Adëeva

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AUG 26 2003

August 14, 2003

Division of Compliance and Enforcement
Office of Nutritional Products, Labeling and Dietary Supplements
US Food & Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740

Via Courier

Dear Sirs:

Please find enclosed a copy of the labels, boxes, and package inserts for a new line of dietary supplements we are going to begin distributing in the near future.

This label contains statements allowed for under section 403 (r) (6) of the Federal Food, Drug, & Cosmetic Act.

As President of this company, I hereby certify that the statements made are complete and accurate and our company has substantiation that the statements are truthful and not misleading.

Should you require any further information with regards to this matter, please contact me at (877) 264-8080.

Yours truly,

Dr. James Meschinó DC, MS.
President, Adëeva Nutritionals Canada Inc.

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3800 Steeles Ave. W., Suite 401W., Woodbridge, ON L4L 4G9. (877) 264-8080

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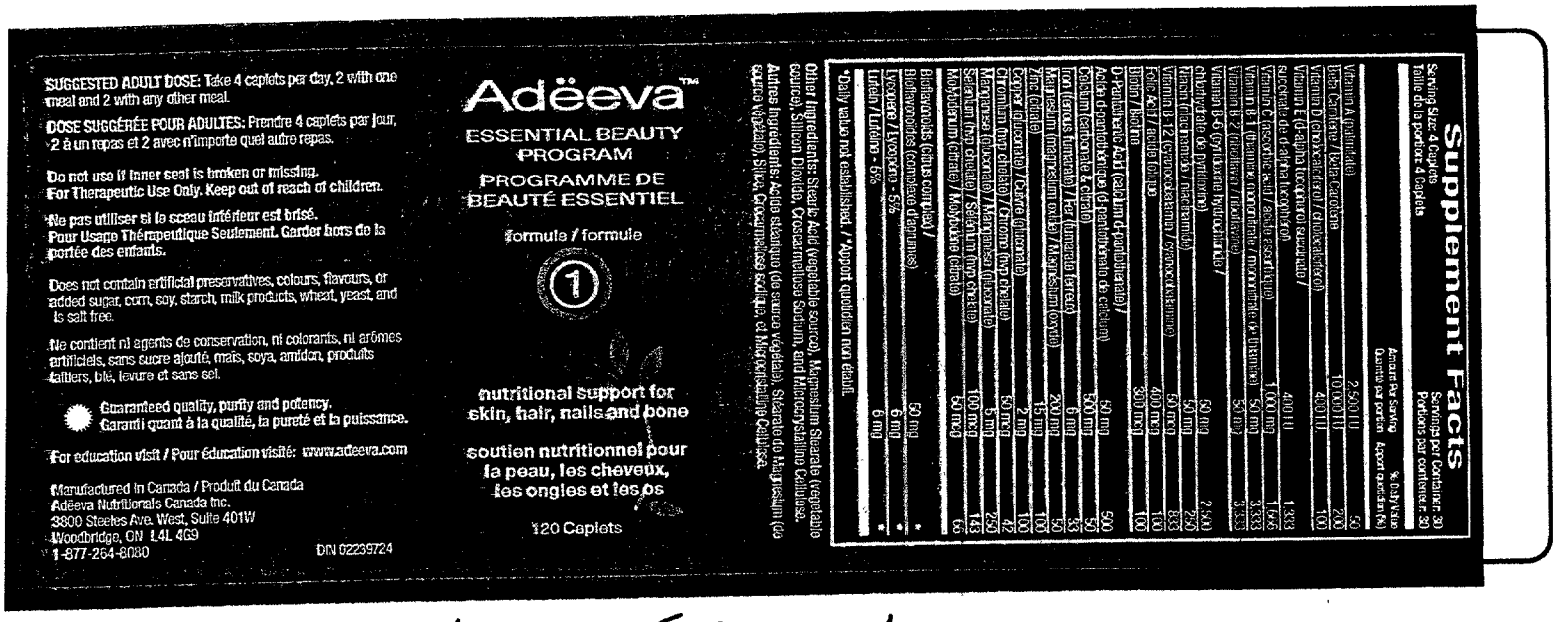


SUGGESTED ADULT DOSE: Take 4 caplets per day, 2 with one meal and 2 with any other meal.

DOSE SUGGÉRÉE POUR ADULTES: Prendre 4 caplets par jour, 2 à un repas et 2 avec n'importe quel autre repas.

Do not use if inner seal is broken or missing.
For Therapeutic Use Only. Keep out of reach of children.

Ne pas utiliser si le sceau intérieur est brisé.
Pour Usage Thérapeutique Seulement. Garder hors de la portée des enfants.

Does not contain artificial preservatives, colours, flavours, or added sugar, corn, soy, starch, milk products, wheat, yeast, and is salt free.

Ne contient ni agents de conservation, ni colorants, ni arômes artificiels, sans sucre ajouté, maïs, soya, amidon, produits laitiers, blé, levure et sans sel.

Guaranteed quality, purity and potency.
Garanti quant à la qualité, la pureté et la puissance.

For education visit / Pour éducation visité: www.adeeva.com

Manufactured in Canada / Produit du Canada
Adëeva Nutritionals Canada Inc.
3800 Steeles Ave. West, Suite 401W
Woodbridge, ON L4L 4G9
1-877-264-8080

