

# eve™



V Good Probiotics

Probiotics to support urinary tract health, vaginal, yeast and immune.

60 Sage Capsules  
Dietary Supplement

eve

Chill Pills

Hydration in a bottle. Supports fluid balance of perspiration and stress.

60 Sage Capsules  
Dietary Supplement

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Morning Person

Energy support to help you corpe that aam.

60 Sage Capsules  
Dietary Supplement

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Take Me With The Pill™

Supports to support your health while staying hormonal with exercise.

60 Sage Capsules  
Dietary Supplement

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Period Pal™

Every woman's best friend to support a balanced, regular and drama-free cycle.

60 Sage Capsules  
Dietary Supplement

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All Systems Glow

Zinc, magnesium & iodine.

Support for hormone, hair, skin & energy!

60 Sage Capsules  
Dietary Supplement

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WELLNESS

## PRODUCT GUIDE

For training purposes only.



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## Our Story

Periods, hormones, fertility, intimate health, stress and mental health...

These are all areas we have been told for centuries that we should feel shame about. Not at Eve.

We embrace these previously taboo areas and bring them into the light, erasing the shame and celebrating you for all you are. About time, right?

From humble beginnings offering at-home hormone testing throughout New Zealand, Eve has analysed the hormone health of over 2,000

women and provided them with personalised lifestyle and nutritional recommendations to help support them to bring their hormones into balance.

The key trends of which sparked inspiration for a supplement range formulated to support women with the issues that they struggle with the most.

Rooted by science, Eve is on a mission to make hormones simple, and empower women everywhere to understand and support their beautifully unique bodies.



## Product Overview

SAFE FOR						
Pescatarians	Vegetarians	Vegans	Breastfeeding	Pregnancy	Gluten Free	Dairy Free

### Ages 12+

Eve All Systems Glow	•	•	•	•	•	•
Eve Bloat Buddy	•	•	•		•	•
Eve Happy Hours	•	•			•	•
Eve Morning Person	•	•	•		•	•
Eve Take Me With The Pill	•	•		•	•	•
Eve V Good Probiotics*	•	•		•	•	*

### Ages 13+

Eve Blood Sugar Babe	•	•	•		•	•
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### Ages 18+

Eve Period Pal	•	•	•		•	•
Eve Chill Pills	•	•	•		•	•

### What are the capsules made out of?

Vegetable cellulose, vegan-friendly capsules have been used.

\*The growth media of some bacterial strains in Eve V Good Probiotics include dairy, avoid if you have a known dairy allergy.

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## All Systems Glow



Your 3-in-1 wellness hack with **zinc, magnesium and iodine** to support overall wellbeing and hormonal balance.

### DOSAGE

Ages 12+: Take 2 capsules daily with food at breakfast or lunch or as directed by your health practitioner.

### BENEFITS

- Combined, our bodies need **zinc** and **magnesium** for over 500 key mechanisms (enzyme pathways) in the body, making these two minerals crucial for everything from hormones and gut health, to skin, mood and energy.
- Contains iodine which is needed for hormone balance and thyroid function, hair growth and fullness, energy and brain health.
- High strength, bioavailable zinc gluconate, magnesium bisglycinate and potassium iodine to boost low levels in the body

### DESIGNED TO SUPPORT

- Hormonal balance
- Energy and vitality
- Mental wellbeing
- Acne and skin issues
- Hair health and growth

## INGREDIENTS

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### AMOUNT PER SERVING

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Zinc as zinc gluconate .....	15 mg
Magnesium as magnesium bisglycinate .....	300 mg
Iodine as potassium iodine .....	150 mcg

### Additional ingredients:

Hypromellose (capsule), Magnesium Stearate, Microcrystalline Cellulose, Silicon Dioxide.

## CAUTIONS

- Not suitable for those under the age of 12 unless recommended by a health professional.
- Consult with your healthcare practitioner if you are on thyroid medications or have a known thyroid autoimmunity.

“Loving All Systems Glow! I’ve definitely noticed a shine in my hair and haven’t had any skin breakouts since using it! Love how energised it makes me feel too - so convenient having one supp that does it all.”

