

SEE WHAT'S INSIDE

OVA INGREDIENTS

Is there really any difference between the countless collagen products on the market? That depends on who you ask. With so much conflicting information from supplement companies, social media and high profile personalities, it's getting harder and harder to know what to believe. Read on to learn the surprising, science-backed truth that even most industry experts don't know.



RELEASE

Clove flower bud extract

Support liver health and natural detoxification. Made from clover (*Syzygium aromaticum*).

Immortelle flowering top extract

Support liver health and natural detoxification. Made from immortelle (*Helichrysum italicum*).

Hypromellose

Capsule. Made from plant sources.

Magnesium oxide

Support heart and muscle function. Magnesium made with compounding ingredients.

Cranberry fruit extract

Support urinary tract health. Made from cranberry (*Vaccinium macrocarpon*).

Sage aerial parts extract

Support antioxidant capacity. Made from sage (*Salvia officinalis*).

Chaste tree berry extract

Relieve mild discomfort associated with PMS. Made from chaste berry (*Vitex agnus-castus*).

Potassium phosphate

Potassium made with compounding ingredients.

Niacinamide

Support circulation. Form of vitamin B3 made with compounding ingredients.

Coenzyme Q10

Support energy levels. Ubidecarenone made by fermentation.

Ginger rhizomes extract

Ease occasional bloating, nausea, cramping and loose stools. Made from ginger (*Zingiber officinale*).

Peppermint leaf extract

Eases occasional bloating, nausea, cramping and loose stools. Made from mint (*Mentha piperita*).

Dong quai root extract

Traditionally used to reduce mild discomfort during menstruation. Made from dong quai (*Angelica sinensis*).

Silicon dioxide

Flow agent. Made from natural sources.

Magnesium stearate

Flow agent. Made from natural sources.

Copper gluconate

Support iron metabolism. Copper made with compounding ingredients.

RENEW

Theacrine

Support hormones. Made from natural sources.

Inositol

Support liver health and natural detoxification. Made from immortelle (*Helichrysum italicum*).

Hypromellose

Capsule. Made from plant sources.

Broccoli Sprout

Support antioxidant capacity. Made from broccoli (*Brassica oleracea*).

Quercetin

Support antioxidant capacity. Made from Japanese sophora flower (*Sophora japonica*).

BALANCE

Palmitic acid monoethanolamide (PEA)

Support the endocannabinoid system. Made with compounding ingredients.

Hypromellose

Capsule. Made from plant sources.

Ancient peat

Support energy levels. Made from natural sources (humic shale).

Zinc gluconate

Promote clear-looking skin and reduce mild menstrual cramps. Made with compounding ingredients.

Zinc oxide

Promote clear-looking skin and reduce mild menstrual cramps. Made with natural sources.

Ginger rhizome extract

Support a healthy inflammatory response. Made from ginger root (*Zingiber officinale*).

Chaste tree berry extract

Relieve mild discomfort associated with PMS. Made from chaste berry (*Vitex agnus-castus*).

Maca root extract

Support libido. Made from maca root (*Lepidium meyenii*).

Ferrous bisglycinate chelate

Support wellbeing, source of iron. Made with compounding ingredients.

Magnesium stearate

Flow agent. Made from natural sources.

Silicon dioxide

Flow agent. Made from natural sources.

Potassium iodide

Support thyroid health and muscle function. Potassium salt of iodine made from natural sources.

Magnesium stearate

Flow agent. Made from natural sources.

Silicon dioxide

Flow agent. Made from natural sources.

Saffron extract

Help support healthy mood. Made from saffron (*Crocus sativus*).

Black pepper fruit extract

Enhance absorption of key nutrients. Made from pepper (*Piper nigrum*).

Melon fruit juice concentrate

Reduce occasional stress. Made from melon (*Cucumis melo*).

Apple fruit extract

Support vitality. Made from apple (*Malus spp.*).

DIRECTIONS

All 3 potent Ova formulas — **RELEASE, RENEW & BALANCE** — are packaged in one easy-to-use blister pack that clearly outlines when to take each supplement to align with your menstrual cycle and is easily customizable with your unique cycle length.

Directions: Take one pill daily with food beginning on the first day of your period, transitioning to the next formula to coincide with each phase of your menstrual cycle.

RELEASE

Take days 1-4, beginning with the first day of your period

Supplement Facts		
Serving Size 1 Capsule Servings Per Container 4		
Amount Per Serving	% Daily Value	
Niacin (as niacinamide)	25 mg	156%
Magnesium (as magnesium oxide)	15 mg	4%
Copper (as copper gluconate)	200 mcg	22%
Proprietary Blend	630 mg	*
Clove Flower Bud Extract, Immortelle Flowering Top Extract (Helichrysum italicum), Cranberry Fruit Extract, Sage Aerial Part Extract, Coenzyme Q10 (Ubidecarenone), Ginger Rhizome Extract, Peppermint Leaf Extract, Dong Quai Root Extract		

* Daily Value not established.
Other ingredients: Hypromellose (capsule), potassium phosphate, silicon dioxide, magnesium stearate.

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RENEW

Take days 5-16

Supplement Facts		
Serving Size 1 Capsule Servings Per Container 12		
Amount Per Serving	% Daily Value	
Iron (as ferrous bisglycinate chelate)	5 mg	28%
Iodine (as potassium iodide)	140 mcg	93%
Theacrine	200 mg	*
Proprietary Blend	479 mg	*
Inositol, Broccoli Sprout, Quercetin, Maca Root Extract		

* Daily Value not established.

Other ingredients: Hypromellose (capsule), magnesium stearate, silicon dioxide, purple carrot root extract (capsule color).

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

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BALANCE

Take days 17-32 or until your next period starts

Supplement Facts		
Serving Size 1 Capsule Servings Per Container 16		
Amount Per Serving	% Daily Value	
Zinc (as zinc oxide, gluconate)	36 mg	327%
Levagen®+ (90% Palmitoylethanolamide)	350 mg	*
Extramel® (Melon Fruit Juice Concentrate)	10 mg	*
Proprietary Blend	250 mg	*
Ancient Peat, Ginger Rhizome Extract, Chaste Tree Berry Extract, Saffron Stigma Extract, Black Pepper Fruit Extract, Apple Fruit Extract		

* Daily Value not established.

Other ingredients: Hypromellose (capsule), magnesium stearate, silicon dioxide, coconut oil, spirulina extract (capsule color).

CONTAINS: Coconut.

Levagen®+ is a trademark of Gencor.
Extramel® is a trademark of ROBERTET.

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Additional Release capsules are included in case your next cycle begins prior to receiving your next month's supply of Ova.

Each woman's cycle is different, and results may vary. For menstrual and menopausal symptoms outside the normal range, medical conditions, or when taking medication, consult your health care provider prior to use. Not for use if you are nursing or pregnant.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.