DIN 02239724

Adëeva™

ESSENTIAL BEAUTY PROGRAM

PROGRAMME DE BEAUTÉ ESSENTIEL

formula / formule

1

nutritional support for skin, hair, nails and bone

soutien nutritionnel pour la peau, les cheveux, les ongles et les os

120 Caplets

Supplement Facts

Serving Size: 4 Caplets
Taille de la portion: 4 caplets

Servings per Container: 30
Portions par contenant: 30

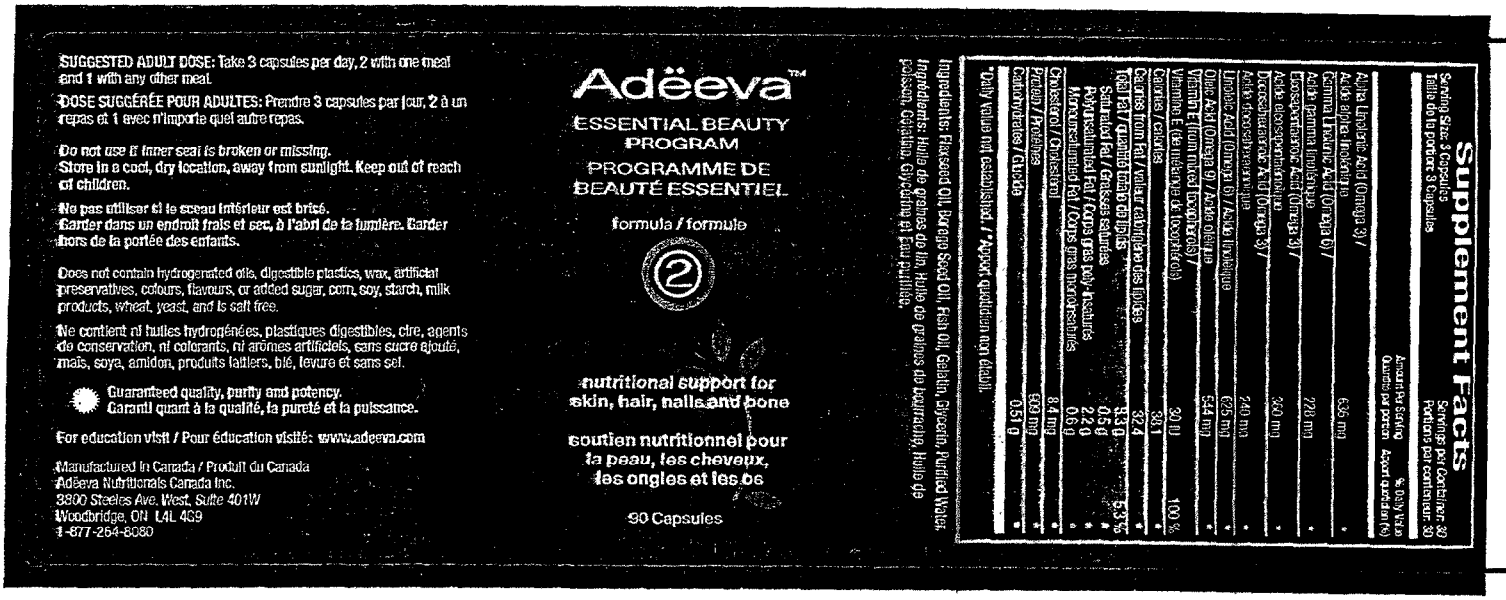
	Amount Per Serving / Quantité par portion	% Daily Value / Apport quotidien (%)
Vitamin A (palmitate)	2,500 IU	50
Beta Carotene / Bêta-Carotène	10,000 IU	200
Vitamin D (cholecalciferol) / Cholécalciférol	400 IU	100
Vitamin E (d-alpha tocopherol succinate) / succinate de d-alpha tocophérol	400 IU	1333
Vitamin C (ascorbic acid / acide ascorbique)	1,000 mg	1666
Vitamin B-1 (thiamine mononitrate) / Thiamine	50 mg	3333
Vitamin B-2 (riboflavin) / Riboflavine	50 mg	3333
Vitamin B-6 (pyridoxine hydrochloride) / chlorhydrate de pyridoxine)	50 mg	2500
Niacin (niacinamide) / niacinamide)	50 mg	2500
Vitamin B-12 (cyanocobalamin) / cyanocobalamine)	50 mcg	833
Folic Acid / acide folique	400 mcg	100
Biotin / biotine	300 mcg	100
D-Pantothenic Acid (calcium d-pantothenate) / acide d-pantothénique (d-pantothénate de calcium)	50 mg	500
Calcium (carbonate & citrate)	300 mg	30
Iron (ferrous fumarate) / Fer (fumarate ferreux)	6 mg	33
Magnesium (magnesium oxide) / Magnésium (oxyde)	200 mg	50
Zinc (citrate)	15 mg	100
Copper (gluconate) / Cuivre (gluconate)	2 mg	100
Chromium (nicotinate) / Chrome (nicotinate)	50 mcg	42
Manganese (gluconate) / Manganèse (gluconate)	5 mg	250
Selenium (bis-glycinate) / Sélénium (bis-glycinate)	100 mcg	143
Molybdenum (citrate) / Molybdène (citrate)	50 mcg	66
Bioflavonoids (citrus complex) / Bioflavonoïdes (complexe d'agrumes)	50 mg	*
Lycopene / Lycopène - 6%	6 mg	*
Lutein / Lutéine - 6%	6 mg	*

*Daily value not established. / *Apport quotidien non établi.

