

SEE WHAT'S INSIDE

# OVA INGREDIENTS

The Modere Transparency Trust™ is our commitment to share meaningful information about our products. Going well beyond minimum industry requirements, our detailed transparency charts list our ingredients in plain English, how they're sourced and the benefits they provide so you can make informed decisions about the products you invite into your home.



## 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 immortalé (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.

ITEM# 17067 • 0512/1

## 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.**

ITEM# 17067 • 0513/1

## 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 <sup>®</sup> + (90% Palmitoylethanolamide)	350 mg	*
Extramel <sup>®</sup> (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<sup>®</sup>+ is a trademark of Gencor.  
Extramel<sup>®</sup> 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.**