

even for Birth Control

A medical food for the dietary management of nutrient depletions related to hormonal forms of contraceptives including oral contraceptives, IUDs, implants, shot, ring and patch.

Addressing medication induced nutrient depletions (M.I.N.D.)™ may help to alleviate common complaints due to nutrient depletions.

Common Side Effects of Birth Control		
30 day supply ↻ 60 capsules	Mood swings Fatigue Low libido	Headaches Breakouts Weight changes



Key Ingredients	
Calcium-D-Glucarate	100mg
Glucoraphanin	10mg
Vitamin C (ascorbic acid)	200mg
Vitamin E (d-alpha-tocopheryl succinate & mixed tocopherols)	30mg
Magnesium (dimagnesium malate)	100mg
Zinc (zinc bisglycinate chelate)	15mg
Selenium (selenomethionine)	55mcg
Thiamin (thiamin mononitrate)	4.8 mg
Riboflavin (riboflavin-5-phosphate)	4mg
Niacin (niacinamide)	16mg
Vitamin B6 (pyridoxal-5-phosphate)	10mg
Folate (5-L-methyltetrahydrofolate, calcium)	400mcg DFE
Vitamin B12 (methylcobalamin)	10mcg
Biotin (d-biotin)	60mcg
Bioperine	5mg



INGREDIENTS

Dimagnesium Malate, Ascorbic Acid, Hypromellose, Microcrystalline Cellulose, BroccoRaphanin® Broccoli Seed Extract, Calcium-D-Glucarate, Zinc Bisglycinate, Organic Rice Extract Blend, D-Alpha-Tocopheryl Acid Succinate, Organic Rice Hull Concentrate, Natural Mixed Tocopherols, Niacinamide, Pyridoxal-5-Phosphate, L-Selenomethionine, D-Biotin, Riboflavin-5-Phosphate Sodium, Thiamin Mononitrate, Bioperine® Black Pepper Extract, Methylcobalamin, L-5-Methyltetrahydrofolate Calcium, capsule color [Titanium Dioxide, FD&C 3, FD&C Blue 1].

INDICATIONS AND USE

Even for Birth Control is formulated to manage the nutrient depletions related to hormonal forms of birth control including oral contraceptives, IUDs, implants, shot, ring and patch.

DIETARY MANAGEMENT of M.I.N.D.™ FOR BIRTH CONTROL

Hormonal forms of birth control deplete several nutrients as stated by the World Health Organization including: riboflavin, folate, B6, B12, zinc, magnesium, selenium, vitamin C and E. Biochemical changes in amino acid metabolism, inflammatory markers such as lipid peroxidase and C-reactive protein have been observed with hormonal contraceptive use.

PATIENT INFORMATION

Even for Birth Control is a medical food to be used under the supervision of a physician. For more information please visit feelevens.com/products/even-for-birth-control

CONTRAINDICATIONS

Even for Birth Control is contraindicated for patients with known hypersensitivity to any components contained in this product.

PRECAUTIONS

Patients with other medical conditions or patients taking other medications should consult with their physician before use.

RECOMMENDED USE

Take two **Even for Birth Control** capsules daily with or without food or as directed under medical supervision.

HOW SUPPLIED

Even for Birth Control is a 60 capsule, 30 day supply aluminum bottle. Each Even for Birth Control capsule has an opaque white body and opaque blue cap. It is imprinted with "Even" in white ink on the blue cap. Even can be accessed at feelevens.com or a physician's office.

STORAGE

Store at a controlled room temperature 15-30°C (59-86°F). Protect from light, heat and moisture.

REFERENCES

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Questions? We are here to help. care@feelevens.com