



Basic Q96 FAQ's

If you don't find your questions below, email your questions to ibosuccess@qsciences.com

What medical research has been done on Q96?

Q96 is the most studied micronutrient in the world. It has been independently studied in 3 countries, has 20 medical journal publications with 14 being peer-reviewed. A phenomenal .85 effect size was reported.

Does Q96 contain any drugs?

No, it contains only vitamins, minerals, amino acids and antioxidants.

How could vitamins and minerals work where drugs have failed?

Many people end up using Q96 because drugs have not worked for them. Research has shown that people who have mood disorders seem to need more of certain vitamins and trace minerals. Q96 works by giving the brain an optimized balance of vitamins and trace minerals on a regular basis. The hypothesis is that the nutrients go to the root cause of imbalances rather than just treating the symptoms.

Is Q96 safe to use?

The U.S. Institute of Medicine and Health Canada has published detailed information on safe levels of vitamins and minerals. Based on this information, the most serious risk of taking Q96 is minor, temporary gastrointestinal upset that could occur in a few people.

What's the difference between Q96 and a regular multivitamin?

Q96 contains a broad spectrum of vitamins and trace minerals that go through a 4 step, 96 hour nano-chelation process that makes them more easily utilized by the body. The nutrients are micronized and chelated so the body can digest them. They are then balanced in optimum ratios to facilitate absorption and high enough doses to be effective.

Why are the ratios of nutrients so important?

Deficiency of one nutrient can make you unable to absorb other nutrients properly, which leads to multiple, inter-related deficiencies. These deficiencies seem to disrupt the brain chemical function in people with disorders such as bipolar disorder, depression, ADHD, and anxiety.

How do you know it's not just a placebo effect?

Numerous studies on the placebo effect have shown that a placebo effect only lasts a short time. Then the effect disappears and symptoms return. Q96 does not "stop working." Even the first Q96 users who started in 1996 remain symptom-free and drug-free.

Are there any side effects?

Q96 produces very few side effects in users and usually just include minor stomach upset as your body gets used to the formulation. People who are transitioning from medications may experience side effects from withdrawal.

Does it work for everyone?

Q96 has a very high success rate, but nothing promises 100% success for treating mood disorders.

How do I know if Q96 is for me?

If you are on psychiatric medications, speak with your doctor before taking Q96. Then you can make an informed decision. Q96 has helped thousands of people take control of their symptoms, but it will not rebuild your life for you. It is very important to be ready to leave your illness behind and do the hard work of relearning how to live as a mentally well person. The first adult Q96 user ever, Autumn Stringam, writes a blog about this ‘second stage healing’ that many Q96 are finding very helpful.

How do I know Q96 is for me?

Q96 is a foundational brain supplement that provides your central nervous system with a balanced supply of micronutrients for optimal brain function. Everyone can benefit from daily use of Q96.

How soon will I see results?

No two people have exactly the same experience with starting Q96. Factors such as age, general health, medication use and lifestyle can all affect the speed of recovery. While some may have a more difficult time at the beginning than others, we have seen even very heavily medicated, sick people become well over time.

Do medications interfere with Q96?

Yes, especially psychiatric medications. As your brain function improves, you can become increasingly over-medicated. Psychiatric medications should be gradually tapered off under the supervision of a doctor when using Q96.

What should I expect when transitioning from medications?

Contact your doctor prior to transitioning from medications. As you build up the key nutrient balance in your body, medications can become an issue. Making the transition from psychiatric medications to Q96 must be done with proper supervision. Please **DO NOT** adjust medications on your own as medication withdrawal symptoms can be quite severe. After the transition period, most of our users find that they enjoy the benefits of mental health without the side effects that they experienced on drugs.

I'm tired of drugs. Can't I just stop taking them now and switch to Q96?

In addition to your doctor, we highly recommended that you enlist the help of a support person. This could be a counselor, therapist, family member or good friend who is willing to commit to helping you through the transition process, help monitor your symptoms and stay in regular contact with you and QSciences Support.

Is Q96 covered by health insurance?

Some plans may cover the cost if it is prescribed by a physician.