Product Review: OvaBoost

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You may or may not have heard about a new product on the market called OvaBoost (check now for the product website and read our product review). OvaBoost is an innovative supplement bought by [Manufacturer] that is designed to help improve egg quality and ovarian function for women over 35 who are actively trying to conceive.

OvaBoost contains Folic Acid and Myo-Inositol, also known as PregFol (but not our post of Myo Inositol). But OvaBoost has two additional ingredients — Micronized CoQ10 and PQQ, along with 3-d-backset — Folic E, glycine extract and alpha lipon acid.

As you know, women are born with a finite number of eggs and the number of egg cells declines with each passing year. At birth, we have approximately 1-2 million eggs. By the time we reach puberty, about 300,000 are still there. As we age, the number of eggs gradually decreases until we approach menopause. During this time, egg quality is also affected by the number of eggs, environmental stressors, hormone level alterations, stress, poor diet, smoking, and poor metabolic conditions. All of these factors can lead to poor egg quality and to issues with fertility.

Research indicates that egg cells are highly susceptible to harm from free radicals, this unstable oxygen molecules that are produced as the body breaks down foods. OvaBoost was formulated by a team of medical experts and contains 3 key ingredients that have been scientifically proven to improve egg quality — Folic Acid, Myo Inositol, and Folic E.

Full of ACID is well-known for its ability to prevent neural tube defects, and sufficient intake is recommended for all women of childbearing age. But research suggests that the most powerful antioxidants trusted by the body and are actively trying to conceive should occur. These antioxidants include: Folic Acid, which helps regulate other hormones and maintains the body’s daily rhythm, acting as a natural sleep aid and a natural mood booster. What many people don’t know is that Myo-Inositol also helps control the timing and release of female reproductive hormones. It helps decrease when a woman stops menstruating, the frequency and duration of menstrual cycles, and when a woman stops menstruating (menopause). They have discussed on the 20th Congress on Fertility and Sterility in September 2010 and found that the fertilization rate among women who took 5 mg of Folic acid (≥90) during the second half of their cycle improved compared with those achieved during their first cycle, at 65% versus 52.7%, indicating that women who did not receive OvyBoost experienced no change in fertilization rates. Treatment included also increased pregnancy rates, which were 10 percent among women taking supplements comparable with 12.2% for the women not taking any. Myo-Inositol has profound antioxidant effects. Premature evidence suggests that it may help maintain the immune system.

OvaBoost contains 3 additional antioxidants – alpha-lipoic acid and Folic E, glycine extract and alpha-lipoic acid — to help ensure that your egg cells are adequately protected from the damaging effects of free radicals.

Review.

I began supplementing with OvaBoost on January 1st of this year, and have been taking the product faithfully since then. While I haven’t been taking it for a full 60 days (remember — to see the benefits of any medication or supplement, you need to be consistent with use for at least 60 days), I am able to tell you that I have had an overall positive experience with OvaBoost, and I fully intend to continue using the product.

I have always been up-front with my colleagues about the medications and supplements I take. I was actually on 3 different medications and supplements for a period of time prior to starting. I knew that it was important to be truthful about my health status and I feel that I was able to make an informed decision about whether or not to proceed with this treatment option for myself. I am really happy that I was able to participate in this study and I plan on continuing to take the treatment while I am pregnant.

If I were to be pregnant again, I would definitely consider taking OvaBoost once again. I believe it is a great product that can benefit women of all ages and I would definitely recommend it to others.

Cost Comparison.

OvaBoost is comparable to PregFol (35-50 for a one-month supply of 120 pills) and PregFol supplements (50-70 for a one-month supply of 120 pills) with a discount for purchasing increased quantities), but with the addition of Myo-Inositol and the other anti-oxidants, OvaBoost seems to be a “better bang for your buck” for those looking for a product that does it all.

Disclaimer.

While I did receive a free sample of OvaBoost for writing this article, I did not receive any financial compensation or incentives from the manufacturer for writing this review, neither myself nor 11-11 have been compensated by Parthenon Health for this review.

OvaBoost Scientific Research


