

MY AMARE Routine



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My Supplement Routine

Kristen Lowrimore

MORNING

- Happy Juice
- Mood Plus
- Focus
- GBX Fit
- Ignite

AFTERNOON

- GBX super food shake
- Seed fiber
- Edge
- Menta Sync

EVENING

- Relief as needed

What are some of the biggest challenges that you face in your life?

Hormone imbalance that comes with aging, TBI recovery, memory, Lyme in household, learning difficulties

What made you choose these products?

Mood, hormone support, reduce inflammation, sympathetic overdrive, and CNS recovery



My Supplement Routine

Christine Clauto

MORNING

- Amare Shake:
 - 2 scoops chocolate
 - 1 scoop Seed fiber
 - 1 scoop Superfood
- 2 VitaGBX
- 1 GBX Fit
- 2 Sync
- 2 Focus
- 1 Heart
- 1 Ommega
- Happy Juice
 - 1 scoop Mentabiotics
 - 1 scoop Edge
 - 1 Energy

AFTERNOON

- Edge most afternoons
- Energy (dragonfruit) as needed

EVENING

- Superfood and Seed fiber in water as a drink
- Mood Kids as needed

What are some of the biggest challenges that you face in your life?

Staying present for my kids. Losing weight, decluttering my house.

What made you choose these products?

I originally started the end of December with the B3 kit. I love the shakes for breakfast (my husband does too). And love the motivation I get from Edge. Looking to improve heart health and lessen high blood pressure medicine too.



My Supplement Routine

Terry Sikes

MORNING

- Happy juice with grape and watermelon Edge
- Kid's mood
- Protein shake mid morning with Seed Fiber and superfood.

AFTERNOON

- VitaGBX
- Omega, Mentaheart
- Mood+
- Mentasync
- Mentafocus.

EVENING

- Mood+ and Sleep
- Digestive
- Relief



My Supplement Routine

Rosy Crescitelli

MORNING

- GBX Fit on an empty stomach
- SuperFood in hot water
- Mood+
- Focus
- Sync
- Vita GBX
- Heart with breakfast

AFTERNOON

- SeedFiber
- Energy
- Edge
- Mentabiotics in water
- Relief + if workout was hard

EVENING

- Kids Mood+ to make it through the rest of the evening
- Sleep+
- ohMega
- Probiotics
- Digestive
- GBX Fit before bed

What are some of the biggest challenges that you face in your life?

Balance - managing self care on top of raising 4 kids pretty much alone. All of my kids require something different. Being present for them while also caring for 2 businesses is quite a bit.

What made you choose these products?

I have been looking and waiting for them. They are in perfect alignment with everything I value: trauma healing, stress resilience, mental wellness



My Supplement Routine

Tina Milligan

MORNING

- 2 Kids Vita GBX
- 2 GBX Fit
- Sugar Free Happy Juice
- 2 Digestives

AFTERNOON

- Edge
- Digestive

EVENING

- Superfood(2x)
- Digestive
- Vanilla Protein Powder
- Kids Mood

What are some of the biggest challenges that you face in your life?

I was diagnosed in 2012 with Primary Progressive MS and Celiac.

I do not methylate vitamins as the typical person does.

Continued on next page...

What made you choose these products?

I chose Amare products for many reasons: Quality
Studies and technical data sheets
Gut/Brain Axis support
Ability to address Mental Health naturally



My Supplement Routine

Tina Milligan

What are some of the biggest challenges that you face in your life?

Continued...

I like the ability to customize my dosages with Amare to meet my ever evolving needs.

Neurologically I struggle with numbness and tingling from the knee down, spasticity, poor circulation from the knee down, heat intolerance (unable to sweat to cool down) and also unable to tolerate extremes.

Due to celiac damage I experience relief with feeding the good and bad bacteria and digestive enzymes. Also learning to manage my stress has improved and dramatically reduce digestive symptoms.

I'm a single mom of an autistic high functioning adult so stress was a big factor: I was able to regulate my stress response and live a much stable and happier life.



My Supplement Routine

Jodie Young

MORNING

- 2 Focus
- 2 Mood
- 2 Mentasync
- 1 GBXfit
- Happy Juice

AFTERNOON

- Occ Edge repeat

EVENING

- 1 GBXfit
- Kids Mood+ at bedtime

What are some of the biggest challenges that you face in your life?

