



MentaBiotics®

Take the Guesswork
Out of Gut Health



What It Is

This best seller combines probiotics, prebiotics, and phytobiotics to help balance your gut microbiome and support resilience against occasional stress.*

Why You Need It

When life feels overwhelming, your gut might be feeling it too. MentaBiotics is designed with ingredients for people who want to take the guesswork out of gut health and feel more steady in the face of occasional stressors. It has science-backed ingredients to nurture your second brain and support your body's natural ability to handle life's up and downs.

How It Works

A combination of science-backed probiotics, prebiotics and phytobiotics to support mental wellness through the gut-brain axis.

- MW3® Probiotic Proprietary Blend includes three unique strains of probiotics. Lactobacillus helveticus R0052 and Bifidobacterium longum R0175 help the body manage everyday stress more effectively—research shows this duo can reduce feelings of everyday stress by 44%. By supporting healthy cortisol levels and key brain chemicals like serotonin, it helps promote a calm mood and overall brain wellness. Additionally, Lactobacillus rhamnosus R0011 supports overall health of the gut.*
- MW3® Prebiotic Proprietary Blend combines three prebiotics fibers for gut nourishment supporting a thriving, and diverse microbiome.*
- Phytobiotics also known as phytonutrients, help protect the microbiome and support the gut-brain axis.*



*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 MentaBiotics®
amare.com



The Science

Your gut isn't just about digestion—it's home to millions of neurons and an entire community of microbes that influence everything from mood to occasional stress. That's why it's often called your second brain. A gut-focused approach can play a key role in balance, resilience and well-being.

How To Use It

- Simply mix one stick pack with 2-8 ounces of water, juice, smoothie or liquid of food of choice
- Do not expose to boiling or scalding temperatures.
- Sip MentaBiotics solo daily or mix with Amare EDGE+ for Amare Happy Juice® and a more complete approach to your mental wellness.



Supplement Facts

Serving Size: 1 Stick Pack (7 g)
Servings Per Container: 30

Amount Per Serving		%DV
Calories	15	
Total Carbohydrate	5 g	2%*
Dietary Fiber	3 g	11%*
MW3® Prebiotic Proprietary Blend	5405 mg	†
Iso-Malto-Oligosaccharides (IMO), Bimuno® GOS Galacto-Oligo-Saccharides, Sunfiber® Galactomannan Fiber, Suntheanine® L-Theanine		
MW3® Probiotic Proprietary Blend 3B CFU	65 mg	†
Lactobacillus helveticus R0052, Bifidobacterium longum R0175, Lactobacillus rhamnosus R0011		
Amare GBX+ Proprietary Blend	50 mg	†
Applephenon® Asian Apple (Malus domestica) fruit extract, Enovita® French Grape (Vitis vinifera) seed extract, Enzogenol® New Zealand Pine (Pinus radiata) bark extract		
Digestive Performance Proprietary Blend	160 mg	†
L-Glutamine, ProDigest® (Artichoke (Cynara scolymus) leaf extract and Ginger (Zingiber officinale) root extract)		

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

Other Ingredients: Natural flavors, Citric acid, Stevia (leaf) (as Rebbaudioside A).
CONTAINS: Milk and Soy.*
Bimuno® is a registered trademark of Clasado Limited, Sunfiber® and Suntheanine® are registered trademarks of Taiyo International, Inc, ProDigest® and Enovita® are registered trademarks of Indena S.p.A. Italy, Applephenon® is a registered trademark of BGG Japan CO, LTD, Enzogenol is a registered trademark of Enzo Nutraceuticals Limited.



Supplement Facts

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

Amount Per Serving		%DV
Calories	20	
Total Carbohydrate	7 g	3%*
Dietary Fiber	4 g	15%*
Sodium	25 mg	1%
MW3® Prebiotic Proprietary Blend	5405 mg	†
Iso-Malto-Oligosaccharides (IMO), Bimuno® GOS Galacto-Oligo-Saccharides, Sunfiber® Galactomannan Fiber, Suntheanine® L-Theanine		
MW3® Probiotic Proprietary Blend 3B CFU	65 mg	†
Lactobacillus helveticus R0052, Bifidobacterium longum R0175, Lactobacillus rhamnosus R0011		
Amare GBX+ Proprietary Blend	50 mg	†
Applephenon® Asian Apple (Malus domestica) fruit extract, Enovita® French Grape (Vitis vinifera) seed extract, Enzogenol® New Zealand Pine (Pinus radiata) bark extract		
Digestive Performance Proprietary Blend	160 mg	†
L-Glutamine, ProDigest® (Artichoke (Cynara scolymus) leaf extract and Ginger (Zingiber officinale) root extract)		

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

Other Ingredients: Natural flavors, Citric acid, Stevia (leaf) (as Rebbaudioside A), 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.
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