

MÖDERE® FAQs

MODERE OVA & OVA-m

Health & Wellness

What makes Modere Ova™ and Modere Ova™-m different from other supplements for female hormonal health?

- Your body's responses to the different phases of your menstrual cycle and the phases of menopause aren't due to hormones alone, but also due to fluctuating metabolites and micronutrients. The Ova line takes a unique approach to hormonal health unlike anything else, by addressing these biochemical responses with easy-to-use, customizable products that sync to your cycle or menopausal needs, all without the use of hormones or soy isoflavones.

What are soy isoflavones?

- Soy isoflavones are a specific category of phytoestrogens — plant-based compounds — that have the ability to produce a strong estrogenic effect in the body that may directly influence hormone response. Many women's health supplements use soy isoflavones because they can mimic estrogen hormones. Not all phytoestrogens produce this effect to this degree.

Why are hormones and soy isoflavones undesirable for hormonal health?

- Long-term use of hormones and soy isoflavones has been linked to an increased risk of certain cancers and should only be done under the supervision of a doctor.

How do the Ova formulas work without hormones or soy isoflavones?

- Ova supports your body's energy metabolism, detoxification process, inflammatory response, mood and more with scientifically calibrated micronutrients shown to naturally fluctuate in the body during your menstrual cycle and the phases of menopause. By focusing on supporting optimal biochemical responses rather than acting directly on hormones, the Ova formulas provide intuitive nutritional support key to optimal hormonal health.*

How many products are there in the Ova product line?

- There are 2 products. Ova is for women who menstruate. It is a customizable system of 3 formulas, RELEASE, RENEW and BALANCE, designed to be taken during your period, pre-ovulation and post-ovulation respectively. Ova-m is a single formula for women in perimenopause, menopause or post-menopause.

Who should take Ova?

- Ova is recommended for:
 - Females ages 18+
 - Females who menstruate regularly
 - Females who do not use hormonal birth control
 - Females who have ovaries intact

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Who should take Ova-m?

- Ova-m is recommended for:
 - Females experiencing normal symptoms of perimenopause including irregular periods
 - Females experiencing normal symptoms of menopause
 - Females experiencing normal symptoms of post-menopause
 - Females who do not have ovaries

How do I take Ova?

- Take one capsule daily with food and water, coinciding with your menstrual cycle and beginning on the first day of your period. Your pills are distributed as follows:
 - RELEASE: Days 1-4 (period)
 - RENEW: Days 5-16 (pre-ovulation)
 - BALANCE: Days 17-32 (post-ovulation)
- If your next period starts before you have finished BALANCE, discontinue and start a new supplement cycle, beginning with RELEASE in a new box. Each blister pack includes additional RELEASE capsules for uninterrupted Ova support, in case your next shipment of Ova has not yet arrived when your next period begins.
- For best results, take at the same time each day. Depending on what's most convenient for you, this may be first thing in the morning, before bedtime or sometime during the day.

Can I take Ova if my cycle doesn't line up with a four-week cycle?

- Yes, we know that not all women experience a regular four-week cycle length, and every woman is unique. Ova is formulated to be used by women with varying cycle lengths and you can customize your regimen as needed. The doses provided will support most women, most cycles.
- If your cycle is typically shorter than average, you'll likely have some leftover BALANCE capsules in each blister pack when your next period begins and when you start a new box of Ova.
- Anything beyond a 32-day cycle should be discussed with a doctor. If it is determined perimenopause plays a role in increased cycle length, we recommend taking Ova-m. If perimenopause is ruled out, we recommend waiting until your next period begins to start Ova, beginning with the RELEASE formula.

How do I take Ova-m?

- Take two capsules daily with food and water. For best results, take at the same time each day. Depending on what's most convenient for you, this may be first thing in the morning, before bedtime or sometime during the day.

How quickly will I see results?

- You may notice benefits quickly with either product, depending on your symptoms. For Ova, we recommend tracking results for a minimum of 2 menstrual cycles for a more comprehensive understanding of how well it works for you.

Do the Ova products replace my daily nutritional supplements?

- No, we recommend incorporating your Ova regimen alongside the Modere Axis™ line, which provides bioceutical nutrition for optimal health™ with foundational supplements like TreBiotic, OptiPack™ and Phytos. Consult your doctor before discontinuing any supplements you currently take.

Can I take Ova if I'm trying to become pregnant?

- Yes, it is formulated to support optimal hormonal health and supports health leading up to ovulation. However, it does not take the place of a prenatal vitamin. Consult with your doctor before starting any supplement regimen.

Can I take Ova if I'm pregnant?

- If you become pregnant, discontinue use. Consult your doctor before starting any supplement regimen.

If I know when I ovulate and it's before I'm done with RENEW, should I move on to BALANCE?

- If you are tracking ovulation and experience it before finishing RENEW, you can move to BALANCE. However, because most women don't know when they ovulate, we recommend taking all the RENEW pills before moving to the BALANCE formula.

