



OptiOva includes key antioxidants, omega-3 fatty acids, vitamins, and minerals shown to help maintain healthy egg quality and support healthy fertility.*

Each packet includes one of the following:

- L-Carnitine
- Resveratrol with Grape Seed Extract
- Vitamin E 268 mg with Selenium
- Magnesium Bisglycinate
- PQQ-10®
- OptiMega-3® with Vitamin D3
- N-Acetyl-L-Cysteine and Alpha-Lipoic Acid
- B Complex-Pro

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



References:

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Opti Ova™ Female Wellness Kit*

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Opti Ova™ Female Wellness Kit*

Benefits:

- Provides comprehensive nutritional support for diverse factors supporting reproductive health*
- Provides antioxidant activity to maintain healthy mitochondrial function, supporting healthy oocyte quality and function*
- Consists of bioavailable forms of nutrients, including pyridoxal 5'-phosphate, d-alpha tocopherol, vitamin D3, methylcobalamin, and (6S)-5-methyltetrahydrofolic acid
- Maintains healthy blood flow, supplies nutrients, supports the removal of the body's natural toxins, organizes the body's response to cellular damage, and supports healthy fertility*



During the past decade, the number of women trying to conceive has continued to rise, with a 36% increase of first births for ages between 35 and 39, and a 70% increase between the ages of 40–44. Healthy fertility depends on normal mitochondrial function and energy production in the egg, which can suffer from high oxidative stress and reactive oxygen species.*

Over time, extended exposure to oxidative stress, nutritional deficiencies, and genetic variations hinders egg quality, mitochondrial function, and fertility health.* Naturally occurring internal toxicant accumulation compromises both sperm and oocyte quality, ultimately affecting fertility. Despite best efforts, IVF technologies fail to reverse the effect of aging or improve gamete quality.

Opti Ova is a comprehensive female reproductive support kit that consists of a combination of key antioxidants, omega-3 fatty acids, vitamins, and minerals shown to help maintain healthy egg quality and support healthy fertility.* By optimizing mitochondrial function, organizing the body's response to normal cellular damage, supporting healthy blood flow, and detoxifying the body's natural toxins, Opti Ova provides a broad base of nutritional support for reproductive health.*

Mitochondria are essential to cell structures responsible for energy production. One single egg contains approximately 200,000 mitochondria, a 100-fold increase

compared to all other cells in the body, which the egg relies heavily on for final egg maturation and embryo development. Mitochondrial activity is a key factor in oocyte function and quality, with mitochondrial dysfunction recognized as a major cause of age-induced decline in oocyte quality. L-carnitine, omega-3 fatty acids, and bioavailable B complex have been shown to support healthy egg quality, maturation, and embryo development.* Key nutrients such as coenzyme Q10, pyrroloquinoline quinone (PQQ), alpha-lipoic acid, manganese, and grape seed extract are sources of antioxidants, which help support normal levels of oxidative stress and healthy mitochondrial function.*

Vitamin E, NAC, and resveratrol are additional sources of antioxidants to help improve nitric oxide synthase (NOS3) function. NOS3 is the enzyme necessary for nitric oxide production and the maintenance of normal uterine blood flow, helping to support healthy implantation and pregnancy.*

Opti Ova also includes N-acetyl-L-cysteine, the limiting factor for glutathione production, which is essential for detoxifying the body's natural toxins and helping to support healthy fertility.* B vitamins help maintain healthy ovarian and endometrial function, which helps to support a healthy pregnancy.*

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