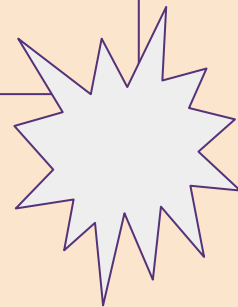


How to help your kids feel
more focused, calm, & happy
with Natural Approaches!



Why are we so passionate about this?
Because of how it changed our kids' lives for the better!



ADHD is More than an Inability to Focus...



It's a collection of symptoms

Why pharmaceuticals are not a homerun: they only “treat” one symptom & target only one neurotransmitter, leaving the Root Cause unsolved

- 👉 Ritalin for Focus ~ Norepinephrine
- 👉 Prozac for Mood ~ Serotonin
- 👉 Wellbutrin for Motivation ~ Dopamine

And they come with a host of Side-Effects:

- ❑ Loss of appetite
- ❑ Sleeplessness
- ❑ Loss of personality/zombie like
- ❑ Flattened energy/motivation
- ❑ Mood swings
- ❑ Increased Anxiety

ADHD & the Gut-Brain connection

The Science is telling us there is something we can do that can help!

RECENT SCIENTIFIC DISCOVERIES

- Science now tells us that we actually have a **SECOND BRAIN!**
- There has been a massive scientific shift toward the **MICROBIOME**, also known as our gut and second brain, as being the source to addressing mental wellness issues.

**NEW ERA
SCIENCE**

*"What, We Have a
Second Brain? The
Microbiota-Gut-Brain Axis"*

PsychologyToday



Why is the Microbiome & gut-brain axis so Important?

The good bacteria in your Gut Microbiome create most of your Neurotransmitters responsible for how we feel and behave

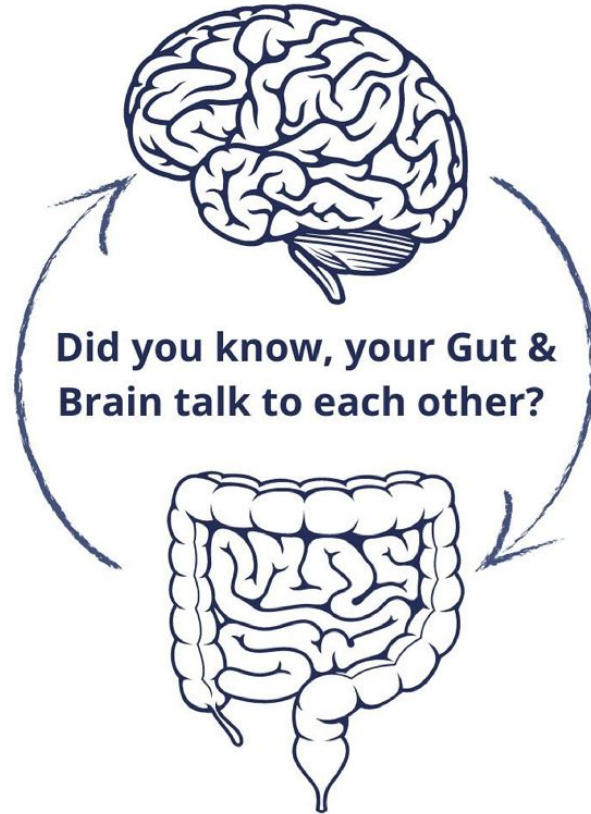
- ❑ Serotonin - Happiness
- ❑ Dopamine - Motivation
- ❑ Gaba - Calmness
- ❑ Norepinephrine - Focus

When the gut has an imbalance of the wrong kind of bacteria, it sends improper signals to the brain such as lack of focus, irritability, sadness, anxiousness, etc.

The gut talks to your brain through hormones, neurotransmitters, and the vagus nerve (the gut-brain axis)

Addressing the Root causes in the GUT!

95% of information flows from your gut to your brain making your Gut really your FIRST brain!



Why prebiotic and probiotic STRAIN
SPECIFICITY matters and which
strains improve focus, behavior &
mood.

When we change the bacteria in our gut and feed it the right food (prebiotic fibers), we can improve how we feel & behave!

