

OvaBoost Fertility Supplement With Myo-Inositol Supports Ovulation and Egg Quality

With 2 grams of myo-inositol, along with a blend of antioxidants including vitamin E, melatonin, CoQ10, alpha lipoic acid, and grapeseed extract, OvaBoost is designed to support female fertility by promoting ovarian function, regular ovulation, and egg health.

Irregular Ovulation and Insulin Resistance Don't Have to Keep You from Getting Pregnant

Too much insulin in the bloodstream can confuse the hormones that control your ovulation and consequently affect your ability to ovulate normally. It's not possible to get pregnant unless your body ovulates and sends an egg down the tube. Ovulating on a regular schedule is also important so that you and your partner know when to baby dance. These key OvaBoost ingredients help with hormone balance and ovulation:

- **Myo-Inositol** – a B-vitamin-like nutrient that is needed by the body for insulin signaling. Myo-inositol also increases the insulin sensitivity of cells. OvaBoost contains 2 grams of myo-inositol.
- **Melatonin** – often used at higher dosages (7-10 mg) to help with sleep, melatonin is an antioxidant that occurs naturally in the body. OvaBoost contains 2 mg of melatonin which has been shown in studies to significantly decrease testosterone, increase follicle-stimulating hormone (FSH), enhance progesterone production in the follicle during ovulation, and improve menstrual regularity.

Optimal Egg Quality

Increases BOTH Your Fertility and the Health of Your Baby

An egg that crosses into the abnormal range can never cross back. Because the number of eggs we have is defined at birth and never increases, it becomes especially important to keep the quality of eggs as high as possible. Unfortunately, age really fights us on this one. As a woman advances into her mid to late 30s, she will have more abnormal eggs in her reserve than normal eggs. Getting pregnant is only half the equation when it comes to egg quality. The egg's 23 chromosomes need to be free of fragmentation or defect to give the baby the best chance at a healthy life. These key OvaBoost ingredients help with egg quality:

- **The Trio of Myo-Inositol, Folate, and Melatonin** – recent research in women undergoing IVF treatments indicates that this trio significantly improves egg quality.
- **Vitamin E, Grapeseed Extract, and Alpha Lipoic Acid** – antioxidants to remove free-radicals before they can harm your eggs.
- **CoQ10** – important for energy production in the mitochondria.

OvaBoost Fertility Supplement Is Designed to Address Two Common Causes of Female Infertility

Cause #1 – Irregular Cycles and Ovulation

It's a fact – women who know when they ovulate are much more likely to get pregnant. For many women, knowing when, or even if, they are ovulating can be very challenging. Hormonal imbalance and insulin resistance are determining factors in whether a woman can ovulate consistently and on a predictable schedule. The common thread between hormonal imbalance, insulin resistance, and ovarian cysts is insulin. So what does insulin have to do with fertility? Insulin can be thought of as the super traffic cop hormone. The health and function of the body depends on whether it and many other hormones stay organized, efficient, and balanced. Excess insulin has a cascading effect on other hormones. It can cause an increase in testosterone levels which can completely halt ovulation in a woman. Follicle Stimulating Hormones (FSH), Luteinizing Hormones (LH), Estrogen, and Progesterone all fall out of optimal levels

when there is too much insulin. If a woman can ovulate in spite of all these hormonal imbalances, the quality of the egg released is frequently low which makes conception much more difficult.

Myo-Inositol, a key ingredient in OvaBoost, has been studied extensively and found to play an important role in improving ovulation and overall fertility in women who are having issues related to insulin. Myo-Inositol is a vitamin-like substance that is widely accepted as part of the B family and commonly referred to as Vitamin B8. It is made naturally in the body and one of its important functions is to ensure that signals from the brain concerning insulin levels reach their respective receptors and bind to them. Additionally, a lack of myo-inositol can impact the ability of the cells to be sensitive to insulin. Supplying extra myo-inositol to women with hormonal imbalance, insulin resistance, or ovarian cysts helps correct the malfunctioning insulin pathways and reduce the signs and symptoms of insulin resistance.

Melatonin, another key ingredient in OvaBoost, is a great complement to myo-inositol. While myo-inositol works to correct the root cause of insulin management issues, melatonin has been clinically shown to significantly decrease testosterone, increase follicle-stimulating hormone (FSH), enhance progesterone production in the follicle during ovulation, and improve menstrual regularity.

Cause #2 – Poor Egg Quality

When we talk about egg quality, we are referring to the percentage of total number of eggs that are considered normal. Given that a woman's supply of eggs is finite and cannot be increased, the percentage of eggs that stay healthy and normal is critical. Each cycle, a woman's available eggs enter the "egg lottery" to see which egg will be the chosen one that cycle. If an abnormal quality egg gets selected, the chances for a successful pregnancy that month go to near zero. Even if the egg manages to get fertilized, the chances of miscarriage are very high. Once an egg in the reserve becomes abnormal, it can never become normal again. There are lots of things that happen to our fragile eggs as we age. Most are unavoidable – fevers, stress, toxins, free radicals, and infections to name a few. The impact of a woman's age on her egg quality is, unfortunately, quite predictable. By the time a woman is in her mid to late 30s, she will have more abnormal eggs in her reserve than normal eggs. The OvaBoost formula is designed to improve egg quality using a two pronged approach. OvaBoost contains not only the proven trio of myo-inositol, folate, and melatonin but also an impressive spectrum of antioxidants to mitigate the effects of free radicals on eggs being stored in the ovarian reserve.

I Have Insulin Resistance. Will OvaBoost Help Me?

Some women (i.e. with ovarian cysts) have insulin resistance which means the cells in your body are not very sensitive to insulin. When your cells are resistant to insulin, you tend to have higher than normal levels of insulin circulating in your bloodstream, causing higher than normal levels of testosterone, which in turn can interfere with ovulation and menstruation. By supplementing with myo-inositol, a key ingredient in OvaBoost, insulin sensitivity is improved, hormone balance is restored, and fertility is increased.

How Can I Tell if My Egg Quality is Low?

There is a known, direct correlation between age and egg quality so if you are over 30 years old, your egg quality has diminished. If you have been diagnosed with PCOS, your egg quality is more likely to be sub-optimal. Another way to assess the quality of your eggs is to test your FSH (follicle stimulating hormone) levels. Higher than normal