

OvoEnergen™

To support female reproductive health*

Dietary Supplement

About OvoEnergen™

OvoEnergen™ is a nutritional supplement of clinical-grade Coenzyme Q10 (CoQ10). It was co-developed in collaboration with leading fertility researchers of CoQ10 (Dr. David Barad MD, MS, FACOG) and scientists from the Federal Institute of Technology in Zurich (Vesifact AG) specifically to help maintain female fertility by supporting overall egg health.* Each softgel is orange in color and contains 100 mg of Coenzyme CoQ10. Ubiquinol is the reduced and biologically active form of CoQ10 and a supportive form of CoQ10 for women 35+. Every batch of OvoEnergen™ undergoes a rigorous 3-step quality assurance process, including independent laboratory testing for potency and toxins.

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 28

	Amount Per Serving	% DV
Vitamin E (as natural d-alpha tocopherol acetate)	20 mcg	133%
Natural Coenzyme Q10 QH-Ubiquinol (Kaneka QH™, reduced form of CoQ10)	300 mg	†

†Daily Value (DV) not established.

Other ingredients

VESIsorb® Microemulsion Preconcentrate (Medium Chain Triglycerides, Polyglycerol Esters of Fatty Acids, Nonionic Surfactant), Gelatin, Glycerin, Natural Caramel Color.

Recommended Dosage

Take 3-6 softgels per day with 3 softgels as a normal starting dose or as directed by your healthcare professional. Recommended to be taken with a food or a meal, or as directed by your healthcare professional.

What is CoQ10?

CoQ10 is a vitamin-like substance that acts as an antioxidant, found throughout the body. In studies, CoQ10 has been shown to protect mitochondria, the energy-producing elements within cells, from oxidative damage*. Oxidative damage accumulates with advancing age, while natural levels of CoQ10 in the body decline with age. CoQ10 plays an important role in cellular metabolism, including that of human eggs (oocytes)*. As the largest cells in the body, eggs (oocytes) have by far the largest number of mitochondria in any cells. CoQ10 transports electrons and protons into the mitochondria, helping the mitochondria maintain membrane potential. CoQ10 also drives the synthesis of ATP, a molecule that acts like a rechargeable battery, supplying essential energy to the cell.

Potential benefits

CoQ10 may help maintain female fertility by improving egg quality through robust energy metabolism and protection from oxidative stress*.

Safety

CoQ10 is considered safe for most adults when taken by the mouth. In case of accidental overdose, call a physician or poison control immediately. **KEEP OUT OF REACH OF CHILDREN.**

Potential side effects

Reported side effects of CoQ10 include upset stomach, loss of appetite, nausea, vomiting and diarrhea. It can cause allergic skin rashes in some people.

CoQ10 may lower blood pressure. Consult a health care provider before starting OvoEnergen™ and monitor your blood pressure carefully if you have very low blood pressure. CoQ10 may also increase the effects of medications used to lower blood pressure. Consult a health care provider before starting OvoEnergen™ if you are taking medications to lower blood pressure. Also, discuss your use of OvoEnergen™ with your health care provider if you are scheduled to have a surgery, as CoQ10's effects on blood pressure may interfere with blood pressure control during and after a surgery. It is recommended to discontinue OvoEnergen™ use at least two weeks before scheduled surgery.

There is not enough information on the use of CoQ10 during pregnancy and breast-feeding. Discontinue supplementation with OvoEnergen™ once pregnant, and do not resume until completion of breast-feeding.

CoQ10 may have interactions with medications, including, but not limited to, chemotherapeutic medications, antihypertensive drugs and Warfarin (Coumadin). If you are taking any prescription medications, consult your health care provider before starting supplementation with OvoEnergen™.

Should supplementation with OvoEnergen™ lead to unwanted side effects, discontinue supplementation or consult with a health care provider immediately. To report any adverse effects associated with OvoEnergen™ call 212-628-0851.

How supplied

OvoEnergen™ is uniquely packaged in individual blister sheets, each containing one week's supply of 21 softgels in a 3 (daily 100mg softgels) by 7 (days in a week) layout. Each box contains 4 sheets (84 softgels), a four-week supply.

