



Even Flo



What is EvenFlo?

EvenFlo is an herbal blend designed to help manage acute and chronic pain conditions, including sickle cell disease.

EvenFlo has been clinically shown to help:

- Fatigue
- Reduce muscle and nerve pain
- Relieve cramping and spasm
- Relieve PMS associated pain

Why EvenFlo?

EvenFlo works through the phytochemicals (good effects found in plants) producing anti-inflammatory and vasodilating (the stretching of blood vessels) effects. These herbs open blood vessels and allow blood to flow more freely through the body. It helps with microcirculation (circulation of the blood in the smallest blood vessels) and reproduction of red blood cells. These properties result in repaired tissue, bringing more oxygen to the various organs of the body, in which reduce pain.

How does EvenFlo work?

EvenFlo contains phytochemicals with anti-inflammatory and vasodilating effects. The herbs in this formula increase elasticity of veins, which allows blood to flow more freely. EvenFlo increases the production of red blood cells as well as microcirculation. These factors allow blood cells to carry more oxygen to organs to better repair tissue damage, resulting in reduced pain.

- **Dong Quai** has blood toning and nourishing effects attributed to its vitamin B12, folic acid, folinic acid, nicotinic acid, and biotin content[1,2]. Also known as Angelica sinensis root, this herb promotes hematopoiesis and can help increase blood volume after injury or surgery[3,4]. It encourages hematopoiesis during an individual's menstrual cycle to ease symptoms, as well as treating endometriosis[3,5,6]. Coumarin derivatives and ferulic acid contribute to its antithrombotic effect[6]. Dong quai also contains Z-ligustilide, which has a calming effect on the nervous system, promoting relaxation and reducing pain[3,7].
- **Cordaylis** Some studies have shown that inhibition of the ascending reticular activating system and the action of dopamine (DA) receptors in the brain might be responsible for the analgesic effects. Mounting body of evidence suggests that protoberberines inhibit the purinergic ATP-gated ion channel, attributing to the

analgesic, antiseptic, anti-hemorrhagic and antispasmodic effects to protoberberine alkaloids.

- **Rehmannia** is a blood refresher. Long used as a tonic to prolong life and heal ailments, it is recommended to regulate deficient blood patterns such as anemia, irregular menses, and uterine and postpartum bleeding[2,8,9]. A large part of its anti-oxidative, anti-inflammatory and anti-apoptotic effect are attributed to the organic compound hydroxymethyl furfural[10]. Other constituents that contribute to its healing and blood tonic effects are beta-sitosterol, calcium, copper, glucose, glucosamine, histidine, mannitol, zinc, amino acids, and vitamins A, B, C and D[9].
- **White Peony** contains a unique glucoside called paeoniflorin, which calms nerves and alleviate spasm and pain[2,11]. Working with other glucosides to make up total glucosides of peony (TGP), it has an anti-inflammatory effect and protects against oxidative damage[12]. It has also been used as an immunostimulant in the treatment of endometriosis and esophagitis[5,13].

Special Notes

EvenFlo has been clinically tested for the management of sickle cell disease (SCD).

In an observational study involving 81 SCD patients, individuals between 4-47 years old followed a prescribed regime for 3 months. 85% of patients observed an improvement in their appetite, anemia, general health status, pain management, and weight loss, resulting in increased quality of life. 80% of patients reported no major crises after 6 months.

Directions

Adults take one capsule twice daily as a dietary supplement or as directed by your healthcare practitioner. For fast pain relief, take one capsule every 2-3 hours. Do not exceed 10 capsules in a 24 hour period.

Supplement Facts

Serving per Bottle	30	
Serving size:	1 capsule	
Amount per serving	% Daily Value*	
Codonopsis Extract	100 mg *	DV*
Ligustrum	50 mg *	DV*
White Peony Extract	50 mg *	DV*
Dong Quai Extract	50 mg *	DV*
Rehmannia Glutinosa Radix	50 mg *	DV*
Atractylodes Extract	50 mg *	DV*
Corydalis	50 mg *	DV*
Ziziphus Spinosa Seep	25 mg *	DV*
Licorice Root	15 mg *	DV*
Salvia	15 mg *	DV*
Poria	60 mg *	DV*
	35 mg *	DV*

* Daily Value(DV) not established.

**These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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