- Add specific strains of probiotics (good bacteria)
- Add specific prebiotic fibers that feed the good bacteria and help establish a healthier more diverse balance in the gut (more good bacteria vs. bad bacteria).
- A more diverse microbiome = healthier mind & body

SPECIFIC Probiotic Strains & what they do to address ROOT causes of symptoms

Lactobacillus rhamnosus **R0011** — Reduces stress by lowering cortisol exposure and improves GABA neurotransmission (relaxation and calmness)

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 (leaky gut = leaky brain)

60% decrease in irritability

55% decrease in anxiousness

50% decrease in negative mood/depression

49% reduction in overall stress

70% increase in good bacteria

SPECIFIC Prebiotic Fibers & what they do

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

Bimuno® (Galacto-Oligo-Saccharides) — Resets and increases friendly gut bacteria, maintains immune health, controls inflammation in the body and supports your microbiome balance with preferred bacteria. 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.

2 Clinical studies with a group of kids showed if we give the right fiber, we can change the bacteria in our gut which changes the diversity in our microbiome & improves our gut integrity (*less leaky gut*).

We see LESS: gastrointestinal issues, tension & irritability, leaky gut, acting up & behavioral issues, inflammation

We see IMPROVED: neurotransmitter production, brain performance, optimization across the gut-brain axis.

Everything starts working more efficiently which will bring about a ***positive change in cognitive function & behavior!***

The most important part is that these prebiotic fibers are matched exactly to the probiotics they will nourish

Which prebiotics match up with our mental wellness probiotics?

MW3™ Prebiotic
Proprietary Blend

IsoFiber™

Iso-Malto-Oligosaccharides

BiMuno®

Galacto-Oligo-Saccharides

SunFiber®

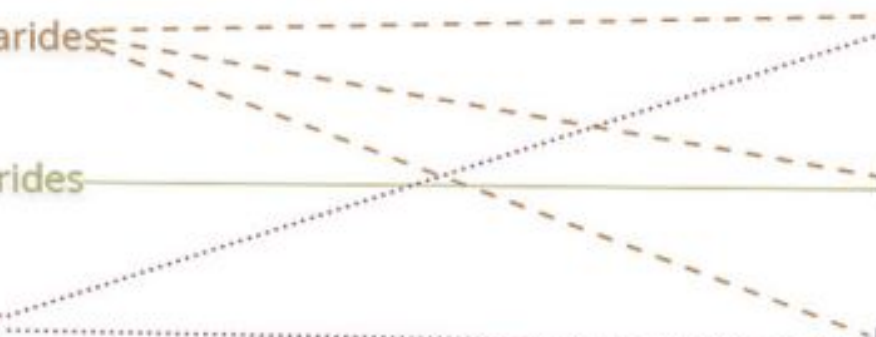
Galactomannan Fiber

MW3™ Probiotic
Proprietary Blend

Lactobacillus helveticus
R0052

Bifidobacterium longum
R0175

Lactobacillus rhamnosus
R0011



The Unsung heroes in the the gut-brain axis formulations

L-Theanine (Suntheanine) - relaxing & calming amino acid - helps shift brain waves away from tension/anxiety (beta-waves) and toward “relaxed alertness” (alpha-waves). Decreases tension/anxiety and creates more calm alertness. Can also help with sleep.

L-Glutamine - amino acid - primary food that the cells that line your intestines eat. Helps with leaky gut and supports gut barrier function to prevent toxins from getting into your bloodstream and brain.

Beta-Glucan - anti-inflammatory and immune cell priming benefits to optimize the ‘axis’ signaling between the gut & brain

Phytobiotic Proprietary Blend:

- New Zealand Pine Bark extract - supports mental function & concentration - used as first line therapy in other countries for ADHD
- Asian Apple Fruit Extract - antioxidant properties
- French Grape seed extract - contains flavonoids & provides antioxidant & anti-inflammatory properties

Top Natural Ingredients that are clinically validated to help reduce ADHD symptoms

1

Saffron: Shown equivalence in clinical studies to Prozac for improving mood and Ritalin for sharpening focus. Boosts production of feel-good chemicals (serotonin & dopamine) while lowering stress (cortisol).

2

L-Theanine: Amino acid, used in Japan as first-line therapy for ADHD, improving relaxation, alertness, focus, & attention.

3

New Zealand Pine Bark: Used as first-line therapy in New Zealand for ADHD. Improves brain processing speed, memory, focus, and calms the "monkey mind".

4

Pomegranate Seed Extract: Helps activate brain regions associated with focus, calmness, and memory.

5

Guayusa Leaf: Increases mental clarity, alertness, and focused energy 'mental awareness'.

6

Mango Leaf Extract: Provides immediate mental energy, improves cognitive performance & reduces mental fatigue. Also helps with sports performance.

