

## SUGGESTED USE of Cassanovum PLUS

1 capsule daily with a full glass of water. Start on your 1st day of bleeding and continue until pregnant. Start on any day in case of absent cycle - it may take up to 6 months to resume absent cycle. **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.

If period is absent then recommended supplementation is 6-12 months.

### 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 Cassanovum. 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 PLUS has been fortified with powerful natural ingredients to maximise chances of conceiving naturally and also prepares for a healthy pregnancy.

### ✓ Chasteberry Extract

Chasteberry, also known as Vitex Agnus Castus, has been shown in several clinical studies to help stimulate and stabilize the reproductive hormones involved in ovulation, cycle balance and menstrual regularity. In order for conception to take place, a woman must have a regular menstrual cycle and ovulate (release an egg from an ovary). Hormonal balance is also key to regular ovulation - particularly the ebb and flow of the reproductive hormones estrogen and progesterone, which both prepare the body for ovulation (estrogen) and ensure that a pregnancy, once achieved, is maintained (progesterone). Regularity of both menstrual cycle and ovulatory function, dictated by the complex play of these hormones, are key factors in successfully becoming pregnant. Chasteberry supports fertility by helping regulate hormonal and menstrual balance.



### ✓ Red Raspberry Leaf Extract

Raspberry leaf works to tone the uterine muscles and normalize blood flow during menses. This is one of the best normalizing herbs for the female reproductive organs. Raspberry leaf is astringent, contracting and shrinking internal and external body tissues. May help prevent excessive menstrual bleeding. Believed to help reduce bleeding of endometrial tissues.



### ✓ Nettle Leaf Extract

Nettle Leaf tones and nourishes the uterus - this is extremely important for implantation to take place. It also promotes strengthening of the kidneys and adrenal glands. It is loaded with chlorophyll (a detoxifier) and goes a long way toward preparing a woman's body for pregnancy and for sustaining the embryo once conception occurs. Supports healthy iron levels, which is important, including when excessive menstrual bleeding is taking place. Aids proper liver function for hormone balance support.



### ✓ 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 Plus have been carefully selected. They are typically used for the following:

- ✓ **Heavy Menstrual Bleeding** - the astringent properties of Red Raspberry Leaf may help to stop heavy bleeding. Nettle Leaf Extract is naturally high in iron so may help protect from anaemia and give support during excessive menstrual bleeding. It is also naturally high in Vitamin C.
- ✓ **Poor Egg Quality/Nutritional Deficiency** - Red Raspberry Leaf is naturally nutritive and may help to boost overall nutrition levels and nutrition absorption.
- ✓ **Increasing secretion of luteinising hormone to stimulate ovulation** - ovulation is necessary in order to become pregnant. Use Ovulation Tests to help establish when you are actually starting to ovulate and identify your most fertile time.
- ✓ **Regulation of the cycle after stopping birth control** - Chasteberry may help to stabilize the cycle and induce ovulation more quickly.
- ✓ **Lengthening 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 fertilization.
- ✓ **Increasing progesterone levels** - healthy progesterone levels are necessary for fertilization to occur.
- ✓ **PMS relief** - Chasteberry may be beneficial for PMS symptoms such as headaches, rashes, acne and sensitivities of the breasts. Minimum supplementation consumption for reduction of effects to take place is around 3 months.
- ✓ **Lack of menstruation (Amenorrhea)** - Chasteberry may aid resuming the menstrual cycle, suggested supplementation is 6 months.
- ✓ **Restoring regular menstruation** - Chasteberry may help regulate a menstrual cycle that is too heavy or too frequent. Please note that if you are experiencing difficulties in becoming pregnant then changes to your 'textbook' regular cycle may occur. Changes may be optimizing aspects of your cycle so increasing the window of opportunity for fertilization which is naturally a good thing.

## 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!

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