Confidence and weight

What made you choose these products?

The science, education, and the need to help people



My Supplement Routine

Pattie Kepshire

MORNING

- Happy Juice
- MentaHeart
- GBXFIT
- OmMega

AFTERNOON

- Digestive
- VitaGBX,
- MentaFocus
- Happy Juice w/ Kids
Mood added

EVENING

- Digestive
- GBXFIT

What are some of the biggest challenges that you face in your life?

Stressful career and working too many hours.

Still financially recovering from losing my home to 2 Back-to-back Hurricanes.

What made you choose these products?

I trust Lindsey Elmore! I heard her talking about Amare on New Year's Eve and I signed up 1/1/2022. It was crazy how quickly Happy Juice kicked in! Amare for LIFE!



My Supplement Routine

Robin Heikkinen

MORNING

- Mid-morning
- HJ
- Focus
- Omega
- Heart
- GBX Fit

AFTERNOON

- Sometimes HJ
- Sometimes GBX Protein
- SeedFiber
- Superfoods
- Switching between HJ & smoothie during week.
- Always Sync.

EVENING

- GBX Fit every night.

What are some of the biggest challenges that you face in your life?

Very stressful job and trying to keep it all going while being single - it all falls on me! No kids, but I do have fur babies. Another other stress is elderly parents and trying to be there for them. It's not a burden, but can add stress if they are ill or having issues (as they are both sick right now...).

What made you choose these products?

My friend Pattie Kepshire told me about how she had experienced increased energy, better mood, more focus and motivation, and less brain fog. I needed ALL that in my life, so I was ready! Patties was spot on! I've not felt this good in YEARS!



My Supplement Routine

Kelsey Brigmon

MORNING

- GBX fit, chocolate protein with oat milk
- Sync
- Focus
- Heart
- Vita GBX
- Happy Juice

AFTERNOON

- Happy Juice
- More GBX fit protein after lunch

EVENING

- OmMegas
- GBX fit
- Sleep
- Digestive as needed
- Probiotics

What are some of the biggest challenges that you face in your life?

Trying to balance all my plates

What made you choose these products?

They were suggested by a reputable source and they actually worked.



My Supplement Routine

Christa Benavides

MORNING

- Protein smoothie with GBX Superfoods
- GBX Fit
- Mood+
- MentaFocus.
- About an hour later, Edge, Mentabiotics and Energy+

AFTERNOON

- Edge
- Kids Mood + as needed

EVENING

- Kids Mood + to my kids to relax them before bedtime



My Supplement Routine

Marci Mckinnon

MORNING

- Happy Juice (Edge watermelon & Kids Fundamentals, and sometimes Energy)
- MentaHeart
- MentaFocus
- VitaGBX
- Mood+

AFTERNOON

- Kids Mood+ (as needed)
- SeedFiber in my smoothie.
- Sometimes I do more Happy Juice

EVENING

- VitaGBX
- Mood+
- More Kids Mood+ (as needed)
- Probiotics at bedtime



My Supplement Routine

Sarah Hougard

MORNING

- Happy Juice
- Focus
- GBX Fit
- Vita GBX

AFTERNOON

- Edge
- Energy
- Mood

EVENING

- Mood
- VitaGBX
- GBX Fit



My Supplement Routine

Jackie Aellen

MORNING

- Start day with a smoothie with GBX Protein, Superfoods & Seed Fibre
- GBX Fit
- Mood+
- Relief+
- Menta Sync
- Menta Focus
- Happy Juice

AFTERNOON

- Extra shot of Energy+ and some days additional Edge.

EVENING

- GBX Fit
- Sleep
- Relief.



My Supplement Routine

Judith Labert

MORNING

- Fundamentals pack
- Energy (with Edge sometimes)

AFTERNOON

- Energy
- Edge

EVENING

- Sleep
- Amare Hemp
- Relief if needed



My Supplement Routine

Bethany Jury

MORNING

- Happy juice
- Boost
- Mood
- Focus
- Sync

AFTERNOON

EVENING

- GBX Fit



My Supplement Routine

MORNING

AFTERNOON

EVENING

What are some of the biggest challenges that you face in your life?

What made you choose these products?