

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
- **Methylated folate (L-5-MTHF)** is the preferred form of folate to support optimal embryonic development; essential for a healthy pregnancy
- **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	†
Alpha lipoic acid	250 mg	†
Coenzyme Q10 (as ubiquinone)	100 mg	†
L-Glutathione (reduced)	100 mg	†
Melatonin	3 mg	†

† Daily Value not established

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

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 ~ 7-08118-02238-8

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