



Frequently Asked Questions (FAQs)

Q1: Can I stop taking physician prescribed medication (such as antidepressants, blood pressure, blood thinning or other medication) and take this product instead?

A: No. This product is not a replacement for medical management. Please work with an accredited healthcare provider if you are taking any medications. Truvy's Mental Essentials™ could be incorporated into your health regimen with your physician's support.

Q2: Do I need to take this at breakfast, or can I take this later in the day (closer to bedtime)?

A: For best results, follow the instructions on the packaging. Taking with food will minimize any possible GI distress. Taking it in the morning allows the product to support your mental health throughout the day.*

Q3: Is Mental Essentials safe for me to take while I am pregnant, and/or while I am breast-feeding?

A: For these concerns, please consult an accredited healthcare provider prior to use.

Q4: Why do you recommend I take this product two hours before or after any other nutritional supplements or medications?

A: Truvy's Mental Essentials™ contains a bioavailability-enhancing ingredient called piperine. While it is designed to support the body's absorption of the ingredients in Mental Essentials™, it may also enhance bioavailability of other things, such as medications. Because the rate at which a prescribed medication is absorbed may be important to that medication working correctly, we recommend taking medications a few hours apart from when you take Mental Essentials™. You can also consult with your physician to determine if this separation of time is necessary, depending on the medication you are taking.

Q5: Why does the packaging say I am supposed to see a healthcare practitioner for continued use beyond 12 weeks?

A: There are two reasons:

1. After 12 weeks, it is important to reevaluate whether Mental Essentials™ is continuing to provide the desired benefits. If it continues to be beneficial, then usage may continue.
2. After 12 weeks, it is important to evaluate whether Mental Essentials™ is providing the support your body needs. If it is not, it may be a good time to consult with your primary physician.

Q6: Are all of the ingredients natural? Are there any synthetic ingredients in the product, including any colors or dyes?

A: All of the active botanicals in the product are 100% naturally sourced.

Q7: What does "NPN" mean that is printed on the front of the package?

A: NPN stands for Natural Product Number. It is a product registration number obtained from Health Canada, and included on the label to meet Health Canada labeling requirements.

Q8: Are there any known side effects when taking this product?

A: When used as directed, no harmful or adverse events are expected, as Mental Essentials™ is designed to support health*. Some users may notice a brighter yellow color to their urine, particularly when first starting. This is a normal effect from vitamin B2 in the product, and indicates good absorption of the nutrient.



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Q9: Has this product undergone any clinical trials? If so, are there any published clinical papers that I could show my physician?

A: Though each of the ingredients has been studied extensively, no clinical studies have been performed on the finished product. However, a controlled 30-day survey study was performed prior to launch to confirm all label claims were achieved. Significant results were achieved in as little as 15 days, and further benefits realized within 30 days. An ongoing observation of user comments continues to measure the efficacy and long-term benefits of the product.

Q10: Are there any foods or medications that I should avoid taking when consuming this product?

A: For ideal results, follow the instructions on the packaging.

Q11: Will this product help with Alzheimer's disease, dementia or other age-related mental health conditions?

A: We cannot make any directed health claims specific to disease or health malady. Consult with your physician to determine if Mental Essentials™ can be a part of your mental health support program.

Q12: Can I give this product to my kids? If so, what is the serving recommendation?

A: This product is designed for adults only. This means 18+ in the USA and 19+ in Canada.

Q13: Has the US Food & Drug Administration approved this product?

A: In the US, the FDA does not approve dietary supplements. However, the product's ingredients are considered GRAS (Generally Recognized As Safe).

Q14: If I enjoy the benefits of this product, will I need to take this product for the rest of my life to see continued results? If I stop taking this product, will my undesired symptoms re-appear?

A: Ideal results will be realized with consistent use over time. It is up to you how long you wish to take the product. If you stop using the product for a while and miss the benefits, it is a good indication the product was providing some benefit and you may wish to restart.

Q15: Where is this product available for purchase? Only USA and Canada, or can I sell this product into Europe or Asia?

A: The product is currently available for purchase in the USA, Canada, United Kingdom, New Zealand and Australia. The product is being considered for other countries, which will be announced at a later date.

Q16: Upon initially taking this product, I experienced an increase in negative side effects. Is this normal? My sponsor says that this is likely a "healing crisis" and it won't last long, is this correct?

A: Mental Essentials™ was not designed to, and should not, cause any negative effects. The phrase "healing crisis" is a non-medical term used to suggest negative symptoms will stop after some time. The human body does not experience a "healing crisis." If the product is causing any negative symptoms, there is a physiological reason your body is reacting negatively, such as an allergy or sensitivity. It is recommended to stop taking the product if experiencing adverse effects.



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Q17: Can I take one capsule in the morning with my Boost capsules, and then take the second capsule after lunch with my second dose of Boost capsules?

A: Though the directions recommend a 2-hour window in between medication and nutritional supplement consumption, and you should observe this whenever possible, we have found that most nutritional supplements can be taken with Mental Essentials™ without concern.

Q18: Do these capsules have any addictive qualities? Are there any ingredients that are stimulants?

A: No.

Q19: Is this product vegan certified?

A: Truvy has verified this product's ingredients to be 100% plant-based, including the vegetable capsule.

Q20: How does this product compare with other mental health supplements on the market? These products appear to have more ingredients in them, but also offered at a higher cost, too.

A: Many competitive products in the mental health category are marketed without substantive evidence in support of their ingredients. If they include more ingredients, they include “sub-therapeutic” amounts of ingredients that offer little, if any, physiological benefit. Mental Essentials™ is 100% therapeutic. All 19 ingredients are included at physiologically relevant doses and approved and registered with Health Canada.

Q21: What are the general product testimonies that have come back from customers who have taken the product for a minimum of 30-days?

A: Here are a few quotes from participants in our 30-day survey trial. Overall, we saw a 49% perceived benefit regarding mental health after 15 days, and a 61% benefit after 30 days.

“I’ve been feeling AMAZIN! It’s like a light 💡 bulb has turned on inside my head. Able to handle lots of stress with ease.” ~Amanda

“My brain feels alive again, I have SO much energy and I can feel my self-confidence going up a lot. I’m feeling more and more like I did when I was 17! This has helped me have the mentality I need to start running a couple times a week.” ~Ina

“More calmness when dealing with teenage daughters’ moods and all that that involves!” ~Danielle