What should I do if I run out of BALANCE before my next period begins?

- We recommend waiting until your next period to begin a new supplement cycle, starting with RELEASE.

Can I take Ova if I use hormonal birth control like an IUD?

- Ova is recommended for menstruating women ages 18+ not using hormonal birth control. Its ingredients are generally considered to be safe for women taking birth control to use. However, hormonal birth control users may not experience as many noticeable benefits because hormonal birth control typically prevents ovulation and helps maintain more consistent hormone levels week to week.
- For women using hormonal birth control who don't get a period but want to take the product, we suggest starting with the BALANCE formula when you feel symptoms of PMS. From there you can move to RELEASE and then RENEW. For best results, try to align your pills with a 28-day cycle. Consult your doctor before starting any supplement regimen.

What is considered hormonal birth control?

- Any birth control that consistently administers hormones is considered hormonal birth control. This could include birth control pills or mini-pills, IUDs with hormones, a birth control shot, patch, implant, pellet or ring. Copper IUDs, condoms, diaphragms, cervical caps, spermicides/vaginal gels and sponges are not hormonal birth control.

Which product should I take if I've had a tubal ligation (tubes tied)?

- Take Ova as long as you get regular menstrual periods and are not experiencing normal symptoms of perimenopause.

Which product should I take if I've had a hysterectomy or uterine ablation?

- If your uterus has been removed or ablated but your ovaries are still intact and you are not experiencing perimenopause, we recommend taking Ova, as your hormones still fluctuate cyclically even though you may not get a period. We suggest starting with the BALANCE formula when you feel symptoms of PMS. From there you can move to RELEASE and then RENEW. For best results, try to align your pills with a 28-day cycle.

If both your ovaries have been removed, regardless of whether or not your uterus is intact, we recommend taking Ova-m. Consult your doctor before starting any supplement regimen.

Which product should I take if I'm in perimenopause and have irregular periods?

- We recommended taking Ova-m, which is formulated to support women experiencing perimenopause, menopause, and post-menopause. It is normal to have irregular periods during perimenopause. Ova-m provides continuous support regardless of when or if you get a period, whereas Ova is formulated for women who get regular periods.

How far into perimenopause do I need to be to take Ova-m?

- If you have ANY symptoms of perimenopause, regardless of whether you still have regular periods, we recommend taking Ova-m.

How do I know if I'm in perimenopause, menopause or post-menopause?

- Most women enter **perimenopause** — the phase leading up to menopause — around age 45, but everyone's body is different. If you begin noticing irregular periods that fall outside of a 32-day cycle or symptoms of menopause like hot flashes, night sweats, or low libido, you are likely experiencing perimenopause and should switch from Ova to Ova-m.
- **Menopause** is defined as one full year without periods. Normal symptoms of menopause like hot flashes and vaginal dryness may still be present, and you may notice drier skin and nails.
- After at least one full year without periods, you enter **post-menopause**. At this stage, cardiovascular health becomes a top priority, as does continued support for vaginal health and healthy skin and nails. We recommend continuing to take Ova-m in post-menopause as long as you experience unwanted symptoms and are looking for benefits including help to:
 - Reduce mild hot flashes*
 - Reduce night sweats*
 - Reduce vaginal dryness*
 - Support libido*
 - Improve sleep health*
 - Support cognitive health*
 - Support cardiovascular health*
 - Protect cells from oxidative stress*
 - Support energy levels*
 - Support mood*

Do the Ova products help with weight loss?

- The Ova products are not intended to support weight management. However, they are formulated to help support aspects of health that may indirectly contribute to weight, like energy levels, sleep health, nutrient absorption, occasional stress, detoxification and inflammatory response. For targeted healthy weight management, we suggest pairing Ova with the Lean Body System, featuring award-winning Trim.

Can I take the Ova products if I'm taking soy isoflavones or undergoing hormone replacement therapy?

- Consult your doctor before starting any supplement regimen, or before discontinuing any medically supervised therapy.

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Are there any medical conditions that would contraindicate taking Ova or Ova-m?

- We recommend consulting with your doctor before starting any supplement regimen.

Are there any medications that would contraindicate taking Ova or Ova-m?

- We recommend consulting with your doctor before starting any supplement regimen.

Is there an ingredient list that I can take to my doctor?

- A complete list of ingredients can be found in each product's Transparency Chart, located on the product's web page. They are also clearly listed on the product packages.

Can I take Ova or Ova-m with drinks besides plain water, like coffee or tea?

- We recommend taking with water and food, but you may follow with coffee or tea if desired.

Are Ova and Ova-m sugar-free?

- Yes

Are Ova and Ova-m dairy-free?

- Yes

Are Ova and Ova-m gluten-free?

- Yes

Are Ova and Ova-m keto-friendly?

- Yes

Are Ova and Ova-m non-GMO?

- Yes