

Adëeva™ Products

All-In-One Multi-Vitamin & Mineral

High Potency - B-50 complex, antioxidant enriched & 500 mg calcium

Nature's Essential Oils

Optimal blend of Omega essential fatty acids

Glucosamine Joint Formula

Fast-acting formula for Osteoarthritis and joint cartilage damage

Nature's Relief

Natural anti-inflammatory for joints, muscles and bursitis

Women's Hormonal Balance

Relief of Menopause symptoms, PMS, fibrocystic breast disease

Bone Support Formula

Prevention and Management of Osteoporosis

Prostate 40 Plus

Prevents/Reverses Prostate enlargement and supports prostate health

Body Burn

Fat Metabolizer for weight loss, athletic performance and blood sugar control

Immuno-Detox Prime

Strengthens the immune and detox systems

Flora-Essentials

Improves digestion and immune function

Cardio Essentials

CoQ10 and Hawthorn for heart health and blood pressure regulation

Thyro-Support Formula

Supports thyroid function and thyroid hormone therapy

Memory Support Complex

Supports memory and helps prevent age-related memory loss

SensaGen

Sexual enhancement for men and women

CholesterEx

Lowers cholesterol and triglycerides

UT-Clear

Prevents recurrence of urinary tract infections

Sleep-E Naturals

Natural sleep agent with brain protective nutrients

Ultimate Glutathione

Increase levels of glutathione for liver, kidney and immune support

MigranEx

Helps to reduce migraine attacks

Adrenal Support Formula

Anti-stress formula and adrenal support

Nature's Iron

High potency and bioavailable iron (45 mg) - non constipating

Orega Sept

Nature's antibiotic to help fight infections, acne and rosacea

Lean Mass Plus

High quality whey protein and fibre shake

Clinical Weight Loss Kit

Dr. Meschino's complete weight loss coaching system

Essential H.A.

Topical formula to reverse wrinkles, crows feet and fine lines

Stone Factors

For treatment and prevention of kidney and gallbladder stones

Creatine Plus

Powder-stir into juice for increased energy, strength, power

Adëeva Nutritionals Canada Inc.

The Natural Choice of Healthcare Professionals since 1996

3800 Steeles Ave. West, Suite 201W, Woodbridge, ON L4L 4G9

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Adëeva™

Cardio Essentials



The Natural Choice of
Healthcare Professionals since 1996

Cardio Essentials

Vital nutrients to counter age-related changes leading to congestive heart failure, high blood pressure and other heart problems: A vital supplement for everyone over 45.

Cardio Essentials contains Coenzyme Q10, Hawthorn and Quercetin. This combination is essential to protect your heart health after age 45, and has important applications for the healthy functioning of your brain, immune system and other tissues.

Coenzyme Q10

As we age, our bodies make less Coenzyme Q10 (CoQ10). CoQ10 is an essential vitamin-like substance that facilitates the conversion of food into energy (ATP-energy) within the energy factories of our cells. If your cells cannot produce sufficient amounts of ATP-energy due to a CoQ10 deficiency state, then a decline in cell function occurs that results in a weakened heart pump, high blood pressure, full-blown congestive heart failure and other heart problems, including increased risk of heart arrhythmia. Coenzyme Q10 is also a vital fat-soluble antioxidant that your body relies on to quench dangerous free radicals that are known to damage our brain, immune cells, our heart muscle and other tissues.

More recently, we have seen that CoQ10 deficiency is a key underlying factor towards a decline in brain function, the onset of Parkinson's disease, weakened immunity, as well as contributing to other common problems associated with aging.

Clinical studies have shown that supplementation with Coenzyme Q10 can help prevent and combat many of these conditions. As such, Anti-aging experts advocate taking a Coenzyme Q10 (CoQ10) supplement at the rate of 30 mg per day after age 35-40 and 60 mg per day after age 60, as an essential prevention strategy. This targeted dosage slows the aging process and helps to prevent a variety of degenerative health conditions involving the heart, vascular system, brain and immune system. Higher doses are required, however, once these health problems are present.

Hawthorn

Taking CoQ10 in combination with the herb Hawthorn is the gold-standard approach to supporting your heart health after age 45, as the active ingredients in hawthorn, known as procyanidins, have also been shown to further enhance levels of ATP-energy in the heart muscle. Hawthorn also improves flow of blood through the coronary arteries of the heart, proving more blood and oxygen to the heart muscle. Hawthorn also helps to keep blood pressure down, a role it shares with Coenzyme Q10.

Coenzyme Q10 and Hawthorn are the perfect one-two combination to ensure your heart can continue generating optimal ATP-energy to keep it strong, and help guard against events that lead to age-related congestive heart failure, high blood pressure and other heart problems linked to decreased energy and poor coronary blood flow.

Clinical studies in Japan, Germany and other European and Asian countries demonstrate that, from a therapeutic standpoint, supplementing with Hawthorn and/or Coenzyme Q10 can also be effective in the reversal of certain cases of congestive heart failure, in lowering blood pressure and in improving cases of angina and arrhythmia.

The bottom line: On a cellular level, CoQ10 and hawthorn work synergistically to help optimize ATP-energy within our body. More cellular energy translates into a stronger heart muscle, better cognitive function and a more efficient immune system. As such, these two nutrients work synergistically to prevent the age-related decline in ATP-energy production that is associated with a host of heart problems, other degenerative conditions and the aging process itself.

Quercetin

Quercetin is a flavonoid that acts as an anti-inflammatory and an antioxidant. Higher intake and blood levels of Quercetin are associated with a lower risk of cardiovascular mortality in a number of large human studies. Studies suggest that Quercetin helps to reduce risk of heart attack and related problems by decreasing inflammation in the blood vessel wall. As such, it is an important ingredient to take with Coenzyme Q10 and Hawthorn, in regards to preventing heart and vascular disease.

For everyone over 45 years of age, Cardio Essentials, containing scientifically-based doses of Coenzyme Q10, Hawthorn and Quercetin, truly is the essential 3-in-1 combination to help preserve your heart health, vascular function and cellular energy production.

If you are over the age of 45 and/or have high blood pressure, ask your health practitioner if Adëva Cardio Essentials may be helpful in your case.

For more information about Adëva Cardio Essentials
visit www.adevainfo.com

Clinical Applications:

All patients entering the 45-50 age range, to help prevent future onset of congestive heart failure and high blood pressure

Patients taking a Statin drug to lower cholesterol (e.g. Lipitor), which depletes coenzyme Q10

High Blood Pressure

Adjunctive nutritional management of congestive heart failure (do not take concurrently with digitalis or digoxin)

Active Ingredients

Co-enzyme Q10	60 mg
Hawthorn Flower Extract (std. 5% Vitexin Flavonoids)	75 mg
Quercetin	100 mg

Amounts for 3 capsules, 80 per bottle

Contraindications & Considerations

Conditions:

- Pregnancy
- Breast Feeding or Lactation
- Kidney Failure (Renal Failure)¹
- Received a transplant of any kind¹
- If kidney has been removed¹
- Kidney clearance problem (e.g., a dialysis patient)¹

Medication/Apparatus:

- ACE inhibitor (High blood pressure medication)²
- Digitalis¹
- Pacemaker¹
- Anti-arrhythmia drugs¹

¹Requires approval from specialist/physician

²ACE Inhibitor: Do not exceed 4 capsules per day