7

Palm Fruit: Improves mood, motivation, & brain performance. Enhances neuron regeneration and neuronal pathways contributing to better learning.

8

Unique strains of probiotics, prebiotics, & phytobiotics: clinically shown to reduce stress, enhance calmness, decrease anxiety, and improve cognitive function, behavior, and mood.

What is the Solution & how to get started?

Kids Gut-Brain Support

Comprehensive Kids Gut-Brain Axis Nutrition System



Comprehensive multivitamin for kids & teens combines more than 50 vitamins, minerals, amino acids, & phytonutrients to support mind/body nutrition.

Saffron Extract Pixie Sticks for mood support, stress resilience, cognitive function, calmness, focus, & positivity.

Kids FundaMentals all-in-one product that supports the entire gut-brain axis (GBX) to improve mental wellness

<https://amare.com/g10/36444/p/kp>

Kids Mood+

- provides significant benefits for mood support, including stress resilience, cognitive performance, calmness, focus, and positivity.
-
- Key ingredient, Affron, patented & clinically validated premium saffron extract that is shown to have a similar effect to Prozac for anxiety/depression and Ritalin for focus.



Affron® Saffron

Help normalize serotonin and dopamine activity — the “feel good” neurotransmitters*

Aids in reducing cellular damage*

Supports lower stress hormones including cortisol*



Holy Basil

Supports stress regulation*

Helps provide calm to body and mind*

Supports the body's natural anti-inflammatory response*

Supports resilience to anxious feelings*



Rosemary

Supports mental focus*

Helps ease muscle discomfort*

Supports the immune system*

<https://amare.com/g10/36444/p/km>

Edge Nootropic Cognitive Enhancer

The all-natural nootropic that supports motivation, mental focus & neuron regeneration

Nootropics are supplements and other substances that have a positive impact on mental skills. They can improve cognitive function, executive functions, attention, memory, creativity, and motivation.

- **Mango Leaf:** provides immediate mental energy, cognitive performance motivation and reduces mental fatigue.
- **Lychee Fruit:** supports body and mind endurance and improves glucose metabolism which helps with brain performance.
- **Palm Fruit:** improves neurotrophic factors (BDNF) which promotes neuron regeneration, dopamine production, enhanced mood and learning.



<https://amare.com/g10/36444/p/edge>

Adults & Teens Gut-Brain Support

Happy Juice Pack

CLINICALLY PROVEN TO:

- **MentaBiotics**® to help increase serotonin, reduce cortisol, and decrease inflammation*
- **Energy+** to deliver rapid improvements in brain and physical performance, without the jitters or crash.*
- **Amare EDGE™** to boost mood, motivation, and metabolism*

Coordinated Neurotransmitter Balance

Energy+ — norepinephrine and neuron activation for focus and mental energy



Mentabiotics — serotonin and GABA for mood and calmness (resilience)



EDGE — dopamine for motivation and drive

Add them all up and you get an overall 'well-being' in **Happy Juice**

<https://amare.com/g10/36444/p/hjp>

Adults & Teens Happy Mind Support

Happy Mind Pack



- **EDGE** contains all-natural nootropics (Mango Leaf, Lychee Fruit, Palm Fruit), that help give you motivation, support mental flow, mental clarity, and neuron regeneration.
- **MentaFocus** leverages powerful phytonutrients to help wake up your brain and activate neurons for better focus, memory, and sharpness.
- **Energy+** Delivers all-natural mental alertness, mental & physical energy, and mental awareness.
- **Mood+** is loaded with potent adaptogens (Ashwagandha, Kanna, Rafuma, and Magnolia Bark) to reduce tension, lower stress & anxiety, and elevate your mood.

<https://amare.com/g10/36444/p/hmp>

MentaFocus (adults & teens):



Supercharges your brain with key phytonutrients backed by clinical studies shown to support focus, mental sharpness, clarity, creativity, and cognitive functioning.

Along with all the other phytonutrients, it contains a proprietary pomegranate extract that has been scientifically shown to increase short-term and long-term memory, enhance brain activation, and improve both working and recognition memory

<https://amare.com/g10/36444/p/mf>

Mood+ (adults & teens)



Contains 4 patented natural ingredients with over 20 clinical studies shown to reduce feelings of depression, anxiety, tension, nervousness, and sleeplessness. Supports natural dopamine and serotonin production for improved mood and cognitive functioning.

