

# Advanced Prep 35-39

Preconception Support for Women 35-39\*

Dietary Supplement for Women Only

## About Advanced Prep 35-39

Advanced Prep 35-39 is a clinical-grade dietary supplement developed for women to support Ovarian Health\*. Each packet contains 6 capsules of Advanced Prep 35-39 which are brown and one tablet of Fertilinatal® DHEA which is white in color, round and opaque.

Fertilinatal® was developed with the Center for Human Reproduction (CHR) and is micronized to the same particle sizes used by CHR in its research regarding the effects of DHEA on women's fertility.\* DHEA is a natural hormone, made in the body by all women and men. DHEA is an intermediate step in a complex process called steroidogenesis, in which cholesterol is converted into male and female sex hormones: testosterone and estradiol. Studies suggest that DHEA levels decline significantly with age. Studies also suggest that DHEA supplementation may support reproductive health in women.\*

## Recommended dosage

Take one packet daily with food and a full glass of water or as recommended by your healthcare provider. Regular monitoring of DHEA-S and Testosterone levels with your physician is recommended. This supplement should not be taken in conjunction with any other DHEA containing supplements.

## Safety/Warnings:

Do not exceed recommended dosage. Exceeding recommended dosage may cause serious adverse health effects.

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.

Researchers evaluating DHEA in studies have generally used dosages between 25-100 mg daily for up to one year. Check with your healthcare provider if you plan to use DHEA for longer than one year.

Fertilinatal® is not intended for the following individuals:

- Men
- Women under the age of 18
- Women who are pregnant or nursing
- Women who have been diagnosed with any type of hormonal cancer, such as ovarian, breast or uterine cancer (or are at risk for such cancers)
- Women with known hypersensitivity to any of its ingredients

Women with estrogen-sensitive benign medical conditions (e.g., endometriosis) or polycystic ovarian syndrome (PCOS) should not take Fertilinatal® without prior medical consultation and clearance from their healthcare provider.

Individuals with a history of mood disorders have experienced mania, irritability and sexual inappropriateness while supplementing with DHEA. Individuals with mood disorders should not initiate Fertilinatal® supplementation without prior consultation with and clearance from their healthcare provider. Once supplementing with Fertilinatal®, these individuals should promptly report any changes in mood to their healthcare provider.

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## 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 and Dicalcium Phosphate)	200 mg	15%
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	†
Dehydroepiandrosterone (DHEA)	25 mg	†

†Daily Value (DV) not established.

## Other ingredients

Hypromellose (Capsule), Organic Rice Hull Concentrate, L-Leucine, Dicalcium Phosphate, Microcrystalline Cellulose, Film Coat (Hypromellose, Titanium Dioxide, Polyethylene Glycol, Hydroxypropyl Cellulose), Stearic Acid, Magnesium Stearate, Silica, and Croscarmellose Sodium.

DHEA has been reported to lower high-density lipoprotein (“HDL”) cholesterol (often referred to as “good cholesterol”). Individuals with a history (or family history) of heart disease, low HDL, or lipid abnormalities should not take Fertinatal® without prior medical consultation with and clearance from their healthcare provider. Careful monitoring of lipid levels by your healthcare physician is recommended for individuals with a history (or family history) of heart disease, low HDL, or lipid abnormalities who take Fertinatal® as a supplement.

DHEA may make existing liver problems worse. If you have an existing liver condition, consult your healthcare provider and obtain clearance before initiating supplementation with Fertinatal®.

Individuals with any 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.**

**NOT FOR USE BY WOMEN WHO ARE UNDER THE AGE OF 18.**

**DO NOT USE IF PREGNANT OR NURSING.**

### Medical interactions

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.

DHEA may interact with other prescription or over-the-counter medications, or with other dietary supplement products. Consult a physician or licensed qualified healthcare professional before using this product if you are using any other dietary supplement, prescription drug, or over-the-counter drug to discuss whether Fertinatal® can be taken along with your current medications and/or supplements.

**FERTINATAL® SHOULD NOT BE TAKEN WITH ANY OTHER SUPPLEMENTS CONTAINING DHEA.**

Women who receive medical treatments and/or drug therapies (including fertility treatments) should not take Fertinatal® without prior medical consultation with and clearance from their healthcare provider.

Diabetic patients may experience changes in insulin requirements when supplementing with DHEA and should not initiate Fertinatal® supplementation without prior medical consultation with and clearance from their healthcare provider. Once supplementing with Fertinatal®, glucose levels should be monitored with increased vigilance by your healthcare provider.

### 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.

Reported side effects of DHEA supplementation include: oily skin, acne, hair loss, increased hirsutism (hair growth), deepening of the voice, increased libido and assertiveness, irritability, increased levels of estrogen, gastro-intestinal complaints and hypertension.

Should supplementation with Advanced Prep 35-39 lead to unwanted side effects, discontinue supplementation 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, or experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms, stop taking the product immediately and seek

medical attention.

To report any adverse effects associated with Advanced Prep 35-39, please call 212-628-0851.

### How supplied

Advanced Prep 35-39 is packaged in individual packets, each one containing 6 capsules of Advanced Prep 35-39 and one tablet of Fertinatal® DHEA. Each box of Advanced Prep 35-39 contains 28 individual packets, for a 28-day supply.

### Storage

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

### For California residents

**⚠WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING.** Consult a physician or licensed qualified health care professional before using this product if you have, or have a family history of, prostate cancer, prostate enlargement, heart disease, low “good” cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. **KEEP OUT OF REACH OF CHILDREN.** To report any adverse events call 1-800-332-1088.

**\*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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VESIsorb® is a registered trademark of SOURCEONE GLOBAL PARTNERS.  
Kaneka QH™ is a trademark of Kaneka Corporation.

# Vitamin D<sup>3</sup>+K<sup>2</sup>

To support systemic health\*

## Dietary Supplement

### About our Vitamin D

Ovaterra™ D<sup>3</sup>+K<sup>2</sup> Liquid 1,000 IU is a concentrated supplement of Vitamin D<sup>3</sup> (cholecalciferol) and Vitamin K<sup>2</sup> (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™ D<sup>3</sup>+K<sup>2</sup> 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 <sup>3</sup> (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin K <sup>2</sup> (as menaquinone-7)	100 mcg	†

†Daily Value (DV) not established.

### Drug interactions and precautions

Ovaterra™ D<sup>3</sup>+K<sup>2</sup> 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™ D<sup>3</sup>+K<sup>2</sup> Liquid 1,000 IU. Combination of Ovaterra™ D<sup>3</sup>+K<sup>2</sup> 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™ D<sup>3</sup>+K<sup>2</sup> Liquid 1,000 IU should be avoided with other supplements containing Vitamin D<sup>3</sup> or Vitamin K<sup>2</sup>.

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 D<sup>3</sup> and K<sup>2</sup> supplementation

Vitamin D<sup>3</sup> 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 D<sup>3</sup> is more effective than Vitamin D<sup>2</sup> at raising Vitamin D blood levels.\*

Vitamin K<sup>2</sup> works synergistically with Vitamin D<sup>3</sup> to support calcium absorption. The D<sup>3</sup> form of Vitamin D aids calcium absorption and K<sup>2</sup> (menaquinone-7) activates the protein, osteocalcin, which integrates calcium into bone from soft tissues and arteries.

### Storage

Ovaterra™ D<sup>3</sup>+K<sup>2</sup> 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 D<sup>3</sup> supplementation during pregnancy supports maternal Vitamin D<sup>3</sup> 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 D<sup>3</sup> and K<sup>2</sup> 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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