

AVEA

TURMERIC MOOD SUPPORT

FOR RESOLVING MILD, MODERATE AND SEVERE DEPRESSION



PRODUCT DESCRIPTION

AVEA is an extract produced from the root of *Curcuma longa*, commonly known as turmeric. Turmeric has long been used in both Ayurvedic and Chinese medicine as an anti-inflammatory, to treat digestive disorders and liver problems, and for the treatment of skin diseases and wound healing. Recent published studies have been addressing the anti-depressant properties of **AVEA**. Via the proprietary extraction and enhancement process utilized to produce **AVEA**, the product has been enhanced to address the majority of the causes of endogenous depression. Patients suffering from depression report relief within a few hours to a few days after starting the use of **AVEA**.

RESEARCH

Evidence has shown inflammation's contribution to the pathophysiology of depression. The extract curcumin from the *Curcuma longa* plant's pharmacological properties have been shown to counteract depression in rats.

Jiang, H, "Antidepressant-like effects of curcumin in chronic mild stress of rats: involvement of its anti-inflammatory action." *Prog Neuropsychopharmacol Biol Psychiatry*. 2013 Dec 2;47:33-9. doi: 10.1016/j.pnpbp.2013.07.009. Epub 2013 Jul 20.

In research performed at the Government Medical College's Department of Pharmacology, Bhavnagar, Gujarat, India, a randomized sampling of patients diagnosed with major depressive disorder (MDD) were treated with either fluoxetine (Prozac) or curcumin. The results provided the first clinical evidence that curcumin may be used as an effective and safe modality for treatment in patients with MDD without concurrent suicidal ideation or other psychotic disorders.

Sanmukhani, J, "Efficacy and Safety of Curcumin in Major Depressive Disorder: A Randomized Controlled Trial." *Phytother Res*. 2013 Jul 6. Epub 2013 Jul 6. PMID: 23832433

PATIENT REPORTS

"I am giving **AVEA** at 20 drops 3 times per day to my daughter who is extremely sick. It combats both natural and induced depression better than any prescription and without the side effects. When we run out, she definitely notices."

-R.R.

SUGGESTED DOSAGE

Mild Depression: Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 2 to 4 times per day.

Moderate to Severe Depression: Put 10 drops in 4 oz. of water and wait one minute before drinking. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better, then switch to 10 drops in 4 oz. of water 2 to 4 times per day for maintenance.

Various Reported Medicinal Properties of Aveda:

- Antidepressant
- Anti-inflammatory
- Antimicrobial
- Antimutagenic
- Antioxidant
- Antitumor
- Cholecystokinetic
- Depurative
- Fumitory
- Hemostatic