

SUGGESTED USE of CassanOvum Boost

2 capsules daily with a full glass of water. Start on your 1st day of bleeding and continue until ovulation (usually day 14 for 28 day cycle). Do not continue after ovulation occurs.

Discontinue use when you become pregnant.



FORTIFIED WITH
FOLIC ACID

Worldwide Health Organisation recommends Folic Acid Supplementation before and during pregnancy.

Natural Supplements are not a quick fix and require time to take full effect. Recommended supplementation for optimal preparation is 3-6 months.

CassanOvum Boost should be taken with Prenatal Vitamins.

Month 1 -2 of Supplementation - Phase 1: Preparation

You have started supplementation. Remember to drink plenty of water and maintain a healthy diet (varied food, no diets aimed at losing weight). Pregnancy preparation vitamins could be used to complement benefits of this product. Your body will start to prepare for a pregnancy. This is an excellent time to start learning your body rhythm and phases it goes through during each cycle. It is good practice to use Ovulation Tests to help identify ovulation and so know when your most fertile days are starting.

Month 2-3 of Supplementation - Phase 2: Activation

You have completed Phase One and after 1-2 months you should start seeing positive effects of natural supplementation. Provided that you have adhered to Preparation phase your body will now enter into Activation phase. This is when you can actively start trying to conceive. Every woman is different and so some might need a little longer to conceive, but you could conceive at any stage of supplementation.

Month 3-6 of Supplementation - Phase 3: Stimulation

This is when your body should have received optimum nutrition and nourishment and is receptive to natural stimulation. Maintain a healthy lifestyle, drink plenty of water, sleep well and make sure you know YOUR Menstrual Cycle well in order to succeed faster and most of all - enjoy trying to conceive!

SUCCESS

You can become pregnant at any stage of supplementation, the success is down to many factors and is an individual result. Some of the key factors are: when in your life you start the supplementation (Age), what is your fertility level when you start (AMH test could help establish that), your lifestyle (job, stress, weight), are you following the pregnancy preparation guidelines, have you got any known medical condition preventing a pregnancy and of course is your partner also supportive and maintaining a healthy lifestyle? REMEMBER: Trying to conceive is a process that may take time - healthy fertile couples should conceive within 2 years of trying, with the help of supplementation this time can be shortened. Couples who struggle may succeed on this supplementation provided that 3 phases of supplementation are completed.

CassanOvum Boost is a unique blend of extracts and powders that have been combined together to support female reproductive system during Follicular Phase of the menstrual cycle - a specially designed formulation that will work together to boost ovarian functions and therefore hopefully increase chances of conceiving.

The cervix produces different types of mucus depending on where a woman is at in her menstrual cycle. Just after menstruation, the cervix produces a fluid that is thick and acidic which is designed to prevent sperm from entering the vagina. This is known as infertile mucus. Fertile cervical mucus (CM), also known as cervical fluid (CF) is produced by your cervix as ovulation approaches. Cervical mucus is necessary for allowing the sperm to swim freely through the cervix. When a woman is about to ovulate there should be an increase in cervical mucus, as well as a change in the mucus texture, from "wet" to a more pliable, stretchy, egg white texture. Healthy fertile cervical mucus nourishes the sperm, protecting them from the natural acidity of the vagina, and guides them toward the ovum.



✓ Borage Seed Oil, Dandelion, Evening Primrose Oil and Licorice

Are used to stimulate membrane secretion to increase cervical mucus and balance hormones. Cervical mucus plays a fundamental role in the TTC process by nourishing and protecting sperm as it makes the long journey through the female reproductive tract to meet the egg. Having enough egg white cervical mucus during your fertile window greatly improves your chances of conceiving.

✓ Maca and Chasteberry (Vitex Agnus Castus)

Both may help to balance the hormones by nourishing the endocrine system. Problems with endocrine or hormonal systems can be the cause of difficulties with conceiving. Hormonal imbalances can cause periods to stop or prevent ovulation from happening - both of which are essential stages of the conception process.



✓ Tribulus

May help to normalise ovulation (regulate cycle) in women. Irregular periods create a challenge in tracking ovulation and knowing when the best time is to make love in order to conceive.