– Laken, online review

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## Bloat Buddy



Comprehensive plant-based digestive support for regular motions, a comfortable tummy, and a bloat-free life.

### DOSAGE

Ages 12+: Take one capsule twice daily, 20 minutes prior to food at breakfast and dinner, or as directed by your health practitioner.

### BENEFITS

- Powerful herbal formula promotes healthy digestion, aids optimal stomach acid levels, and reduces digestive discomfort.
- Contains Artichoke leaf extract to improve flatulence, bloating, and feelings of fullness for smooth digestion.
- Contains Ginger root to aid bowel movement, and when combined with artichoke leaf, improves indigestion.
- Contains GutGard® Liquorice extract, a clinically researched ingredient for digestive health including bloating, gas, and especially supportive for those with stomach ulcers & H.pylori.

### DESIGNED TO SUPPORT

- Gut health
- Digestion
- Reflux
- Bloating
- Gut Discomfort
- Flatulence and burping
- Constipation and diarrhoea

## INGREDIENTS

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### AMOUNT PER SERVING

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Globe Artichoke Leaf 4:1 extract.....	200 mg
(standardised to contain 4% Cynarin & 5% Flavonoids)	
Ginger Root 11:1 extract .....	200 mg
(standardised to contain 12 mg Gingerols)	
Liquorice Root extract (GutGard®).....	150 mg
(standardized to contain >3.5% glabridin & >10% Flavonoids)	

## CAUTIONS

- Take 2 hours away from medication.
- Consult medical professional if on Warfarin or other blood thinning medication.
- Not suitable for those under the age of 12 unless recommended by a health professional.
- Avoid if breastfeeding or pregnant.

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## Blood Sugar Babe



A powerful metabolic booster to promote **blood sugar balance, clearer skin, ovulation, fertility and hormonal wellbeing.**

### DOSAGE

Ages 13+: Take one 4g serving (1 ½ metric tsp) daily mixed with water or any cold drink of choice. Can be taken with or between any meal or snack.

### BENEFITS

- Supports ovulation and fertility.
- Aids blood sugar control.
- Promotes metabolic wellbeing.
- Supports normal insulin sensitivity.
- Reduces risk of gestational diabetes development when taken during pregnancy.
- Supports normalisation of blood sugar markers associated with metabolic diseases ie. metabolic syndrome, PCOS.
- Supports healthy mood and cognitive function.

### DESIGNED TO SUPPORT

- PCOS & associated symptoms (ie. acne, hair growth, irregular cycles)
- Blood sugar control
- Ovulation & fertility
- Sugar cravings
- Metabolic health
- Weight management
- Thyroid health
- Perimenopause/menopause



## INGREDIENTS

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### AMOUNT PER SERVING

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*Myo-inositol*..... 4000 mg

## CAUTIONS

- Not suitable for those under the age of 13 unless recommended by a health professional.
- Safe for pregnancy.
- No suitable during breastfeeding due to the naturally occurring amounts of inositol in breastmilk.

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## Chill Pills



Designed to help you get through your day **tension-free and unwind for great sleep** without vino or sleeping pills.

### DOSAGE

Ages 18+: Take 1 capsule at each meal in times of stress or anxiety. Or take 3 capsules at dinner time or prior to bed for sleep support.

### BENEFITS

- Formulated with sustainably sourced Kava from Vanuatu.
- Kava has been used in the Pacific for many years for its powerful calming and anti-anxiety properties.
- Our high quality Kava extract is standardized for kavalactone content
- the active constituent that gives Kava its anti-anxiety properties.
- Think of it as a way to help you chill out and find your inner “om” when life gets busy, stressful and out of control.

### DESIGNED TO SUPPORT

- Feelings of anxiety and overwhelm
- Times of stress
- Difficulty falling asleep
- Relaxation of the mind
- Nerves and jitters

## INGREDIENTS

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### AMOUNT PER CAPSULE

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**Kava Kava (*Piper methysticum*) Root Extract.....233 mg**  
Equiv. to active Kavalactones.....70 mg

**Additional ingredients:**

Microcrystalline Cellulose, Hypromellose (capsule), Vegetable Stearate.

