

even for Statins

Even for Statins is a medical food for the dietary management of nutrient depletions related to cholesterol lowering medications in the statin class.

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

Common Side Effects of Statins		
30 day supply ↻ 60 capsules	Muscle pain Weakness Brain fog	Headaches Digestive distress Sleep disruption



Key Ingredients	
Glucoraphanin	10mg
Resveratrol	50mg
CoQ10 (ubiquinone)	100mg
Vitamin K2 (menaquinone-4 and menaquinone-7)	300mcg
Thiamine (thiamine mononitrate)	30mg
Riboflavin (riboflavin-5-phosphate)	10mg
Niacin (niacinamide)	50mcg
Magnesium (dimagnesium malate)	125mg
Zinc (dimagnesium malate)	15mg
Selenium (L-selenomethionine)	100mcg
Vitamin D3 (cholecalciferol)	20mcg

Take under the supervision of a physician.



INGREDIENTS

Dimagnesium malate, Hypromellose, Microcrystalline Cellulose, BroccoRaphanin® Broccoli Seed Extract, Coenzyme Q10, Trans-Resveratrol, Zinc Bisglycinate, Niacinamide, Thiamin Mononitrate, Organic Rice Extract Blend, Menaquinone-4, Menaquinone-7, L-Selenomethionine, Organic Rice Hull Concentrate, Riboflavin-5-Phosphate Sodium, Cholecalciferol, capsule color [Titanium Dioxide, FD&C 3, FD&C Blue 1].

INDICATIONS AND USE

Even for Statins is formulated to manage the nutrient depletions related to statin medications.

DIETARY MANAGEMENT of M.I.N.D.™ FOR STATINS

Statins deplete several nutrients including CoQ10, vitamin K2, zinc, selenium. Biochemical changes in mitochondrial function, matrix GLA proteins, voltage gated calcium channels have been observed with statin use.

PATIENT INFORMATION

Even for Statins is a medical food to be used under the supervision of a physician.

For more information please visit feelevan.com/products/even-for-statins

CONTRAINDICATIONS

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

PRECAUTIONS

Patients using blood thinners such as Warfarin or Coumadin should consult with their physician before use due to potential interactions with vitamin K2 (menaquinone-4 and menaquinone-7) and blood clotting activity.

RECOMMENDED USE

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

HOW SUPPLIED

Even for Statins is a 60 capsule, 30 day supply aluminum bottle. Each Even for Statins 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 feelevan.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

Sabine Lotteau, PHD, Niklas Ivarsson, PHD, Zhaokang Yang, PHD, et al. A Mechanism for Statin-Induced Susceptibility to Myopathy. COLLEGE OF CARDIOLOGY FOUNDATION. VOL. 4, NO. 4, 2019

Reijo Laaksonen, Mikko Katajamaa, Hannu Päivä, et al. A Systems Biology Strategy Reveals Biological Pathways and Plasma Biomarker Candidates for Potentially Toxic Statin-Induced Changes in Muscle. PLOS One. December 20, 2006

Harumi Okuyama, Peter H Langsjoen, Tomohito Hamazaki. Statins stimulate atherosclerosis and heart failure: pharmacological mechanisms. Exp Rev Clin Pharmacol. 2015 Mar;8(2):189-99

Leon J Schurgers 1, Ellen C M Cranenburg, Cees Vermeer. Matrix Gla-protein: the calcification inhibitor in need of vitamin K. Thrombosis and Haemostasis. 2008 Oct;100(4):593-603

Charles J Glueck, Shaaista B Budhani, Silpa S Masineni, et al. Vitamin D deficiency, myositis-myalgia, and reversible statin intolerance. Current Medical Research and Opinion. 2011 Sep;27(9):1683-90. Niaz Ali, Robina Begum, Muhammad Saleh Faisal, et al. Current statins show calcium channel blocking activity through voltage gated channels. BMC Pharmacol Toxicol. 2016; 17: 43.



Even Health, Inc

9185 E Kenyon Ave, Suite 105
Denver, CO 80237
feelevan.com

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