

VITANICA® ~ OVUM P.M.™



Ovum P.M.™ is an egg quality support formula for evening 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** offers antioxidant support towards optimal egg quality and follicle health
- Acting as an antioxidant, **Melatonin** supports optimal oocyte quality
- 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

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

Suggested Use: One (1) capsule in the evening before bed, may be taken with an evening meal.

Size ~ 30 capsules; UPC code ~ 7-08118-01238-9

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