



# FUNDAMENTALS PACK PLUS®



Comprehensive nutrition for all three brains  
— gut, brain, and heart.\*

## What It Is

- **MentaBiotics®** - Probiotics, prebiotics, and phytobiotics that support the gut-brain axis and optimize mental resilience. \*
- **MentaFocus®** - Maintains focus, mental sharpness, clarity, creativity, and cognitive functioning in healthy adults.\*
- **MentaSync®** - A combination of phytonutrients that prime your immune system to optimize the communication between your brain and your gut. \*
- **MentaHeart™** - Formulated with cutting-edge nutrients to not just support heart efficiency but promote overall heart health. \*

## Why You'll Love It

- Optimizes heart-brain-gut axis communication. \*
- Supports psychological vigor and stress resilience. \*
- Supports the growth and vitality of a range of beneficial gut bacteria. \*
- Promotes emotional well-being. \*

## Targeting mental wellness through the body's three brains.

Our three brains: gut (sensing brain), mind (thinking brain), and heart (feeling brain), determine our emotions and are the most powerful tools in optimizing our overall mental wellness. Think of your gut as the intuition and instinct resource. The head is the logical and analytical source. And finally, the heart is the emotional, passionate, and artistic approach to your well-being. When in sync, these three brains balance your mental wellness. \*

# THE SCIENCE OF AMARE FUNDAMENTALS PACK PLUS®

## How does it work?

Amare FundaMentals Pack PLUS is designed to target and support the primary physiological drivers of mental wellness.

**A synergistic four-part system for the entire gut-brain-heart axis®!**



### **MentaBiotics® (Gut)**

Optimize your gut-brain axis (GBX) with this synergistic combination of clinically validated probiotics, prebiotics, and phytobiotics. Formulated to support mind and body resilience through advanced gut-brain nutrition. \*

- Supports a happy (and healthy) gut. \*
- Supports feelings of well-being and emotional regulation. \*
- Increases natural serotonin, dopamine, and GABA production. \*



### **MentaFocus® (Brain)**

Supports your brain with key phytonutrients clinically proven to support focus, mental sharpness, clarity, creativity, and cognitive functioning in healthy adults.\*

- Supports short-term and long-term memory. \*
- Empowers and sustains a sense of mental focus. \*
- Plant-based and stimulant-free. \*



### **MentaHeart™ (Heart)**

Supports heart efficiency, setting the stage for the brain, gut, and heart to synergistically complement each other.

- Promotes vigor and reduces fatigue. \*
- Enhances cardiovascular efficiency. \*
- Supports positivity and stress resilience. \*



### **MentaSync® (Axis)**

Prime your immune system to optimize the communication sync of chemical messengers between your brain and your gut with the clinically studied key ingredients in MentaSync. \*

- Optimizes communication within the gut-brain axis. \*
- Enhances immune activity. \*
- Supports psychological vigor. \*



Sugar Free



Non-GMO  
Gluten Free



No Caffeine



No Artificial  
Preservatives,  
Colors, Flavors, or  
Sweeteners

\*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.

Amare FundaMentals Pack PLUS®  
amare.com



# menta BIOTICS®

## Supplement Facts

Serving Size: 1 Stick Pack (8 g)  
Servings Per Container: 30

Amount Per Serving		% Daily Value
Calories	20	3%
Total Carbohydrate	7 g	2%*
Dietary Fiber	4 g	15%*
Sodium	25 mg	1%
<b>MW3® Probiotic Proprietary Blend</b>	5405 mg	†
IsoFiber® IsoMalt-Oligosaccharides, BiMuno® GOS Galactooligosaccharides, SunFiber® Galactomannan Fiber, SunTheanine® L-Theanine		
<b>MW3® Probiotic Proprietary Blend 3B CFU</b>	65 mg	†
Lactobacillus helveticus R0052, Bifidobacterium longum R0175, Lactobacillus rhamnosus R0011		
<b>Amare GBX+ Proprietary Blend</b>	50 mg	†
Applephenon® Asian Apple ( <i>Malus domestica</i> ) fruit extract, Enovita® French Grape ( <i>Vitis vinifera</i> ) seed extract, Enzogenol® New Zealand Pine ( <i>Pinus radiata</i> ) bark extract		
<b>Digestive Performance Proprietary Blend</b>	140 mg	†
L-Glutamine, ProDigest® [Artichoke ( <i>Cynara scolymus</i> ) leaf extract and Ginger ( <i>Zingiber officinale</i> ) root extract]		

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value not established.

**Other Ingredients:** Natural flavors, Citric acid, Stevia leaf extract, Vegetable juice color, Salt. **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.



# menta HEART™

## Supplement Facts

Serving Size: 2 Softgels  
Servings Per Container: 30

Amount Per Serving		%DV*
Calories	10	
Total Fat	0.5 g	<1%*
<b>HBX Proprietary Blend</b>	320mg	†
PFBc™ Palm Fruit Bioactives Complex ( <i>Elaeis guineensis</i> ), Bergavit® 40 Bergamot ( <i>Citrus bergamia</i> ) Fruit Extract, Thymoquin™ Black Cumin Seed Oil ( <i>Nigella sativa</i> ), AquaCelle® CoEnzyme-Q10, AstaZine® Astaxanthin Oil ( <i>Haematococcus pluvialis</i> )		

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value not established

**Other Ingredients:** Extra Virgin Olive Oil, Gelatin, Glycerin, Beeswax, Purified Water, Sunflower Lecithin, Castor Oil, Coconut Oil Fractionated, Citrus Oil, Oat Oil, Vitamin E Acetate, D-Alpha Tocopherol



# menta FOCUS®

## SUPPLEMENT FACTS

Serving Size: 2 Capsules  
Servings Per Container: 30

Amount Per Serving		%DV
<b>Focus Empowering Proprietary Blend</b>	50mg	†

Pomegranate extract (Wonderful Variety, *punica granatum*) whole fruit, **Amare GBX + Proprietary Blend** [Applephenon® Asian Apple (*Malus domestica*) fruit extract, Enovita® French Grape (*Vitis vinifera*) seed extract, and Enzogenol® New Zealand Pine (*Pinus radiata*) bark extract], Rosemary (*Rosmarinus officinalis*) leaf extract, Oregano leaves, Clove (*Eugenia caryophyllata* Thunb.) flower buds, Sage (*Salvia officinalis*) leaf extract, Tulsi (*Ocimum sanctum*) leaf extract.

† Daily Value not established

**Other ingredients:** Plant-based capsule, Rice flour, Rice Extract Blend, Rice fiber



# menta SYNC®

## SUPPLEMENT FACTS

Serving Size: 2 Capsules  
Servings Per Container: 30

Amount Per Serving		%DV
Vitamin C (as ascorbic acid)	200mg	333%

**Alpha-Beta Glucan Proprietary Blend 215mg** †  
Wellmune® Yeast 1,3/1,6 Beta-Glucan (*Saccharomyces cerevisiae*), M2 organic whole food mushrooms [Chaga (*Inonotus obliquus*); Maitake (*Grifola frondosa*); Shiitake (*Lentinula edodes*); Agaricus (*Agaricus blazei*)], FucoMax™ Fucoïdan (*Laminaria japonica*) seaweed

**Intestinal Integrity Proprietary Blend 125mg** †  
Calcium Butyrate, Magnesium Butyrate, Zinc/Carnosine Complex

† Daily Value not established

**Other ingredients:** Rice flour, Plant-based capsule, Rice fiber, Rice Extract Blend, Natural Peppermint Flavor