## CAUTIONS

- Not safe for children or during pregnancy or breastfeeding.
- Do not take with alcohol, barbiturates, benzodiazepines or other CNS depressants. This combination can increase risk of drowsiness.
- Not designed for regular, long term use.
- Not for those with pre-existing liver disease.

### Life Saver

"I absolutely love Chill Pills. Since going through menopause I find it really difficult to fall asleep at night. I take two of these tablets 1/2 hour before I go to bed and I have no problems falling asleep and also wake up feeling refreshed.I highly recommend these to others."

– Lisa, online review

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## Happy Hours



High quality, scientifically proven formulation to support **happier moods and brighter days - more often.**

### DOSAGE

Ages 12+: Take 1 capsule daily, or as directed by your health practitioner.

### BENEFITS

- Contains sustainably grown, organic saffron extract with >2% safranal, >1.5% crocin, and >3% picrocrocin, the active ingredients in saffron that have been well researched to show antidepressant & anti-anxiety effects, while boosting libido, decreasing inflammation and supporting hormone balance.
- Vitamin D3 protects the brain against the negative effects of chronic stress and overwhelm
- Vitamin D3 plays a role in the production of our happy neurochemical
- Happy Hours is not contraindicated with any antidepressants, or anti-anxiety medications, making it safe for everyone with low moods.

### DESIGNED TO SUPPORT

- Low moods or depression
- Brain fog
- Mood stability
- PMS symptoms, such as irritability, headaches, cravings, and pain
- Overwhelm
- Low Libido

## INGREDIENTS

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### AMOUNT PER SERVING

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Zaffronel® STD Saffron Extract .....	30 mg
Vitamin D as <i>Cholecalciferol</i> .....	1000 IU

### Additional ingredients:

Hydroxypropyl Methylcellulose (Vegetable Capsule), White Rice Powder, Magnesium Stearate, and Silicon Dioxide.

## CAUTIONS

- Not suitable for those under the age of 12 unless recommended by a health professional
- Do not take with alcohol, barbiturates, benzodiazepines, or other CNS depressants (AKA sleeping tablets and sedatives) due to increased risk of drowsiness and motor reflex depression.
- Avoid if you are breastfeeding or pregnant

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## Morning Person



High strength, **bioavailable B vitamins and adaptogens** to support energy, brain function, and a healthy stress response.

### DOSAGE

Ages 12+: 2 capsules daily in the morning with food.

### BENEFITS

- A caffeine free morning lift—a remedy to end the cycle of fatigue and caffeine dependency.
- A combination of *panax ginseng* and fast-acting B vitamins provides immediate energy support, whilst the long-acting adaptogenic effect of *rhodiola rosea* works to bolster your inner engines for increased vitality long term.
- *Panax ginseng* improves cognitive capacity in times of stress and pressure including: abstract thinking, attention, arithmetic skills, and reaction time.

### DESIGNED TO SUPPORT

- Increased energy levels
- Immediate energy boost
- Better stamina
- Mental clarity, focus and increased cognitive capacity

## INGREDIENTS

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### AMOUNT PER SERVING

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<i>Rhodiola rosea</i> root (extract $\geq 2\%$ Salidroside, $\geq 3\%$ Rosavins).....	400 mg
<i>Panax ginseng</i> root (extract 40%).....	200 mg
Vitamin B6 as <i>Pyridoxal-5-phosphate</i> .....	20 mg
Vitamin B2 as <i>Riboflavin</i> .....	12 mg
Vitamin B9 as <i>Calcium Folate</i> .....	300 mcg
Vitamin B12 as <i>Methylcobalamin</i> .....	50 mcg

### Additional ingredients:

Hydroxypropyl Methylcellulose (capsule), Magnesium Stearate.

## CAUTIONS

- Strictly avoid during pregnancy and breastfeeding.
- If on medication, we recommend checking contraindications with your health professional.