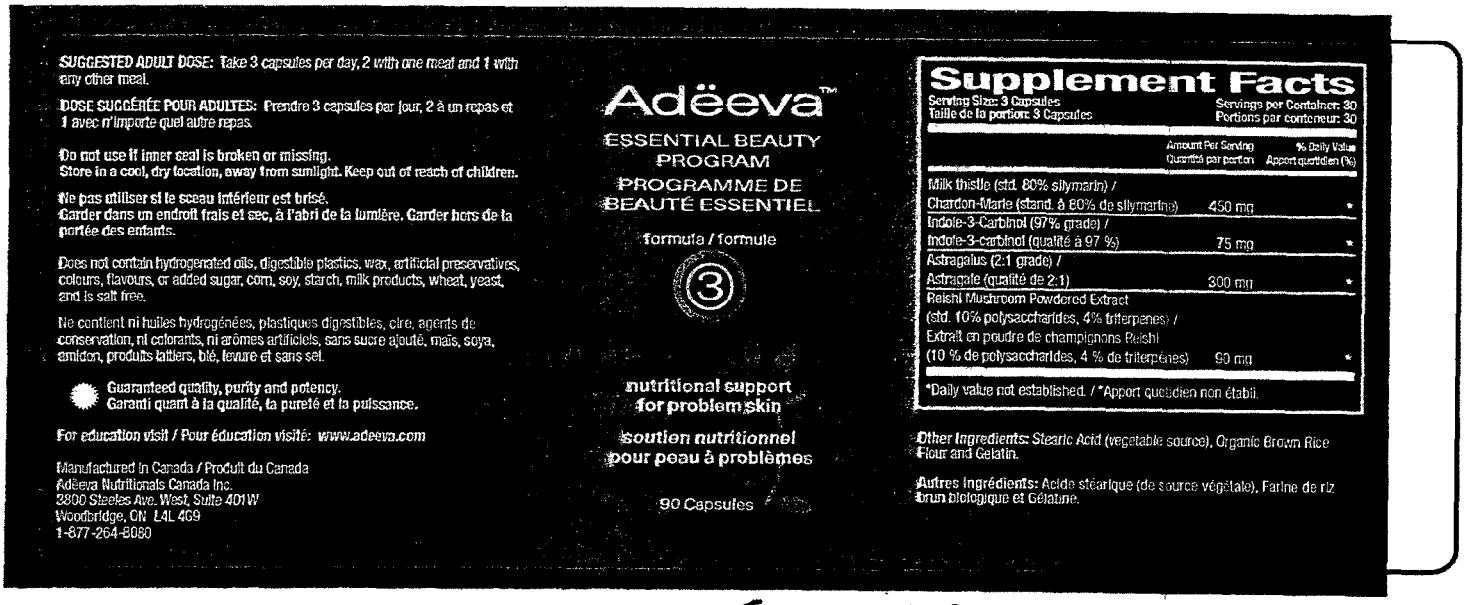
Other Ingredients: Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), Silicon Dioxide, Croscarmellose Sodium, and Microcrystalline Cellulose.

Autres ingredients: Acide stéarique (de source végétale), Stéarate de Magnésium (de source végétale), Silice, Croscarmellose sodique, et Microcristalline Cellulose.

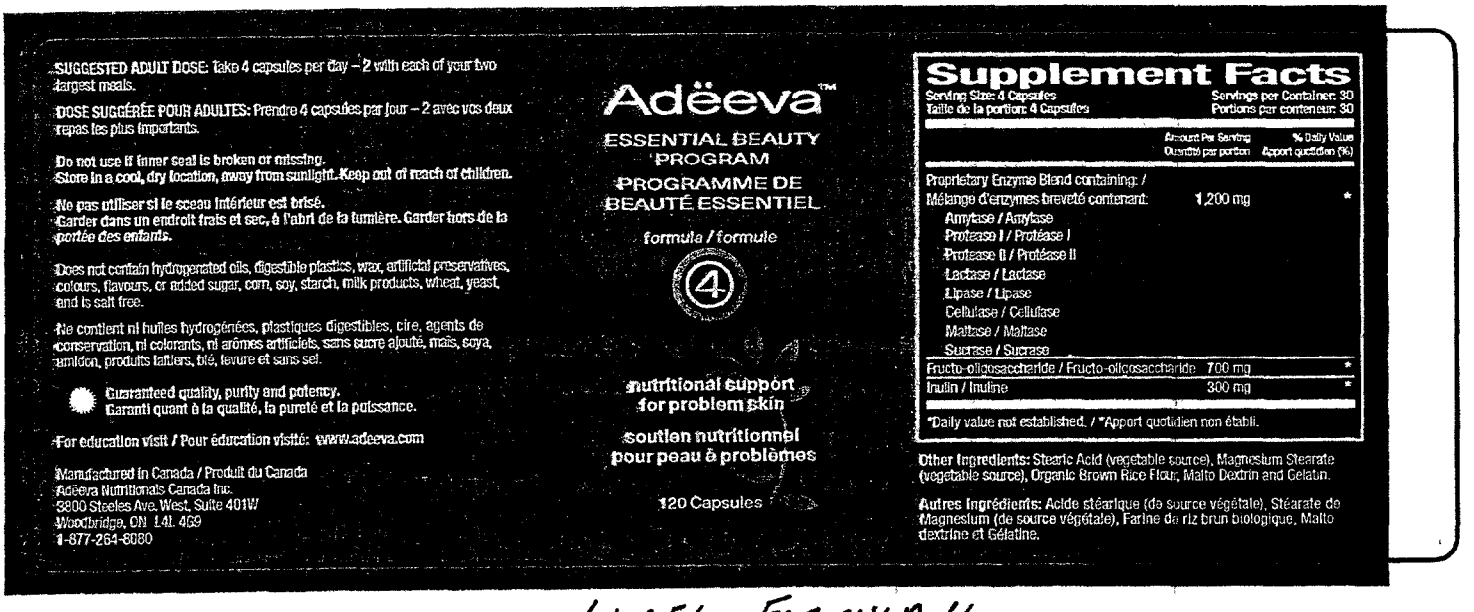
LABEL - FORMULA 1



LABEL - FORMULA 2



LABEL - FORMULA 3



LABEL - FORMULA 4

SUGGESTED ADULT DOSE: Pre-menopausal: 1 capsule per day.
Post-menopausal: 1 capsule in the morning and 1 capsule in the evening, or as directed by your health practitioner.

DOSE SUGGÉRÉE POUR ADULTES: Avant la ménopause: 1 capsule par jour.
Après la ménopause: 1 capsule le matin et 1 capsule le soir ou selon les instructions de votre professionnel de la santé.

Do not use if inner seal is broken or missing.
Store in a cool, dry location, away from sunlight. Keep out of reach of children.

Ne pas utiliser si le sceau intérieur est brisé.
Garder dans un endroit frais et sec, à l'abri de la lumière. Garder hors de la portée des enfants.

Does not contain hydrogenated oils, digestible plastics, wax, artificial preservatives, colours, flavours, or added sugar, corn, starch, milk products, wheat, yeast, and is salt free.

