

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
- **Folic acid** and **Methylated folate L-5-MTHF** are a **L-5-methyltetrahydrofolate** form of folate. Folic acid is a naturally occurring form of folate and is the form cited in each of our healthy egg quality + eal o> elie²e the e each i⁻ R© i⁻ nE fo^{R©} ethylfolate³ ith additional benefit in ⁻ ±-o< of o-ti© al e©> R yonic de²elo-© ent
- **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
Folic 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 ~ 7-08118-02237-1

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