Storage

Keep tightly closed in a cool, dry place in the original container. Store at room temperature below 25°C/77°F. Do not freeze or expose to excessive heat.

***THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

Manufactured for Fertility Nutraceuticals LLC
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VESIsorb® is a registered trademark of SOURCEONE GLOBAL PARTNERS.
Kaneka QH™ is a trademark of Kaneka Corporation.

AndroEnergen™

To support male reproductive health*

Dietary Supplement

About AndroEnergen™

AndroEnergen™ is a nutritional supplement of clinical-grade Coenzyme Q10 (CoQ10). It was co-developed in collaboration with leading fertility researchers of CoQ10 (Dr. David Barad MD, MS, FACOG) and scientists from the Federal Institute of Technology in Zurich (Vesifact AG) to help maintain male reproductive health by supporting sperm health.* Each softgel is brown in color and contains 100 mg of Coenzyme CoQ10 in the Ubiquinol form. Ubiquinol is the reduced and biologically active form of CoQ10. Every batch of AndroEnergen™ undergoes a rigorous 3-step quality assurance process, including independent laboratory testing for potency and toxins.

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 28

	Amount Per Serving	% DV
Vitamin E (as natural d-alpha tocopherol acetate)	20 mcg	133%
Natural Coenzyme Q10 QH-Ubiquinol (Kaneka QH™, reduced form of CoQ10)	300 mg	†

†Daily Value (DV) not established.

Other ingredients

VESIsorb® Microemulsion Preconcentrate (Medium Chain Triglycerides, Polyglycerol Esters of Fatty Acids, Nonionic Surfactant), Gelatin, Glycerin, Natural Caramel Color.

Recommended Dosage

Take 2-3 softgels per day to support male reproductive health or as directed by your healthcare professional. Recommended to be taken with a food or a meal, or as directed by your healthcare professional.

What is CoQ10?

CoQ10 is a vitamin-like substance that acts as an antioxidant, found throughout the body. Studies suggest that CoQ10 may help protect mitochondria, the energy-producing elements within cells, from oxidative damage*. Oxidative damage accumulates with advancing age, while natural levels of CoQ10 in the body decline with age. Antioxidants such as CoQ10 work by protecting cells from damage caused by oxidative stress. CoQ10 transports electrons and protons into the mitochondria, supplying essential energy to support male reproductive health.

Potential benefits

CoQ10 may help maintain male reproductive health by supporting sperm health.*

Safety

CoQ10 is considered safe for most adults when taken by mouth. In case of accidental overdose, call a physician or poison control immediately. **KEEP OUT OF REACH OF CHILDREN.**

Potential side effects

Reported side effects of CoQ10 include upset stomach, loss of appetite, nausea, vomiting and diarrhea. It can cause allergic skin rashes in some people.

Should supplementation with AndroEnergen™ lead to unwanted side effects, discontinue supplementation or consult with a health care provider immediately. To report any adverse effects associated with AndroEnergen™ call 212-628-0851.

Warnings

CoQ10 may lower blood pressure. Consult a health care provider before starting AndroEnergen™ and monitor your blood pressure carefully if you have very low blood pressure. CoQ10 may also increase the effects of medications used to lower blood pressure. Consult a health care provider before starting AndroEnergen™ if you are taking medications to lower blood pressure. Also, discuss your use of AndroEnergen™ with your health care provider if you are scheduled to have a surgery, as CoQ10's effects on blood pressure may interfere with blood pressure control during and after a surgery. It is recommended to discontinue AndroEnergen™ use at least two weeks before scheduled surgery.

Drug Interactions

CoQ10 may have interactions with medications, including, but not limited to, chemotherapeutic medications, antihypertensive drugs and Warfarin (Coumadin). If you are taking any prescription medications, consult your health care provider before starting supplementation with AndroEnergen™.

How supplied

AndroEnergen™ is uniquely packaged in individual blister sheets, each containing one week's supply of 21 softgels in a 3 (daily 100mg softgels) by 7 (days in a week) layout, when following the 3-a-day schedule. Each box contains 4 sheets (84 softgels), a four-week supply.