Ne contient ni huiles hydrogénées, plastiques digestibles, cire, agents de conservation, ni colorants, ni arômes artificiels, sans sucre ajouté, maïs, amidon, produits laitiers, blé, levure et sans sel.

Guaranteed quality, purity and potency.
Garanti quant à la qualité, la pureté et la puissance.

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1-877-264-8080

Adëeva™

WOMEN'S HORMONAL BALANCE

ÉQUILIBRE HORMONAL POUR LES FEMMES

natural hormonal support for women

appui hormonal naturel pour les femmes

60 Capsules

Supplement Facts

Serving Size: 2 Capsules	**Servings per Container: 30**
Taille de la portion: 2 Capsules	**Portions par contenant: 30**

	Amount Per Serving / Quantité par portion	% Daily Value / Apport quotidien (%)
Black Cohosh (2.5% triterpenes) / Actée à grappe noire (2.5% de triterpènes)	160 mg	*
Soy Extract (10% soy isoflavones) / Extrait de soya (10% d'isoflavones de soya)	500 mg	*
Gamma-oryzanol (ferulic acid) / Gamma-oryzanol (acide férulique)	300 mg	*

*Daily value not established. / *Apport quotidien non établi.

Other Ingredients: *Stearic Acid (vegetable source), Organic Brown Rice Flour and Gelatin.*

Autres ingrédients: Acide stéarique (de source végétale), Farine de riz brun biologique et Gélatine.

LABEL - FORMULA W

BOXES

BOX - FORMULA 1

Supplement Facts

Serving Size: 4 Caplets — Servings per Container: 30
Taille de la portion: 4 Caplets — Portions par conteneur: 30

	Amount Per Serving / Quantité par portion	% Daily Value / Apport quotidien(%)
Vitamin A (palmitate)	2,500 IU	50
Beta Carotene / Beta-Carotène	16,000 IU	200
Vitamin D (cholecalciferol / cholécalciférol)	400 IU	100
Vitamin E (d-alpha tocopherol succinate / succinate de d-alpha tocophérol)	400 IU	1,333
Vitamin C (ascorbic acid / acide ascorbique)	1,000 mg	1,666
Vitamin B-1 (thiamine mononitrate / mononitrate de thiamine)	50 mg	3,333
Vitamin B-2 (riboflavin / riboflavine)	50 mg	3,333
Vitamin B-6 (pyridoxine hydrochloride / chlorhydrate de pyridoxine)	50 mg	2,500
Niacin (niacinamide / niacinamide)	50 mg	250
Vitamin B-12 (cyanocobalamin / cyanocobalamine)	50 mcg	833
Folic Acid / Acide folique	400 mcg	100
Biotin / Biotine	300 mcg	100
D-Pantothenic Acid (calcium d-pantothenate) / Acide d-pantothénique (d-pantothenate de calcium)	50 mg	500
Calcium (carbonate & citrate)	500 mg	50
Iron (ferrous fumarate) / Fer (fumarate ferreux)	6 mg	33
Magnesium (magnesium oxide) / Magnésium (oxyde)	200 mg	50
Zinc (citrate)	15 mg	100
Copper (gluconate) / Cuivre (gluconate)	2 mg	100
Chromium (hyp chelate) / Chrome (hyp chelaté)	50 mcg	42
Manganese (gluconate) / Manganèse (gluconate)	5 mg	250
Selenium (hyp chelate) / Sélénium (hyp chelaté)	100 mcg	143
Molybdenum (citrate) / Molybdène (citrate)	50 mcg	66
Bioflavonoids (citrus complex) / Bioflavonoïdes (complexe d'agrumes)	50 mg	*
Lycopene / Lycopène - 5%	5 mg	*
Lutein / Lutéine - 5%	5 mg	*

*Daily value not established / *Apport quotidien non établi

Other ingredients: Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), Silicon Dioxide, Croscarmellose Sodium, and Microcrystalline Cellulose

Autres ingrédients: Acide stéarique (de source végétale), Stéarate de Magnesium (de source végétale), Silice, Croscarmellose sodique et Microcristalline Cellulose

SUGGESTED ADULT DOSE: Take 4 caplets per day, 2 with one meal and 2 with any other meal.

DOSE SUGGÉRÉE POUR ADULTES: Prendre 4 caplets par jour, 2 à un repas et 2 avec n'importe quel autre repas

Do not use if inner seal is broken or missing.
For Therapeutic Use Only. Keep out of reach of children.

Ne pas utiliser si le sceau intérieur est brisé.
Pour Usage Thérapeutique Seulement. Garder hors de la portee des enfants.

Does not contain artificial preservatives, colours, flavours, or added sugar, corn, soy, starch, milk products, wheat, yeast and is salt free

Ne contient ni agents de conservation, ni colorants, ni arômes artificiels, sans sucre ajouté, maïs, soya, amidon, produits laitiers, blé, levure et sans sel

Guaranteed quality, purity and potency.
Garanti quant à la qualité, la pureté et la puissance.

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Woodbridge ON L4L 4G9
1-877 264-8080

DIN 02239724

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Adëeva™

ESSENTIAL BEAUTY PROGRAM

PROGRAMME DE BEAUTÉ ESSENTIEL

formula / formule

1

nutritional support for skin, hair, nails and bone

soutien nutritionnel pour la peau, les cheveux, les ongles et les os

DIETARY SUPPLEMENT 120 Caplets

Dr. James Meschino D.C., M.S. is the clinical and research director for the Renaissance Institute of Integrative Medicine and an associate professor in the division of graduate studies and research at the Canadian Memorial Chiropractic College (CMCC). He is a post-graduate faculty member of the CMCC and The American Council on Exercise (ACE).

Dr. Meschino is the product formulator for the Adeeva Essential Beauty Program. He is an international speaker and columnist to health practitioners and skin care professionals on nutrition and skin health as well as other wellness topics.

Le professeur Meschino, D.C., M.S., est directeur des services cliniques et de la recherche au Renaissance Institute of Integrative Medicine et professeur agrégé à la division des études supérieures et de la recherche au Canadian Memorial Chiropractic College (CMCC). Il est membre du corps professoral du département des études postuniversitaires du CMCC et du American Council on Exercise (ACE).

