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## OvaBoost Review

Posted by Catie on February 14th, 2013 . Filed under: [Reviews](#) .



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**OvaBoost** was designed specifically for women over 30 and women with PCOS to improve egg quality. I fall into the latter category, and I was curious to see how OvaBoost would work for me.

I have taken OvaBoost for nearly a month now. It's got a blend of vitamins and supplements including Vitamin E, folic acid, myo-inositol, and grapeseed extract. Other than a slightly icky aftertaste, I haven't noticed any side effects, which is really nice. I was very happy to see that it contains myo-inositol, because myo-inositol is an excellent supplement for women with PCOS. Studies have shown that it has a very positive effect on the blood sugar and over all reproductive health. For women with PCOS, keeping blood sugar levels under control is one of the best ways to improve your chances of conceiving. That's why many women are prescribed Metformin, a prescription drug made for diabetics. Myo-inositol can have a very similar effect, but doesn't require a prescription to obtain. (An extra special bonus for me, since fertility treatments aren't covered by my insurance. 😊)

As with all high quality supplements, you've got to take several pills each day. With OvaBoost, you're taking **four**. Fairhaven Health recommends splitting the doses up over the day. The capsules are really easy to swallow, though, so it isn't a big deal. Just take one with each meal and right before bed.

I did ovulate while taking OvaBoost, and while I can't credit it for the ovulation itself, I do think it made ovulation a bit stronger than normal. Unfortunately I did not get pregnant this cycle. I can chalk that up to poor timing, since we did have quite a bit going on during this cycle.

I would definitely recommend OvaBoost to my PCOS "cysters." I think it's a great way to give those eggies a boost. You can find OvaBoost and a lot of other great quality fertility supplements at [Fairhaven Health](#).

*OvaBoost was provided to me in exchange for review. As always, the views expressed in this review are entirely my own. I was not compensated for this review.*

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## About Me



My name is Catie. I'm a 23 year old, opinionated, out spoken housewife from Indiana. I'm an atheist, pro-marriage equality and pro-choice. You can find out more about me [here](#).



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