



Several lifestyle factors affect fertility:

- Smoking causes a 60% increase in relative risk for infertility. Cigarette smoke contains chemicals associated with decreased numbers of oocytes, rates of fertilization, and pregnancy.
- Obesity (BMI >35) increase time to conception (TTC) 2 fold
- Alcohol use (>2 drinks per day) causes a 60% increase in relative risk for infertility
- Caffeine (>250mg/d) associated with 45% decrease in fecundability
- Toxic solvents associated with increased risk of infertility 40%

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Opti Ova™ Female Wellness Kit

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Opti Ova™ Female Wellness Kit

Benefits:

- Provides comprehensive nutritional support with therapeutic dosages
- Bioavailable forms of nutrients, including pyridoxal 5-phosphate, methylcobalamin and MTHF
- Enhances detoxification associated with common infertility issues; poor egg quality and diseases
- Broad spectrum antioxidants reduce oxidative stress and damage, enhance energy production, reduce the effect of aging and oxidative stress
- Supports proper blood flow, supplying nutrients, removing toxins and reactive oxygen species (ROS) from the endometrium encouraging proper implantation

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 to 44. Research shows that high oxidative stress and reactive oxygen species (ROS) in the egg diminishes the function of the mitochondria and reduces energy production, substantially contributing to infertility.

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

Opti Ova is a comprehensive female reproductive support kit that provides an effective combination of antioxidants, essential fatty acids, vitamins, and minerals proven to improve egg quality and enhance fertility. Opti Ova restores the function of the mitochondria (energy production) and reduces the effects of aging, providing nutrients for proper egg function, cell growth and signalling, and DNA repair.

Mitochondria are essential 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. L-carnitine, omega-3 fatty acids, and an advanced bioavailable B complex have been shown to improve egg quality, maturation and embryo development. Potent antioxidants that target mitochondria directly, such as Coenzyme Q10, Pyrroloquinoline quinone (PQQ), alpha lipoic acid, manganese, and grape seed extract further reduce oxidative stress in the egg to further enhance mitochondrial function.

To improve blood flow and implantation success, Opti Ova includes vitamin E, NAC, and resveratrol, to act as antioxidants as well as improve nitric oxide synthase (NOS3) function. NOS3 is the enzyme necessary for nitric oxide production and proper blood flow to the uterus. This primes the endometrium for implantation and maintaining pregnancy.

Opti Ova enhances natural detoxification pathways to protect immature eggs and the reproductive tract from harmful toxins with N-acetylcysteine, the precursor to glutathione. B vitamins and resveratrol are shown to protect endometrial cells, improve ovulation, and increase pregnancy rate.

