

Fairhaven Health Releases OvaBoost, an Herbal Supplement to Help Improve Egg Quality in Women

Fairhaven Health recently released OvaBoost, a new natural supplement designed to help improve egg quality and ovarian function for trying-to-conceive women. OvaBoost may be particularly helpful for women over the age of 35 or for those diagnosed with polycystic ovary syndrome (PCOS).

Bellingham, Washington ([PRWEB](#)) December 05, 2012 -- [Fairhaven Health](#) recently introduced [OvaBoost](#), an innovative supplement designed to help improve egg quality and optimize ovarian function for trying-to-conceive women. This may come as welcome news for women who are trying to achieve pregnancy later in life or for those with polycystic ovary syndrome (PCOS), a condition shown to impact fertility.

Women are born with a finite number of eggs; the number of eggs steadily declines with each passing year. Women are born with approximately one to two million eggs, but only 300,000 eggs remain by puberty. Between 300 and 400 eggs are ovulated during a woman's reproductive lifetime.

Egg quality also declines due to a variety of factors including age, exposure to environmental toxins, stress, poor diet and hormonal imbalances - all of which can prove detrimental to a woman's overall fertility. Poor egg quality can cause issues with fertilization, unsuccessful implantation, and frequent miscarriages due to chromosomal abnormalities.

While there is no way to increase the number of eggs a woman has, it is possible to improve egg quality of her existing reserve. Research indicates that egg cells are highly susceptible to harm from free radicals, the unstable oxygen molecules that are produced as the body breaks down toxins. OvaBoost is packed with powerful antioxidants like vitamin E, grapeseed extract and alpha lipoic acid to help ensure a woman's egg cells are protected from damaging effects of free radicals.

Formulated by a team of medical experts, OvaBoost combines three key ingredients that have been scientifically proven to improve egg equality: myo-inositol, folic acid, and melatonin. Folic acid is well known for its ability to prevent neural tube defects, and sufficient intake is recommended for all women of childbearing age. But new research indicates that folic acid combined with myo-inositol and melatonin, two powerful antioxidants, helps improve egg equality. Women undergoing IVF treatments saw significant egg quality improvement after myo-inositol supplementation.

Recent research also confirms that myo-inositol works to promote optimal ovarian function and cycle regularity in women with PCOS. Polycystic ovary syndrome (PCOS) is a medical condition that impacts nearly 10 percent of women of childbearing age and is a major cause of female fertility issues. Women diagnosed with PCOS experience a wide range of symptoms including acne, weight gain, excessive hair growth, ovarian cysts and menstrual cycle irregularities. The exact cause of PCOS is unknown, but hormonal imbalance plays a big role in the onset of symptoms. Women with PCOS tend to produce higher levels of male hormones like testosterone, which can impact ovulation and menstrual cycles.

“Many researchers believe that these higher testosterone levels are related to insulin sensitivity, which is where myo-inositol enters the picture,” said Suzanne Munson, Fairhaven Health's director of product development. “Insulin is a hormone secreted by the pancreas, and is responsible for carrying sugar into the cells of the body

where it can be used for energy. Women with PCOS have cells that are less sensitive to insulin, resulting in higher insulin levels. And high insulin levels appear to be correlated with increased production of male hormones. But the good news is that research in women with PCOS shows that supplementing with myo-inositol can improve insulin sensitivity, thereby restoring hormonal balance, ultimately leading to increased fertility in these women.”

OvaBoost also includes coenzyme Q10 (CoQ10), another powerful antioxidant that plays an important role in energy production within egg cells. Once conception occurs, cell division begins and the egg grows into an embryo. A tremendous amount of energy is required for the embryo to successfully implant into the wall of the uterus. CoQ10 works within the mitochondria of the egg cell, the energy powerhouse of the cell, to help ensure that energy production is optimal.

About Fairhaven Health

Fairhaven Health manufactures a line of natural, doctor-designed products to promote fertility, pregnancy, and nursing health. They provide ovulation prediction tools, [natural fertility](#) supplements, prenatal vitamins and breastfeeding support products, all of which are manufactured in U.S. GMP-certified and FDA regulated facilities.



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