

Advanced Prenatal

Prenatal Support for Women*

Dietary Supplement for Women Only

About Advanced Prenatal

Advanced Prenatal is a clinical-grade dietary supplement developed for women to support reproductive health* before, during and after pregnancy. Each packet contains 6 capsules of our Advanced Prenatal which are brown.

Supplement Facts

Serving Size 1 Packet
Servings Per Container 28

Amount Per Serving	% Daily Value for Pregnant & Lactating Women	
Vitamin A (as Retinyl Palmitate)	1300 mcg RAE	144%
Vitamin C (as Ascorbic Acid)	500 mg	556%
Vitamin D (as Cholecalciferol from Lichen)	100 mcg	500%
Vitamin E (as D-Alpha Tocopheryl Succinate and Mixed Tocopherols)	134 mg	893%
Thiamine (as Thiamine HCl)	4.2 mg	350%
Riboflavin (as Riboflavin-5-Phosphate Sodium)	5 mg	385%
Niacin (as Niacinamide)	25mg NE	156%
Vitamin B6 (as Pyridoxal-5-Phosphate)	8mg	471%
Folate (as [6S]-5-Methyltetrahydrofolic Acid Glucosamine Salt) (Quatrefolic®)	1010 mcg DFE	253%
Vitamin B12 (as Methylcobalamin)	50 mcg	2,083%
Biotin (D-Biotin)	350 mcg	1,167%
Pantothenic Acid (as Calcium Pantothenate)	25 mg	500%
Choline (as Choline Bitartrate)	550 mg	100%
Calcium (as Di-Calcium Malate)	140 mg	11%
Iron (as Ferrous Bisglycinate Chelate)	30 mg	167%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Bisglycinate Chelate Buffered-Magnesium Bisglycinate Chelate, Magnesium Oxide)	130 mg	31%
Zinc (as Zinc Bisglycinate Chelate)	25 mg	227%
Selenium (as L-Selenomethionine)	100 mcg	182%
Copper (as Copper Bisglycinate Chelate)	1 mg	111%
Manganese (as Manganese Bisglycinate Chelate)	4 mg	174%
Chromium (as Chromium Picolinate)	200 mcg	571%
Molybdenum (as Molybdenum Glycinate Chelate)	25 mcg	56%
Vitamin K2 (as Menaquinone-4) (MK-4)	60 mcg	†

†Daily Value (DV) not established.

Other ingredients

Hypromellose (Capsule), Organic Rice Hull Concentrate, L-Leucine.

Recommended dosage

Take one packet daily with food and a full glass of water or as recommended by your healthcare provider.

Safety/Warnings:

Avoid use of this product with other multivitamin supplementation as concomitant use may result in an overdose of some minerals and vitamins.

Avoid use with blood thinning medications, particularly Warfarin, as vitamin K2 supplementation potentially interacts and decreases the effectiveness of those medications. Combination use may increase the risk of heart attack or stroke.

Folic acid in doses above 1,000 mcg daily may obscure pernicious anemia. Check with your physician.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult their physician before using this or any dietary supplement.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF INDIVIDUAL PACKS ARE TORN OR DAMAGED.

Potential side effects

Common side effects may include headache, indigestion, diarrhea, constipation, and nausea. Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

Should supplementation with Advanced Prenatal lead to unwanted side effects, discontinue use and consult with a healthcare provider immediately.

If you develop an allergic reaction, including but not limited to, difficulty breathing, skin reactions, or facial swelling, stop taking the product immediately and seek medical attention.

To report any adverse effects associated with Advanced Prenatal, please call 212-628-0851.

How supplied

Advanced Prenatal is packaged in individual packets, each one containing 6 capsules of Advanced Prenatal. Each box of Advanced Prenatal contains 28 individual packets, for a 28-day supply.

Storage

Keep tightly closed in a cool, dry place in the original container. Store in a cool, dry place at room temperature (15°-30°C/59°-86°F). Excessive heat exposure should be avoided.

***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.**

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.

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Manufactured for Fertility Nutraceuticals LLC
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Kaneka QH™ is a trademark of Kaneka Corporation.

Vitamin D³+K²

To support systemic health*

Dietary Supplement

About our Vitamin D

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

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

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.

Drug interactions and precautions

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

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.

Do not take this supplement with any blood thinning medication, especially warfarin.

Other ingredients

Organic Olive Oil, Natural Lemon Flavor.

Administration

This supplement can be taken with or without food. Avoid use within four 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.

How supplied

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

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.*

Suggested use

Take 2 drops (2,000 IU) per day, or as directed by your healthcare provider. Avoid use within four hours of any medications.

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.

Storage

Ovaterra™ 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.

Healthy Vitamin D levels may help support reproductive health in both men and women.*

Vitamin D³ supplementation during pregnancy supports maternal Vitamin D³ status and helps support prenatal health*.

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Safety

Do not exceed recommended dosage. **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.

Manufactured for Fertility Nutraceuticals d/b/a Ovaterra

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