

The only 3-in-1 supplement formulated to help support *conception outcomes* and designed in partnership with OB/GYNs and fertility specialists.<sup>†\*</sup>

†Developed with 3 medical doctors on Ritual's Scientific Advisory Board



## Supplement Facts

Serving Size: 1 Scoop (about 4g)  
Servings Per Container: 60

	Amount Per Serving	%DV
Calories	15	
Total Carbohydrates	3 g	<1%†
Myo-Inositol	2000 mg	**
N-Acetyl-L-Cysteine (NAC)	600 mg	**
Coenzyme Q10 (CoQ10)	100 mg	**

†Percent Daily Values are based on a 2,000-calorie diet.

\*\*Daily Value (DV) not established.

**Other Ingredients:** