



EVA Performance

Boost your performance... Naturally!

For centuries, practitioners of traditional Chinese medicine have used EVA to treat a variety of ailments and improve the general health and well being of their patients. Now, recreational and competitive athletes in North America, Europe, Australia and New Zealand are discovering its marvellous powers.

*EVA comes from the farm, not the lab – it's 100% natural and it really works.
The research proves it!*

The Benefits of EVA

Western research has now substantiated many of the performance benefits that traditional Chinese medicine has long known about. EVA has been shown to:

- **Stimulate muscle and tissue growth** – Research has identified various natural growth factors (IGF-1 and IGF-2) in EVA that serve as a natural aid to muscle growth and development.
- **Prevent or repair muscle damage following exercise** – Research and anecdotal evidence show that EVA will enhance athletic performance through its regenerative qualities.
- **Fight inflammation** – Research has shown strong anti-inflammatory effects for EVA.

- **Improve bone and joint health** – EVA contains significant quantities of chondroitin sulphate; the research suggests that it can be used to treat joint and bone inflammation.
- **Slow aging** – EVA inhibits the activity of some enzymes associated with aging, while increasing the synthesis of liver and kidney protein by promoting activity of other specific enzymes.

As with any dietary supplement, you should consult your physician before using EVA.

Centuries of Chinese practice and experience, combined with modern scientific research and anecdotal evidence, suggest that EVA has a positive effect on athletic performance.

EVA is available in stores and through the evaalberta.com website. For more information, go to www.evaalberta.com.