Le professeur Meschino est l'ingénieur concepteur du programme Adeeva Essential Beauty. Conférencier et chroniqueur international, il entretient les professionnels de la santé et des soins de la peau sur la nutrition et l'hygiène de la vie, ainsi que sur d'autres sujets relatifs au bien-être.

For education visit / Pour éducation visité www.adeeva.com

Box - Formula 2

Supplement Facts

Serving Size: 3 Capsules / Taille de la portion: 3 Capsules
Servings per Container: 30 / Portions par conteneur: 30

	Amount Per Serving / Quantité par portion	% Daily Value / Apport quotidien (%)
Alpha Linolenic Acid (Omega 3) / Acide alpha-linolénique	630 mg	*
Gamma Linolenic Acid (Omega 6) / Acide gamma linolénique	228 mg	*
Eicosapentaenoic Acid (Omega 3) / Acide eicosapentaénoique	360 mg	*
Docosahexaenoic Acid (Omega 3) / Acide docosahexaénoique	240 mg	*
Linoleic Acid (Omega 6) / Acide linoléique	625 mg	*
Oleic Acid (Omega 9) / Acide oléique	511 mg	*
Vitamin E (from mixed tocopherols) / Vitamine E (de mélange de tocophérols)	30 IU	100 %
Calories / calories	38 1	*
Calories from Fat / valeur calorigène des lipides	32 4	*
Total Fat / quantité totale de lipids	3 3 g	5 3 %
Saturated Fat / Graisses saturées	0 5 g	*
Polyunsaturated Fat / Corps gras poly-insaturés	2 2 g	*
Monounsaturated Fat / Corps gras monoinsaturés	0 6 g	*
Cholesterol / Cholesterol	8 4 mg	*
Protein / Protéines	909 mg	*
Carbohydrates / Glucide	0 51 g	*

*Daily value not established. / *Apport quotidien non établi

Ingredients: Flaxseed Oil, Borage Seed Oil, Fish Oil, Gelatin, Glycerin, Purified Water.

Ingrédients: Huile de graines de lin, Huile de graines de bourrache, Huile de poisson, Gélatine, Glycérine et Eau purifiée

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SUGGESTED ADULT DOSE: Take 3 capsules per day, 2 with one meal and 1 with any other meal

DOSE SUGGÉRÉE POUR ADULTES: Prendre 3 capsules par jour 2 à un repas et 1 avec n'importe quel autre repas

Do not use if inner seal is broken or missing.
Store in a cool, dry location, away from sunlight. Keep out of reach of children

Ne pas utiliser si le sceau intérieur est brisé.
Garder dans un endroit frais et sec, à l'abri de la lumière. Garder hors de la portée des enfants.

Does not contain hydrogenated oils, digestible plastics, wax, artificial preservatives, colours, flavours, or added sugar, corn, soy, starch, milk products, wheat, yeast, and is salt free

Ne contient ni huiles hydrogenees, plastiques digestibles, cire, agents de conservation, ni colorants, ni arômes artificiels, sans sucre ajouté, maïs, soya, amidon, produits laitiers, blé, levure et sans sel

Guaranteed quality, purity and potency.
Garanti quant a la qualite, la purete et la puissance

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Adëeva™

ESSENTIAL BEAUTY PROGRAM
PROGRAMME DE BEAUTÉ ESSENTIEL

formula / formule 2

nutritional support for skin, hair, nails and bone

soutien nutritionnel pour la peau, les cheveux, les ongles et les os

DIETARY SUPPLEMENT 90 Capsules

Dr. James Meschino D.C., M.S. is the clinical and research director for the Renaissance Institute of Integrative Medicine and an associate professor in the division of graduate studies and research at the Canadian Memorial Chiropractic College (CMCC). He is a post graduate faculty member of the CMCC and The American Council on Exercise (ACE).

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Le professeur Meschino est l'ingénieur-concepteur du programme Adeeva Essential Beauty. Conférencier et chroniqueur international, il entretient les professionnels de la santé et des soins de la peau sur la nutrition et l'hygiène dermatologique ainsi que sur d'autres sujets relatifs au bien-être.

For education visit / Pour éducation visite: www.adeeva.com

Box - Formula 3

Supplement Facts

Serving Size. 3 Capsules / **Taille de la portion. 3 Capsules**

Servings per Container: 30 / **Portions par conteneur: 30**

	Amount Per Serving / Quantite par portion	% Daily Value / Apport quotidien (%)
Milk thistle (std 80% silymarin) / Chardon-Marie (stand a 80% de silymarine)	450 mg	*
Indole-3-Carbinol (97% grade) / Indole-3-carbinol (qualite à 97 %)	75 mg	*
Astragalus (2:1 grade) / Astragale (qualite de 2:1)	300 mg	*
Reishi Mushroom Powdered Extract (std 10% polysaccharides 4% triterpenes) / Extrait en poudre de champignons Reishi (10 % de polysaccharides, 4 % de triterpenes)	90 mg	*

*Daily value not established / *Apport quotidien non établi

Other ingredients: Stearic Acid (vegetable source), Organic Brown Rice Flour and Gelatin

Autres ingredients: Acide stearique (de source végétale), Farine de riz brun biologique et Gelatine

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SUGGESTED ADULT DOSE: Take 3 capsules per day 2 with one meal and 1 with any other meal

DOSE SUGGÉRÉE POUR ADULTES. Prendre 3 capsules par jour 2 a un repas et 1 avec n'importe quel autre repas.

Do not use if inner seal is broken or missing.
Store in a cool, dry location, away from sunlight Keep out of reach of children.

Ne pas utiliser si le sceau intérieur est brisé.
Garder dans un endroit frais et sec, a l'abri de la lumière Garder hors de la portée des enfants.