Storage

Keep tightly closed in a cool, dry place in the original container. Store at room temperature below 25°C/77°F. Do not freeze or expose to excessive heat.

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Vitamin D³+K²

To support systemic health*

Dietary Supplement

About our Vitamin D

Ovatterra™ D³+K² Liquid 1,000 IU is a concentrated supplement of Vitamin D³ (cholecalciferol) and Vitamin K² (menaquinone-7).

Supplement Facts

Serving Size 1 drop (0.05mL)
Servings Per Container 600

Amount Per Serving		% DV
Vitamin D ³ (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin K ² (as menaquinone-7)	100 mcg	†

†Daily Value (DV) not established.

Other ingredients

Organic Olive Oil, Natural Lemon Flavor.

Administration

This supplement can be taken with or without food. Avoid use within two hours of any other medication(s). Take this supplement regularly at the same time each day in order to get the most benefit from it.

Benefits of Vitamin D³ and K² supplementation

Vitamin D³ helps the body absorb and retain calcium, which is necessary to support bone health. Vitamin D may support healthy bones and muscle.*

Several studies show that Vitamin D³ is more effective than Vitamin D² at raising Vitamin D blood levels.*

Vitamin K² works synergistically with Vitamin D³ to support calcium absorption. The D³ form of Vitamin D aids calcium absorption and K² (menaquinone-7) activates the protein, osteocalcin, which integrates calcium into bone from soft tissues and arteries.

Studies also show that higher Vitamin D levels in follicular fluid may improve embryo implantation rate and the outcome of fertility treatments. Several studies have linked normal Vitamin D levels with higher IVF pregnancy rates and live birth rates.*

For men, healthy Vitamin D levels have also been linked to healthy semen quality and sperm motility.*

Vitamin D³ supplementation during pregnancy supports maternal Vitamin D³ status. It is helpful in pregnancy as it helps maintain prenatal health*.

Safety

Take only the recommended amount of Vitamin D³ and Vitamin K² as directed by your healthcare provider. **KEEP OUT OF REACH OF CHILDREN.**

Potential side effects

Vitamin D³ and K² do not commonly cause side effects when taken in the appropriate dosage range. When excess Vitamin D is taken, side effects may include fatigue, dry mouth, nausea, headache, and metallic taste. When excess Vitamin K is taken, side effects may include flushing, dizziness, low blood pressure, and taste disturbances.

Serious allergic reactions to this product are rare. However, if you notice any symptoms including rash, itching/swelling (especially of the face, tongue, or throat), severe dizziness, or difficulty breathing, seek immediate medical attention.

Should supplementation with Ovatterra™ D³+K² Liquid 1,000 IU lead to unwanted side effects, discontinue supplementation and consult with a healthcare provider immediately.

Drug interactions and precautions

Ovatterra™ D³+K² Liquid 1,000 IU may have interactions with medications. If you are taking any medications or have a medical condition, consult your healthcare provider before starting supplementation with Ovatterra™ D³+K² Liquid 1,000 IU. Combination of Ovatterra™ D³+K² Liquid 1,000 IU with prescription or over-the-counter medications or supplements may lead to altered effectiveness of either or both products.

Use of Ovatterra™ D³+K² Liquid 1,000 IU should be avoided with other supplements containing Vitamin D³ or Vitamin K².

Individuals who take more than 2,000 IU per day of Vitamin D should have their Vitamin D levels monitored.

Drug interactions include, but are not limited to, the following drug classes: Statin medications, blood thinners (particularly warfarin), anticonvulsants, diuretics, steroids, calcium channel blockers, aluminum-containing products, cholestyramine and orlistat.

How supplied

One (1) amber glass vial containing 30 mL (1 ounce).

Suggested use

As a normal fertility support dietary supplement, take 4-6 servings (4,000-6,000 IU) per day or as directed by your fertility or healthcare practitioner.

Storage

Ovatterra™ D³+K² Liquid 1,000 IU should be stored at room temperature between 15°-30°C/59°-86°F. Protect from heat, light and moisture.

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