



Product Licence Licence de mise en marché

Product Number/Numéro de produit: 80036410

Brand Name/Marque nominative: Veeva

Issued to/Émise à:

Name of licensee/Nom du titulaire:

Veeva Inc.
975A Elgin Street, West, Suite 140
Cobourg, Ontario, K9A 5J3
Canada

Authorized for the following/Autorisé pour ce qui suit:

Dosage form/Forme posologique: Capsule

Recommended route of administration/Voie d'administration recommandée:

Oral

Recommended dose/Dose recommandée:

Adults : Take 1 capsule twice daily. One vegetable capsule in the morning upon waking up, and in the evening before bedtime.

Recommended duration of use/Durée d'utilisation recommandée:

Consult a health care practitioner for use beyond 6 weeks.

Recommended use or purpose/Usage ou les fins recommandés:

Ashwagandha has been traditionally used in Ayurveda as Rasayana (rejuvenative tonic). Ashwagandha has been traditionally used in Ayurveda to relieve general debility, especially during convalescence or old age. Ashwagandha has been traditionally used in Ayurveda as a sleep aid. Ashwagandha has been traditionally used in Ayurveda to balance aggravated Vata (nervine tonic, sedative). Ashwagandha has been traditionally used in Ayurveda for memory enhancement. Lemon balm is traditionally used in Herbal Medicine as a sleep aid (in cases of restlessness or insomnia due to mental stress). Helps to support liver function. A factor in the maintenance of good health. Helps improve physical stamina. Helps promote calmness. Helps relieve stress related effects.

Risk Information/Renseignements sur les risques:

Cautions and Warnings

Consult a health care practitioner if symptoms persist or worsen, or if you are pregnant or breastfeeding. If taking any other medications or natural health products, consult a health care practitioner prior to use. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Discontinue use and consult a health care practitioner if you show signs of weakness, oral ulcers or abdominal pain accompanied by severe muscle pain or if you experience skin changes. Do not use if you have scleroderma. Some people may experience diarrhea, nausea, vomiting and abdominal pain.

Contra-Indications

Consumption with alcohol, other medications or health products with sedative properties is not recommended. If you have a bipolar disorder or bipolar spectrum disorder, do not use. Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia).

Medicinal Ingredients/Ingrédients médicinaux:

Proper Name Nom propre	Common Name Nom usuel	Quantity per Dosage Unit Quantité par unité posologique	Extract Extrait	Potency Activité	Source Material Matière d'origine
Choline	Choline	50 mg	N/A	N/A	Choline bitartrate (Synthetic)
Cinnamomum zeylanicum	Cinnamon	.5 mg	10:1 5 mg	N/A	Bark
Inositol	Inositol	50 mg	N/A	N/A	Inositol (Synthetic)



Product Number/Numéro de produit: 80036410

Brand Name/Marque nominative: Veeva

L-5-Hydroxytryptophan	5-HTP	12.5 mg	N/A	N/A	Griffonia simplicifolia, Seed
L-Theanine	Theanine	50 mg	N/A	N/A	L-Theanine (Synthetic)
Melissa officinalis	Lemon balm	300 mg	N/A	7.0 % rosmarinic acid	Leaf
		N/A	N/A	15.0 % total hydroxycinnamic acids	
Pimenta dioica	Allspice	1.25 mg	4:1 5 mg	N/A	Fruit
Piperine	Piperine	2.5 mg	N/A	N/A	Piper nigrum fruit
Rhodiola rosea	Roseroot	100 mg	N/A	3.0 % rosavins	Root(s)
		N/A	N/A	1.0 % salidroside	
Syzygium aromaticum	Clove	.5 mg	10:1 5 mg	N/A	Buds
Withania somnifera	Ashwagandha	100 mg	10:1 1000 mg	N/A	Root(s)

This licence is issued by the Minister of Health under the authority of section 7 of the Natural Health Products Regulations. Sale of the described natural health product, including any changes thereto pursuant to section 11 of the Regulations, is subject to the Food and Drugs Act and to the Natural Health Products Regulations.

