



US MARKET

Mental Essentials is a Dietary Supplement.

Truvy® products, including Mental Essentials™, are intended to complement a healthy lifestyle.

When sharing this product avoid anything that suggests or imply fixing, improving, or healing a health condition. Also, this product DOES NOT substitute for any medications or prescription drugs. This applies to personal testimonials as well.

EXAMPLES of what you can say:

1. Supports Energy & Mental Stamina*
2. Supports Attention & Focus with daily tasks*
3. Helps w/ Stress Management due to daily stressors*
4. Helps Provide the Sensation of a Clear Mind*
5. Helps Reduce Mild Memory Problems Related to Aging*
6. Helps Reduce Nervousness Common to Everyday Work & Fatigue*

These or any other “supports” or “maintains” statement must be followed by the FDA disclaimer:

*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.

Examples of words or instances NOT TO USE when sharing Mental Essentials. Implying or suggesting any of these is also NOT allowed:

depression	anxiety	any mental condition
injuries	surgeries	cure
healed	“No longer take my medication”	improve



CANADA MARKET

Mental Essentials is a Natural Health Product (NHP).

Truvy® products, including Mental Essentials™, are intended to complement a healthy lifestyle.

When sharing this product avoid anything that suggests or implies fixing, improving, or healing a health condition. Also, this product DOES NOT substitute for any medication or prescription drugs. This applies to personal testimonials as well.

EXAMPLES of what you can say:

1. Helps support cognition.*
2. Used in Herbal Medicine as an adaptogen to help increase energy and resistance to stress (e.g. in case of mental and physical fatigue related to stress).*
3. Supports energy production.*
4. Used in Herbal Medicine to help temporarily relieve symptoms of stress.*
5. Helps to temporarily promote relaxation.*

These or any other “supports” or “maintains” statement must be followed by this disclaimer:

*HEALTH SUPPLEMENTS ARE INTENDED ONLY TO COMPLEMENT HEALTH AND SUPPLEMENT THE DIET.

Examples of words or instances NOT TO USE when sharing Mental Essentials. Implying or suggesting any of these is also NOT allowed:

depression	anxiety	any mental condition
injuries	surgeries	cure
healed	“No longer take my medication”	improve