✓ Ashwagandha

Supports auto-immune system and may increase libido.



✓ Red Clover

Supports cervical mucus production relieving vaginal dryness. Red clover aids in improved circulatory function and may help to reduce menstrual cramps.



✓ Cassava Root Extract

Cassava root contains a natural hormone 'phytoestrogen', which may assist your ovaries to produce multiple eggs. This is called hyper-ovulation. Phytoestrogens are estrogens derived from plants, where they occur naturally. Estrogens are female sex hormones and they play a significant role in a female reproductive system. Natural ovarian stimulation may increase the number of eggs produced which may then increase chances of becoming pregnant (including twins).

The herbs in CassanOvum Boost have been carefully selected and put together for maximum benefits.

- ✓ **Regulation of the Cycle after stopping birth control** - Chasteberry may help to stabilise the cycle and induce ovulation more quickly.
- ✓ **PMS relief** - Chasteberry may be beneficial for PMS symptoms such as headaches, rashes, acne and sensitivities of the breasts.
- Minimum supplementation consumption for effects to take place is around 3 months.**
- ✓ **Menstruation** - Red Clover is high in both calcium and magnesium, essential for proper smooth muscle function, reducing and aiding in prevention of uterine cramping.
- ✓ **Supporting hormonal balance** - Maca may increase energy, stamina and mental clarity. It may also help to control estrogens in the body. Estrogen levels that are high or low at the wrong time can prevent a woman from becoming pregnant.
- ✓ **Supporting healthy sexual functions** - Tribulus may increase the sex hormone production whilst Maca and Ashwagandha may increase libido.
- ✓ **Creating environment for healthy eggs** - Ashwagandha is used to support overall endocrine functions. Maca may also support egg health (egg quality).
- ✓ **Increasing Cervical Mucus** - Borage Seed Oil, Dandelion, Evening Primrose Oil and Licorice all may promote the production of Cervical Mucus which is necessary for allowing the sperm to swim freely through the cervix. Staying hydrated is very important when trying to conceive so drink plenty of water.
- ✓ **Increasing progesterone levels** - Chasteberry may improve healthy progesterone levels which are necessary for fertilisation to occur.
- ✓ **Stimulating Ovulation** through lengthening a short luteal phase - Chasteberry may help the body by promoting ovulation to occur which in turn boosts progesterone levels during the luteal phase of the cycle. This phase should typically last 12-14 days to allow fertilisation. Increasing secretion of luteinizing hormone stimulates ovulation - ovulation is necessary in order to become pregnant.
- ✓ **Lack of menstruation (Amenorrhea)** - Chasteberry may aid resuming the menstrual cycle, suggested supplementation is 6 months.

What to expect?

Changes you may experience during supplementation:

You have decided to use this supplement in order to succeed faster, most likely because you have been unsuccessful so far - so please be prepared for changes and do not fear them when they come, change in this instance is normally good. If you are not prepared for a change then why take the supplement? You can be a 28-day textbook example and still not be able to conceive. Slight changes to the phase length in either the follicular phase or the luteal phase could have a significant improvement on overall fertility!

- * **Cycle Length** - the cycle could be adjusted to its optimum length in preparation for pregnancy, for some it could be longer, for others shorter, it depends on where you are now.
- * **Ovulation Pain** - you could experience some ovulation pain around ovulation time, this is absolutely normal and many women can feel when and where the egg is released - if that happens to you, you are amongst the lucky ones as you can be more in control of your cycle!
- * **Cervical Discharge** - you may experience an increased quantity of cervical mucus (egg white consistency) around ovulation - this is necessary for the sperm to survive in the cervix.
- * **Nausea** - it is absolutely normal to feel a bit nauseous around ovulation, this is due to hormonal changes in your body and is considered to be one of the symptoms of ovulation.
- * **Increased Sex Drive** - when your body prepares for pregnancy and it receives what it needs it will automatically seek to fulfill what it has been preparing for, therefore you might experience an increased appetite for sex.



...where nature meets nurture!

CARELINE:
UK: +44 203 318 5630
USA/Canada Toll Free: 1-866-348-8578

Questions? Email: info@cassanovum.com