Does not contain hydrogenated oils digestible plastics, wax artificial preservatives colours flavours or added sugar, corn, soy, starch, milk products, wheat yeast, and is salt free

Ne contient ni huiles hydrogénées, plastiques digestibles, cire agents de conservation, ni colorants, ni arômes artificiels, sans sucre ajouté, mais, soya, amidon, produits laitiers blé, levure et sans sel

Guaranteed quality, purity and potency.
Garanti quant à la qualité, la purete et la puissance.

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Woodbridge, ON L4L 4G9
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Adëeva™

ESSENTIAL BEAUTY PROGRAM

PROGRAMME DE BEAUTÉ ESSENTIEL

formula / formule

3

nutritional support for problem skin

soutien nutritionnel pour peau à problèmes

DIETARY SUPPLEMENT 90 Capsules

Dr James Meschino D C., M.S is the clinical and research director for the Renaissante Institute of Integrative Medicine and an associate professor in the division of graduate studies and research at the Canadian Memorial Chiropractic College (CMCC) He is a post-graduate faculty member of the CMCC and The American Council on Exercise (ACE)

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Le professeur Meschino est l'ingenieur-concepteur du programme Adeeva Essential Beauty Conférencier et chroniqueur international il entretient les professionnels de la santé et des soins de la peau sur la nutrition et l'hygiene dermatologique ainsi que sur d'autres sujets relatifs au bien-être

For education visit / Pour education visite: www adeeva com

Box - Formula 4

Supplement Facts

Serving Size. 4 Capsules
Taille de la portion 4 Capsules

Servings per Container: 30
Portions par conteneur: 30

	Amount Per Serving / Quantité par portion	% Daily Value / Apport quotidien (%)
Proprietary Enzyme Blend containing / Mélange d'enzymes brevetés contenant	1 200 mg	*
Amylase / Amylase		
Protease I / Protease I		
Protease II / Protease II		
Lactase / Lactase		
Lipase / Lipase		
Cellulase / Cellulase		
Maltase / Maltase		
Sucrase / Sucrase		
Fructo-oligosaccharide / Fructo-oligosaccharide	700 mg	*
Inulin / Inuline	300 mg	*

*Daily value not established / *Apport quotidien non établi

Other Ingredients: Stearic Acid (vegetable source) Magnesium Stearate (vegetable source), Organic Brown Rice Flour, Malto Dextrin and Gelatin

Autres ingrédients. Acide stéarique (de source végétale), Stearate de Magnesium (de source végétale), Farine de riz brun biologique, Malto dextrine et Gélatine

6 16255 10046 6

SUGGESTED ADULT DOSE: Take 3 capsules per day. 2 with one meal and 1 with any other meal

DOSE SUGGÉREE POUR ADULTES: Prendre 3 capsules par jour 2 a un repas et 1 avec n'importe quel autre repas.

Do not use if inner seal is broken or missing.
Store in a cool, dry location, away from sunlight Keep out of reach of children.

Ne pas utiliser si le sceau intérieur est brisé.
Garder dans un endroit frais et sec, à l'abri de la lumière. Garder hors de la portée des enfants.

Does not contain hydrogenated oils digestible plastics wax, artificial preservatives colours, flavours, or added sugar corn, soy, starch, milk products, wheat yeast, and is salt free

Ne contient ni huiles hydrogénées, plastiques digestibles, cire agents de conservation ni colorants, ni arômes artificiels, sans sucre ajouté maïs, soya, amidon, produits laitiers, blé, levure et sans sel

Guaranteed quality, purity and potency.
Garanti quant à la qualité, la pureté et la puissance.

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1-877-264-8080

Adëeva™
ESSENTIAL BEAUTY PROGRAM
PROGRAMME DE BEAUTE ESSENTIEL
formula / formule
4
nutritional support for problem skin
soutien nutritionnel pour peau à problèmes
DIETARY SUPPLEMENT 120 Capsules

Dr. James Meschino D.C., M.S. is the clinical and research director for the Renaisante Institute of Integrative Medicine and an associate professor in the division of graduate studies and research at the Canadian Memorial Chiropractic College (CMCC). He is a post-graduate faculty member of the CMCC and The American Council on Exercise (ACE)

Dr. Meschino is the product formulator for the Adëeva Essential Beauty Program. He is an international speaker and columnist to health practitioners and skin care professionals on nutrition and skin health, as well as other wellness topics

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For education visit / Pour education visite: www.adeeva.com

Box - Formula W

Supplement Facts

Serving Size: 2 Capsules | Servings per Container: 30
Taille de la portion: 2 Capsules | Portions par contenant: 30

	Amount Per Serving / Quantité par portion	% Daily Value / Apport quotidien (%)
Black Cohosh (2.5% triterpenes) / Actee à grappe noire (2.5% de triterpanes)	160 mg	*
Soy Extract (10% soy isoflavones) / Extrait de soya (10% d'isoflavones de soya)	500 mg	*
Gamma-oryzanol (ferulic acid) / Gamma-oryzanol (acide férulique)	300 mg	*

*Daily value not established. / *Apport quotidien non établi

Other Ingredients. Stearic Acid (vegetable source), Organic Brown Rice Flour and Gelatin

Autres ingrédients: Acide stearique (de source végétale), Farine de riz brun biologique et Gélatine

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SUGGESTED ADULT DOSE: Pre-menopausal: 1 capsule per day. **Post-menopausal:** 1 capsule in the morning and 1 capsule in the evening, or as directed by your health practitioner

DOSE SUGGÉREE POUR ADULTES: Avant la ménopause. 1 capsule par jour. **Apres la ménopause:** 1 capsule le matin et 1 capsule le soir ou selon les instructions de votre professionnel de la sante

Do not use if inner seal is broken or missing.
Store in a cool, dry location, away from sunlight. Keep out of reach of children.

Ne pas utiliser si le sceau intérieur est brise.
Garder dans un endroit frais et sec, à l'abri de la lumière. Garder hors de la portée des enfants.