“Absolute magic pills! As a mum of 3 I am forever reliant on the caffeine in my morning cuppa to get me through....these are GAME CHANGERS! About 30mins after I feel energised and find I don't even need or miss those multiple coffees throughout the day. Thanks Eve for creating these – a customer for life here!”  
– Jaime, online review

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## Period Pal



Specifically formulated with key herbs and nutrients to support a balanced, regular and drama-free cycle.

### DOSAGE

Ages 18+: 2x capsules in the morning - roughly the same time every day.  
Avoid taking in the afternoon.

### BENEFITS

- Includes herbs that have been scientifically proven to reduce the physiological symptoms of PMS.
- Supports hormone regulation, as well as ovulation. Ideal for those with irregular menstrual cycles.
- Contains *Ginkgo biloba* to improve cognitive function and increases blood flow which can improve libido, mood, circulation and ovulation.
- Contains Sensoril™ Ashwagandha – a powerful adaptogen derived from a unique blend of both leaves and roots of the *Withania somnifera* plant. This proprietary blend has been studied in more than ten human clinical trials for its ability to support stress management and reduction, better focus and reaction time, sleep quality, cognitive health, mood, low energy levels and vitality.
- More natural way to manage period without needing to go on Oral Contraceptive Pill or other potentially damaging products.



## DESIGNED TO SUPPORT

- PMS and menstrual headaches/migraines
- Mood swings or low moods
- Premenstrual bloating and/or water retention
- Hormonal acne
- Breast tenderness
- Hormone-related anxiety
- Irregular periods
- Hormonal fatigue
- Anovulatory cycles or missing periods
- Heavy/painful periods
- Chronic stress

## INGREDIENTS

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### AMOUNT PER SERVING

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Chaste Tree ( <i>Vitex agnus castus</i> ) (extract ≥0.6% Aucubin, ≥0.5% Agnuside).....	400 mg
Ashwagandha ( <i>Withania somnifera</i> ) (Sensoril™) (extract ≥10% total Withanolides).....	300 mg
Ginkgo biloba (extract ≥24% Ginkgo flavonglycosides).....	320 mg
Zinc (elemental) as <i>Zinc Gluconate</i> .....	15 mg
Iodine (Kelp extract powder).....	100 mcg

### Additional ingredients:

Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate.

## CAUTIONS

- Nightshade allergy warning - do not take if you are allergic to nightshades or have a known sensitivity to any of the ingredients in this product.
- Not suitable during pregnancy, breastfeeding or if those on hormone replacement therapy.
- Contains iodine, consult your doctor prior to taking this product if you are on thyroid medication.
- Recommended to be taken at a different time of day, to prescribed medications – as ingredients may inhibit medications absorption.

“I was recommended Eve Period Pal by a friend and have been taking it for one month. It has changed my life! My cycle came as a surprise for the first time since I was a teenager as I had zero PMS. My period was lighter and I had no cramps or bloating. This product is a game changer and I wish I had found it sooner”

– Jo, online review

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## Take Me With The Pill



Specifically formulated to **replenish the nutrients and antioxidants** that birth control depletes.

### DOSAGE

Ages 12+: Take 3 caps daily with your breakfast.

### BENEFITS

- Daily support with high doses of B vitamins, minerals and probiotics to diminish side effects of the Oral Contraceptive Pill (OCP) like mood swings, low libido, headaches, weight gain, fatigue and more.
- Oral contraception has been linked to the loss of key nutrients which may lead to unwanted side effects.
- Contains key vitamins and minerals such as vitamin B2, B6, B9, B12, zinc, vitamin E and magnesium – all nutrients the OCP depletes.
- Probiotic support for the microbiome and mitigate the negative effect of the OCP on your gut health.
- Scientifically formulated with 23 specifically selected ingredients to support nutritional balance in the body when using hormonal birth control.
- Essential nutrients to support bone health and development.

