

VITANICA® ~ OVUM A.M.™



Ovum A.M.™ is an egg quality support formula for daytime use. Provides antioxidant support and nutrients in support of healthy egg quality and the reproductive process.

Featured Ingredients:

- **Vitamin D** is indicated to positively promote healthy egg quality
- **Alpha Lipoic Acid** and **Resveratrol** offer antioxidant support towards optimal egg quality and follicle health
- Folate continues to be essential for a healthy pregnancy. This formula contains both **folinic acid** and **Methylated folate (L-5-MTHF a.k.a. L-methyltetrahydrofolate)** forms of folate. Folinic acid is a naturally occurring form of folate and is the form most cited in research supporting healthy egg quality. We also believe the research is promising for methylfolate with additional benefits in support of optimal embryonic development
- **CoQ10** supports mitochondrial function, a key component of egg quality
- **Glutathione (reduced)** is the body's master antioxidant and optimal format to support detoxification and healthy cellular activity

Supplement Facts

Serving Size 1 Capsule
30 Servings per Container

Amount per Serving		% Daily Value
Vitamin D3 (from lichen (<i>Cladonia rangiferina</i>), cholecalciferol)	25 mcg (1,000 IU)	125
Folate (as L-5-Methyltetrahydrofolate)	340 mcg DFE	85
Folinic acid (as calcium folinate)	200 mcg	†
N-Acetyl-L-Cysteine	250 mg	†
Alpha Lipoic acid	110 mg	†
D-Chiro-Inositol	100 mg	†
Coenzyme Q10 (as ubiquinone)	100 mg	†
L-Glutathione (reduced)	100 mg	†
Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	40 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (HPMC, water), calcium laurate, silica.

Indications: Healthy egg quality is a normal function of healthy fertility. This daytime formula is best used with Vitanica's Ovum P.M. in the evening.

Suggested Use: One (1) capsule in the morning, with food.

Size ~ 30 capsules; UPC code ~ 7-08118-01237-2

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