Does not contain hydrogenated oils, digestible plastics, wax, artificial preservatives, colours, flavours, or added sugar, corn, starch, milk products, wheat, yeast, and is salt free

Ne contient ni huiles hydrogénees, plastiques digestibles, cire, agents de conservation ni colorants, ni arômes artificiels, sans sucre ajouté, mais, amidon, produits laitiers, ble, levure et sans sel

Guaranteed quality, purity and potency.
Garanti quant à la qualité, la pureté et la puissance.

Manufactured in Canada / Produit du Canada
Adeeva Nutritionals Canada Inc
3800 Steeles Ave West, Suite 401W, Woodbridge ON L4L 4G9
1-877-264-8080

Adëeva

WOMEN'S HORMONAL BALANCE
EQUILIBRE HORMONAL POUR LES FEMMES

W

natural hormonal support for women

apport hormonal naturel pour les femmes

DIETARY SUPPLEMENT 60 Capsules

Dr. James Meschino D.C., M.S. is the clinical and research director for the Renaisante Institute of Integrative Medicine and an associate professor in the division of graduate studies and research at the Canadian Memorial Chiropractic College (CMCC). He is a post-graduate faculty member of the CMCC and The American Council on Exercise (ACE).

Dr. Meschino is the product formulator for the Adeeva Essential Beauty Program. He is an international speaker and columnist to health practitioners and skin care professionals on nutrition and skin health, as well as other wellness topics.

Le professeur Meschino, D.C., M.S., est directeur des services cliniques et de la recherche au Renaisante Institute of Integrative Medicine et professeur agrege à la division des études superieures et de la recherche au Canadian Memorial Chiropractic College (CMCC). Il est membre du corps professoral du département des études postuniversitaires du CMCC et du American Council on Exercise (ACE).

Le professeur Meschino est l'ingénieur-concepteur du programme Adeeva Essential Beauty. Conférencier et chroniqueur international, il entretient les professionnels de la sante et des soins de la peau sur la nutrition et l'hygiene dermatologique, ainsi que sur d'autres sujets relatifs au bien-être.

For education visit / Pour éducation visité: *www.adeeva.com*

INSERTS

INSERT FOR EACH FORMULA* 1-4 INCLUSIVE

The *Adëeva* Essential Beauty Program is designed to provide your body with optimal levels of vital nutrients, which are known to support the formation of beautiful, radiant skin and healthier hair, nails, and bones

Adëeva's Nutritional Support Formula, Formulas 1 and 2, provide the skin with essential nutrients to help slow aging, reduce wrinkle formation, help fight sun-induced skin damage and support healthier hair, nails and bone

Adëeva's Problem Skin Formula, Formulas 3 & 4, supply important nutrients that boost detoxification and help reduce toxins that are associated with skin problems, resulting from immune inflammatory reactions. Formulas 3 & 4 are used in conjunction with Formulas 1 & 2 to achieve maximum benefit.

FORMULA 1

Formula 1 contains essential levels of vitamins and minerals that are required for developing skin cells below the surface to undergo optimal growth and development, forming healthy and attractive skin cells upon reaching the surface of the skin This formula is also enriched with optimal levels of antioxidant vitamins and minerals, which have been shown to slow skin aging, reduce sun-induced skin damage, sunburn reaction, and wrinkling, and help reduces free radical damage to the genetic material (DNA) of skin cells

Formula 1 also contains vitamins and minerals that are known to make your nails harder, add luster to your hair, support your bone strength and density, and enhance your overall health profile

Dosage: 4 caplets per day (2 with one meal and 2 with any other meal)

FORMULA 2

Formula 2 contains all of the essential oils, at optimal doses, which are required by skin cells to form the type and amount of prostaglandin hormones that make the skin softer, smoother, and silkier. Dry, rough, scaly skin is usually an indication that skin cells are experiencing a deficiency or marginal deficiency of essential oils from the diet, and/or a marginal deficiency of the one or more of the vitamins and minerals required to convert these essential oils into prostaglandin hormones. As it is very difficult to acquire the doses of vitamins, minerals and essential fatty acids for optimal skin development from your diet alone, virtually everyone will see their skin become smoother, softer, silkier, and more radiant, with daily use of Formulas 1 and 2, even individuals who already have reasonably healthy skin

The vitamin and mineral doses provided by Formula 1 are necessary to convert the essential oils, found in Formula 2, into the type and amount of prostaglandin hormones, which makes the skin softer, smoother, and silkier. Thus, Formulas 1 and 2 must be used together to achieve these effects on the skin

Dosage: 3 capsules per day (2 capsules with one meal and 1 capsule with any other meal)

FORMULA 3

Formula 3 contains two powerful herbal agents that enhance the body's detoxification system (milk thistle and indole-3-carbinol) and two powerful herbal agents that modify immune function (reishi mushroom extract and astragalus). It is known that many skin conditions are aggravated, and possibly caused by, immune inflammatory reactions that result from an overload of toxins in the blood, and/or an inappropriate response of the immune system to certain agents in the blood stream. The standardized grade of milk thistle (80% silymarin content) and indole-3-carbinol (derived from cruciferous vegetables), contained in Formula 3, have been shown to enhance the ability of the liver to detoxify undesirable chemicals from the bloodstream, helping to purify the blood and reduce the likelihood of immune inflammatory reactions The standardized grades of reishi mushroom extract (10% polysaccharide content) and astragalus (2 1 grade), contained in Formula 3, have been shown to help improve immune system function in human studies Together, these four herbal agents help support important functions within the body for individuals who suffer from poor complexion and a variety of skin conditions

Dosage: 3 capsules per day (2 capsules with one meal and 1 capsule with any other meal)

FORMULA 4

Formula 4 contains a full spectrum of digestive enzymes, in combination with prebiotics (a type of fiber that encourages the growth of friendly gut bactena). The high potency, digestive enzyme combinabon ensures that no partially digested food matter will enter the bloodstream and trigger immune inflammatory reactions that may cause or aggravate skin conditions This is especially helpful in women, who tend to under-produce pancreatic and intestinal digestive enzymes, leaving them prone to the absorption of partially digested proteins and other substances, which in turn, can trigger immune inflammatory reactions and make skin lesions and complexion much worse.