### DESIGNED TO SUPPORT

- Energy
- Mood
- Digestion and gut health
- Sex drive
- Sleep
- Skin Health

## INGREDIENTS

### AMOUNT PER SERVING

Vitamin A as Natural Beta-Carotene .....	2000 IU
Vitamin B1 as Thiamine HCl.....	12.5 mg
Vitamin B2 as Riboflavin .....	12.5 mg
Vitamin B3 as Niacinamide .....	30 mg
Vitamin B5 from Pantothenic Acid as Calcium Pantothenate.....	100 mg
Vitamin B6 as Pyridoxal 5-Phosphate .....	25 mg
Vitamin B7 as Biotin.....	300 mcg
Vitamin B9 as Calcium Folate.....	300 mcg
Vitamin B12 as Methylcobalamin .....	50 mcg
Vitamin D from Cholecalciferol.....	1000 IU
Vitamin E from Mixed Tocopherols .....	30 IU
Vitamin K2 as MK-7 .....	90 mcg
Calcium (elemental) as Calcium Citrate & Calcium AA Chelate .....	150 mg
Choline as Choline Bitartrate .....	225 mg
Chromium as Chromium Picolinate.....	50 mcg
Iodine (elemental) as Potassium Iodide .....	150 mcg
Lactobacillus plantarum MAK45L23P .....	10 billion CFU
Lutein from Marigold Flower .....	7 mg
Magnesium (elemental) as Magnesium Bisglycinate & Magnesium AA Chelate .....	200 mg
Manganese as Manganese Citrate .....	1 mg
Molybdenum as Molybdenum AA Chelate .....	75 mcg
Selenium (elemental) as Selenomethionine.....	150 mcg
Zinc (elemental) as Zinc Gluconate .....	15 mg

### Additional ingredients:

Cellulose, Vegetable Stearate, Silicon Dioxide.

## CAUTIONS

- This product does not influence, control or prevent conception, and is only used to help support depletion of nutrients while on birth control.
- The OCP increases levels of vitamin C, iron, copper and vitamin A in the body – this is why this product does not include those nutrients mentioned or active retinol vitamin A.
- Contains iodine, consult your doctor prior to taking this product if you are on thyroid medication.
- If you are using blood thinning drugs such as Warfarin or if you anticipate surgery, consult with your healthcare practitioner before using this product.

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## V Good Probiotics



A premium probiotic with **scientifically studied strains** for easy 'down there' care and gut health.

### DOSAGE

Ages 12+: Take 1 capsule 30 minutes prior to your first meal or 2 hours after your last meal of the day.

Ages 6+: 1 capsule per day when given appropriately, post-consultation and alongside medication for thrush or bacterial vaginosis.

### BENEFITS

- Eve V Good Probiotics utilises a slow release capsule to help deliver the probiotics beyond the stomach acid.
- Contains *Lactobacillus Rhamnosus* HN001™ and *Lactobacillus Acidophilus* La-14® which have been shown clinically to promote healthy vaginal microbiota in addition to having beneficial effects regarding bacterial vaginosis and thrush.
- Supported by 300 research publications *Lactobacillus Acidophilus* La-14®, appears to help maintain a healthy intestinal environment.
- Contains *Bifidobacterium lactis* HN019™ which has been studied for its ability to regulate colonic transit time, supports healthy digestion, and eases digestive discomfort, gas and bloating.

## DESIGNED TO SUPPORT

- Thrush, candida or bacterial vaginosis
- Mothers-to-be and breastfeeding mums to support baby's health and microbiome foundations
- Those who require support during and post antibiotic use for thrush, candida or bacterial vaginosis
- Bloating and digestive troubles
- Happy, regular bowel motions
- Those on the hormonal contraception, HRT or have a copper IUD who have noted yeast or bacterial infections or changes with their gut health

## INGREDIENTS

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### AMOUNT PER SERVING

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<i>Lactobacillus rhamnosus</i> HN001™ .....	6 billion CFU
<i>Lactobacillus acidophilus</i> La-14® .....	9 billion CFU
<i>Bifidobacterium lactis</i> HN019™ .....	10 billion CFU
Total CFU per cap.....	25 billion CFU

### Additional ingredients:

Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.

## CAUTIONS

- Safe and beneficial for preconception, pregnancy and lactation.
- For those who have a known inflammatory bowel disease, we recommend consulting with a healthcare professional before taking to make sure this product is right for them.
- If taking in conjunction with antibiotics and/or antifungal drugs, take at least two hours after medication.