- Ashwagandha - promotes stress relief, enhancing focus & mood
- Rafuma - boosts mood, reduces feelings of depression. Also reduces blood pressure & increases serotonin production.
- Kanna - elevates mood, lowers stress hormone levels, increases energy, motivation, and stress resilience
- Magnolia Bark (Relora) - regulates mood and anxiety levels. Promotes calmness without drowsiness

Sleep+: (all ages)



Features a natural and unique patented ingredient derived from non-GMO corn that encourages your body's own natural production of melatonin. This ingredient has been clinically shown to improve quality of sleep by helping you fall asleep faster, stay asleep longer, and spend more time in REM sleep (for brain rejuvenation) and deep sleep (for body rejuvenation).

Also contains 5-HTP which has been shown to have a positive effect on sleep, mood, and anxiety and can decrease the time required to get to sleep and number of nighttime awakenings.

MentaSYNC:



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

- Optimizes communication signaling between cells of the gut, brain, and immune system (gut-brain axis)
- Enhances gut barrier function (reduces leaky gut)
- Improves physical energy, mental acuity, and emotional well-being
- Optimizes nervous system functioning

How other kids are feeling...

My 5 year old son's
Kiindergarten Teacher said,
"Whatever you're doing, keep
doing it!" 😊 They have seen an
exceptional change in his
behavior! 🙌

"I have a teenager who was using ADHD
meds for years, with the solutions he was
able to wean off of meds, he didn't like
the way meds made him feel. He felt
numb. Now he says he feels happy."

It's instant happiness! I put a half
scoop in my daughter's water
bottle on her way out the door.
Her bad mood shifted
immediately when she drank it.
Instant teen mood shifter!!

My 9 year old daughter hates
taking her adhd meds because of
the way they make her feel. I am so
glad you helped me get stuff to
help her. It's not 100% yet, but it's
getting there. ❤️

How other kids are feeling...

I literally just started to really see the wonderful effects of free kids mood + last Saturday with Chloe. She had gymnastics and I gave her that before we left and her focus was amazing!

That's wonderful! I'm so glad to hear she's feeling the benefits! Our kids mood+ is an amazing tool for our kids & us too! 😊

Huge transformation! Thank you! It has changed the tenor of our house. The relief, the ease. It has a ripple effect on everyone!

Also I had my daughters parent/teacher conference the other day and they said her behavior changes have been awesome!

When I get my psych np next year I will be recommending this to all of my pts

Thanks to mood+, my teenager is more happy than cranky and we have been able to reduce his anxiety meds significantly for the 1st ever!

5w **Love** Reply

1 



Colleen Sullivan

[Author](#) [Admin](#)

[Rebecca Donna Parmet](#) this makes my heart sing! Life changing & meaningful!

Hey mom, my speech went really well today! I was a little bit nervous before but I took the kids mood and felt a lot better! It sort of turned my anxious nerves into good nerves and more excitement than anything else.

I'm so thankful for these holistic solutions. No homework battle, smiling ear to ear, and did extra reading on his own.

✓ No more pharmaceuticals
✓ Happiest he's ever been

More testimonials...(not just for kids)

Hey Colleen you are so right we definitely need to get this product out there over the past week I feel a huge difference more energy I'm able to get out more with my kids! Don't feel so drained and tired! Falling asleep is still an issue but I'm hoping that will go away soon! But I just have to say this product truly out beats every medication I was ever put on!! Thank you for letting try your product

I got a call today from Zack teacher! && she was just raving about him! she said he has done a 180! she says he engaged & focused! and completing school work on his own now from start to finish!! I am such a happy mom!! thank you so much for everything!!! I have about 9 pixie sticks left, so I have to purchase soon. but I had to just let you know about his great report!! such a big win for our family && my son!!

I finally got my second kid to take it and Omg her eczema started to heal. Love these products.

2h Reply



Well today I feel a bit more energized and able to think I had no idea it starts in our guts

You were very smart to put this product out there! Thank you



It's way better than taking adhd medication that did nothing for me



Hi. My grandson Illias just started his pixie stix this week and I have had 2 good phone calls from his teacher and his social worker at school this week. He did have one issue with another sti, but it was resolved quickly and he accepted it and had a good remainder of his day. Friday his teacher called me to let me know that he had a great day. He did all of his work in class. No struggles and no coaxing needed. She was so excited and proud of him. He was proud of himself. So far so good. And yes I will need to be ordering a new box of pixie stix.

How to get started?

I can assist you with a customized plan to
meet your needs & provide ongoing
support