The prebiotics also found in this formula (FOS and inulin) enable the friendly gut bacteria to thrive within the large bowel, crowding out the unfriendly bacteria, which are known to secrete toxins These toxins can be absorbed into the bloodstream and produce immune inflammatory reactions, which have been shown to aggravate a number of skin conditions and hypersensitivity reactions

Formula 4 helps the body prevent the formation and absorption of foreign substances, which can trigger immune inflammatory reactions associated with a number of skin conditions

Individuals with problem skin should use Formula 1,2,3,and 4 to give their skin the best chance for proper development, and to help keep their system clear of any toxins or substances that may otherwise trigger immune inflammatory skin reactions.

Dosage: 4 capsules (2 capsules with each of your two largest meals)

DIETARY RECOMMENDATIONS

In addition to using the supplement formulations provided by the *Adëeva* Essential Beauty Program, it is beneficial to make some dietary modifications, which can further enhance the overall results of the program

- Eat a low animal fat diet (e g chicken, turkey, fish, 1% or non fat milk or yogurt) to avoid the build up of the unwanted fat (arachidonic acid), which produces undesirable prostaglandins that make the skin dry, rough and scaly, and aggravates many skin problems
- Use olive oil or canola oil instead of other oils for salad dressings and to sauté vegetables, etc. Peanut oil can also be used for stir-frying if desired Do not consume deep fried foods regardless of the type of oil used
- Consume more fiber-nch fruits, vegetables, whole grains and legumes, to help remove toxins from the bowel and to encourage growth of friendly bacteria, which help detoxify the system
- Drink at least 4 to 8, 8-ounce glasses of distilled or purified water each day
- Consume little or no alcohol Alcohol can encourage the synthesis of undesirable prostaglandins within the body
- Consume more soy products and cruciferous vegetables (Brussels sprouts, broccoli, cabbage, cauliflower, bok choy), which enhance the body's detoxification function
- Avoid foods that you know you are sensitive or allergic to, in order to avoid immune inflammatory reactions that can cause or aggravate skin problems

PRECAUTIONARY NOTES

- Individuals with hemochromatosis, glucose-6-phosphate dehydrogenase deficiency, Wilson's disease should not use Formula 1
- Do not take Formula 1 in conjunction with any other multiple vitamin supplement, to avoid potential for vitamin A toxicity However, you may continue taking any other type of non-vitamin A-containing supplement in conjunction with Formula 1 (e g , herbal supplements, accessory nutrients such as glucosamine and coenzyme Q10 or, additional doses of any other vitamins or minerals other than vitamin A)
- Individuals who have received a kidney or liver transplant, suffer from moderate to severe kidney or liver disease, or are using immuno-suppressant drugs, must seek the advice of their physician prior to using Formula 3
- Pregnant and lactating women should not take any supplements other than a prenatal vitamin, unless recommended by their attending physician.
- Individuals with kidney or liver transplants or moderate to severe kidney disease must seek approval from their physician before taking any dietary supplements.
- Consult with a health care professional before initiating a supplementation program or making dietary modifications.

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INSERT FOR FORMULA N

Adëeva

WOMEN'S HORMONAL BALANCE

Women's Hormonal Balance is an all-natural supplement containing three proven herbal agents that have been shown to support female hormonal health and total well being.

Pre-menopausal Women (young women)

From age 15 to 50, many women experience symptoms related to an imbalance in reproductive hormones, which can detract from their quality of life and feeling of well being. An imbalance of estrogen to progesterone is often at the root of problems that affect younger women. Some researchers and health experts suggest that in these cases, either estrogen levels are too high or there is a failure to produce adequate amounts of progesterone, resulting in a high estrogen to progesterone ratio. Eating less animal fats, consuming more dietary fiber, and performing aerobic exercise are natural ways to help improve the estrogen to progesterone ratio.

In addition to this advice, women should also consider taking *Women's Hormonal Balance* to derive the benefits provided by soy isoflavones and the active ingredients in black cohosh (triterpene glycosides). Both of these natural agents have been shown to improve the balance of female reproductive hormones and exert a positive effect on reproductive tissues. Soy isoflavones (phytoestrogens) are chemically similar to human estrogen, and can bind to estrogen receptors sites on breast tissue (and other tissues), toning down the impact of the body's more powerful estrogens. Black cohosh triterpenes also affect breast and reproductive tissue in a health-promoting fashion, and provide the raw materials from which the body can make more progesterone, to help balance the estrogen to progesterone ratio. In many parts of Europe black cohosh is the natural drug of choice recommended for a variety of female reproductive disorders and complaints. The combination of soy isoflavones and black cohosh, at the dosage and standardized grade contained in *Women's Hormonal Balance*, makes this an effective and safe supplement to help optimize hormonal balance in women 15 to 50 years of age.

Menopausal Women

During menopause, estrogen levels decline up to 90% and progesterone levels fall up to 66%. This can lead to hot flashes and related menopausal symptoms, loss of calcium from bones, and increased accumulation of cholesterol in the bloodstream (heart disease is the number one killer of post menopausal women in North America). *Women's Hormonal Balance* contains the dosages and standardized grades of black cohosh, soy isoflavones and gamma-oryzanol that have been shown to help support female hormonal balance and well being in the postmenopausal years. As well, soy extract and gamma-oryzanol are known to help lower cholesterol and triglycerides, and soy isoflavones and black cohosh have been shown to help support bone density. As such, *Women's Hormonal Balance* is an important supplement that should be considered by all postmenopausal women, whether or not they are using hormone replacement therapy. It's the natural way to help re-establish hormonal balance and stabilize your feeling of well being.

Adult Dosage: **Premenopausal – 1 capsule per day**
Postmenopausal – 1 capsule in the morning and 1 capsule in the evening

Adëeva Product Line

- *Essential H.A.* Natural Moisturizing Spray
- *Essential H.A.* Natural Revitalizing Serum
- Nutritional Support *Formulas 1 & 2*
- *Problem Skin Formulas 3 & 4*
- *Women's Hormonal Balance*

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