

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

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

Contact ~ 800.572.4712; email ~ info@vitanica.com



Quality Control Statement

Vitanica is committed to maintaining the content and purity of our dietary supplements. We believe this is accomplished by focusing on the principles that contribute to well-designed products which will support health without contributing to toxicity, utilizing safe and effective ingredients.

Good Manufacturing Practices involve having policies in place to assure adequate and clean facilities, training of staff, verifying and tracking suppliers, raw material testing, clean and organized manufacturing and labeling lines, record keeping, finished product testing, clean and regulated warehousing, etc.

At Vitanica, we strive for excellence in these principles.

One way to assure quality is through third party certification via on-premise observation and analysis. At Vitanica, we are glad to say our dietary supplement manufacturing facilities are third-party certified, FDA registered and meet all regulation standards set forth by the FDA Dietary Supplement Health and Education Act as outlined in the code of Regulations, Title 21, part 111. In addition, we are a Silver Partner with Emerson Ecologics Quality Assurance Program.

All said, if products are well made, but not well designed, they may fail at supporting health. At Vitanica, we are proud to remind you our products are researched and designed by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Vitanica works like a business, but with the heart of a healer. Vitanica began in 1994 with the dream of helping women. Every day, we want to impact women's health through education and healing. Quality assurance is an essential element of meeting our dream.