Cette licence est émise par la ministre de la Santé en vertu de l'article 7 du Règlement sur les produits de santé naturels.

La vente du produit de santé naturel décrit dans la présente, y compris toute modification afférente au sens de l'article 11 du Règlement, est assujettie à la Loi sur les aliments et drogues et au Règlement sur les produits de santé naturels.

Issued/émis le: 2012-10-12	Revised/Amended/Modifié le: N/A
----------------------------	---------------------------------

Director General/Directeur général
NHPD/DPSN

Product Licence Licence de mise en marché

Product Number/Numéro de produit: 80066722

Brand Name/Marque nominative: Veeva Anxiety

Issued to/Émise à:

Name of licensee/Nom du titulaire:

Veeva Inc.
410-45 Inglewood Dr.
St. Albert, Alberta, T8N 0B6
Canada

Authorized for the following/Autorisé pour ce qui suit:

Dosage form/Forme posologique: Capsule

Recommended route of administration/Voie d'administration recommandée:

Oral

Recommended dose/Dose recommandée:

Adults : Take 2 capsules 1 time per day.

Recommended duration of use/Durée d'utilisation recommandée:

N/A

Recommended use or purpose/Usage ou les fins recommandés:

Helps to reduce/relieve occasional anxiety associated with stress

Helps to temporarily promote relaxation

Ashwagandha is traditionally used in Ayurveda as Rasayana (rejuvenative tonic)

Traditionally used in Ayurveda to relieve general debility, especially during convalescence or old age

Ashwagandha is traditionally used in Ayurveda to balance aggravated Vata (nervine tonic, sedative)

Ashwagandha is traditionally used in Ayurveda for memory enhancement

American ginseng is traditionally used in Herbal Medicine to help relieve nervousness (as mild sedative)

American ginseng is traditionally used in Herbal Medicine to help relieve nervous dyspepsia / to help digestion in cases of nervousness and/or

American ginseng is traditionally used in Herbal Medicine to help maintain a healthy immune system

Holy basil is used in Herbal Medicine as an adaptogen to help increase energy and resistance to stress

Provides antioxidants

Holy basil is traditionally used in Ayurveda as a cardi tonic (Hrdya)

Risk Information/Renseignements sur les risques:

Cautions and Warnings

Consult a health care practitioner prior to use if you are breastfeeding.

Consumption with alcohol, other medications or natural health products with sedative properties is not recommended.

Consult a health care practitioner prior to use if you are taking blood thinners or digoxin.

Consult a health care practitioner prior to use if you have diabetes.

If you are taking any heart or blood pressure medication, consult a health care practitioner prior to use.

Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use.

Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.

If you are pregnant, do not use this product.

Consult a health care practitioner if symptoms persist or worsen.

If you have a heart condition, consult a health care practitioner prior to use.

If you suffer from any psychological disorder and/or conditions such as acute anxiety, consult a healthcare practitioner prior to use.

Medicinal Ingredients/Ingrédients médicinaux:

Proper Name Nom propre	Common Name Nom usuel	Quantity per Dosage Unit Quantité par unité posologique	Extract Extrait	Potency Activité	Source Material Matière d'origine



Product Number/Numéro de produit: 80066722

Brand Name/Marque nominative: Veeva Anxiety

L-Theanine	L-Theanine	100 mg	N/A	N/A	L-Theanine (Synthetic)
Ocimum tenuiflorum	Holy basil	100 mg	10:1 1000 mg	N/A	Ocimum tenuiflorum - leaf
Panax quinquefolius	American ginseng	100 mg	4:1 400 mg	N/A	Panax quinquefolius root
Passiflora incarnata	Passionflower	100 mg	4:1 400 mg	N/A	Passiflora incarnata - Herb top
Withania somnifera	Ashwagandha	200 mg	10:1 2000 mg	N/A	Withania somnifera - root

This licence is issued by the Minister of Health under the authority of section 7 of the Natural Health Products Regulations. Sale of the described natural health product, including any changes thereto pursuant to section 11 of the Regulations, is subject to the Food and Drugs Act and to the Natural Health Products Regulations.

