

# 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

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# Adëeva™

## Nature's Iron



The Natural Choice of  
Healthcare Professionals since 1996

# Nature's Iron

## With Chelated Iron and Heme Factors: And Non-Constipating

**Iron Deficiency** – The leading nutrient deficiency in our society. Due primarily to blood loss during menstruation, a significant number of females (especially teenagers and women in their child-bearing years) are known to have at least grade one iron deficiency (serum ferritin level between 12-50 ng/ml). The symptoms of grade one iron deficiency include fatigue, sometimes recurrent infections (iron is required for immune function) lack of concentration ability (iron is required for brain function), inability to perform exercise on consecutive days due to lack of energy and poor recovery. Thus, even in cases where anemia is not present, grade one iron deficiency can still produce symptoms of lingering or recurrent fatigue, immune compromised states, and brain dysfunction.

Individuals who have any combination of these symptoms should have their serum ferritin level assessed. Anyone with a value below 50 ng/ml (and above 12 ng/ml) should consider taking 1-3 capsules per day of Nature's Iron until their serum ferritin reaches the optimal range above 50 ng/ml. Individuals with a serum ferritin level below 12 ng/ml (or who show Frank Anemia) require high dose prescription iron or iron injections to resolve this potentially life-threatening anemic state.

### Food Does Not Combat An Iron-Depleted State

Women, during their child-bearing years, typically lose 2 mg of iron per day, while men typically lose 1 mg per day. Unfortunately, only 10-20% of the iron in food is absorbed into the bloodstream. Iron from plant foods (fruits, vegetables, nuts, seeds, legumes) have the lowest absorption properties. Thus, once iron levels fall into the lower range (especially below 20 ng per ml) food alone is unlikely to resolve the problem. For example, this means that women have to consume approximately 15-20 mg per day of iron from food in order to absorb sufficient iron to replace their daily iron loss. This is very difficult to do and thus, many women, without realizing it, find themselves in a state of grade one iron deficiency for much or most of their lives. As a result, iron deficiency is the leading nutrient deficiency in North America and world-wide.

### The Solution Is Adëeva Nature's Iron

One capsule of Nature's Iron contains 45 mg of elemental iron in which the iron is chelated to amino acid carriers for maximum absorption into the bloodstream. Studies show that the form of chelated iron (ferrous bisglycinate chelate) in Nature's Iron is significantly more bioavailable than prescription iron supplements, as well as over-the-counter inorganic forms of iron (ferrous sulfate, ferrous gluconate, etc), and is not associated with constipation problems.

Nature's Iron also contains meaningful doses of specific nutrients that are required by the body for hemoglobin and red blood cell production. These Heme factors include ascorbic acid, methylcobalamin, folic acid and pyridoxine. A deficiency in any of these vitamins, as well as iron, is known to result in anemia, fatigue, shortness of breath, irregular shaped red blood cells, and/or impaired hemoglobin synthesis. Hemoglobin is the iron-protein complex within red blood cells that picks up oxygen in the lungs and transports it to all body tissues for energy production.

If you have any of the above noted symptoms ask your health practitioner if Adëeva Nature's Iron may be helpful in your case.

For more information about Adëeva Nature's Iron  
visit [www.adeevainfo.com](http://www.adeevainfo.com)

## Clinical Applications

Grade One Iron Deficiency – a serum ferritin level below 50 and above 12ng/ml

## Active Ingredients

Ferrochel (Ferrous Bisglycinate Chelate)	225 mg yielding 45 mg of iron
Ascorbic Acid	50 mg
Methylcobalamin	20 mcg
Folic Acid	50 mcg
Vitamin B6	10 mg

Dosage: 1-3 capsules per day until achieving a serum ferritin above 20 ng/ml, or more ideally above 60ng/ml

## Contraindications & Considerations

### Conditions:

- Hemochromatosis
- Liver Disease \*
- Renal Failure or any kidney disease \*
- Pregnant \*
- Breast Feeding \*
- Organ Transplant Recipient \*
- Cancer \*

\* Requires approval from a specialist physician