour, Bamboo silica, Rice Extract Blend

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