Cette licence est émise par la ministre de la Santé en vertu de l'article 7 du Règlement sur les produits de santé naturels.

La vente du produit de santé naturel décrit dans la présente, y compris toute modification afférente au sens de l'article 11 du Règlement, est assujettie à la Loi sur les aliments et drogues et au Règlement sur les produits de santé naturels.

Issued/émis le: 2016-02-03	Revised/Amended/Modifié le: 2016-07-05
----------------------------	--

**AI Director General/ Int. Directeur général
NHPD/DPSN**



Product Licence Licence de mise en marché

Product Number/Numéro de produit: 80071784

Brand Name/Marque nominative: Veeva Sleep

Issued to/Émise à:

Name of licensee/Nom du titulaire:

Veeva Inc.
410-45 Inglewood Dr.
St. Albert, Alberta, T8N 0B6
Canada

Authorized for the following/Autorisé pour ce qui suit:

Dosage form/Forme posologique: Capsule

Recommended route of administration/Voie d'administration recommandée:

Oral

Recommended dose/Dose recommandée:

Adults : 2 capsules once daily.
Take two capsules, 30 minutes before bedtime.

Recommended duration of use/Durée d'utilisation recommandée:

N/A

Recommended use or purpose/Usage ou les fins recommandés:

Used as a sleep aid. Helps to relieve nervousness (calmative/sedative). Traditionally used in Herbal Medicine to help relieve nervousness (sedative and/or calmative). Traditionally used in Herbal Medicine as a sleep aid (in cases of restlessness or insomnia due to mental stress). A factor in the maintenance of good health. Helps the body to metabolize carbohydrates. Helps the body to metabolize proteins. Helps the body to metabolize fats. Helps in the development and maintenance of bones. Helps in the development and maintenance of teeth. Helps in tissue formation. Helps to maintain proper muscle function.

Risk Information/Renseignements sur les risques:

Cautions and Warnings

Consult a health care practitioner if symptoms persist or worsen or if sleeplessness persists continuously for more than 3 weeks. Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. Do not use if you are pregnant or breastfeeding. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.

Medicinal Ingredients/Ingrédients médicinaux:

Proper Name Nom propre	Common Name Nom usuel	Quantity per Dosage Unit Quantité par unité posologique	Extract Extrait	Potency Activité	Source Material Matière d'origine
Eschscholzia californica	California-poppy	25 mg	4.0:1.0 100.0 mg	N/A	Herb top
Magnesium	Magnesium	75 mg	N/A	N/A	Magnesium chloride (Synthetic)
Melissa officinalis	Lemon balm	50 mg	4.0:1.0 200.0 mg	N/A	Melissa officinalis - Herb top
Scutellaria lateriflora	Skullcap	75 mg	4.0:1.0 300.0 mg	N/A	Herb top
Valeriana officinalis	Valerian	250 mg	2.7:1.0 675.0 mg	0.8 % Sesquiterpenic acids	Valeriana officinalis - Root
		N/A	N/A	0.48 % Valerenic acid	



Product Number/Numéro de produit: 80071784

Brand Name/Marque nominative: Veeva Sleep

--	--	--	--	--	--

This licence is issued by the Minister of Health under the authority of section 7 of the Natural Health Products Regulations. Sale of the described natural health product, including any changes thereto pursuant to section 11 of the Regulations, is subject to the Food and Drugs Act and to the Natural Health Products Regulations.

Cette licence est émise par la ministre de la Santé en vertu de l'article 7 du Règlement sur les produits de santé naturels. La vente du produit de santé naturel décrit dans la présente, y compris toute modification afférente au sens de l'article 11 du Règlement, est assujettie à la Loi sur les aliments et drogues et au Règlement sur les produits de santé naturels.

Issued/émis le: 2016-08-08	Revised/Amended/Modifié le: N/A
----------------------------	---------------------------------

***AI Director General/ Int. Directeur général
NHPD/DPSN***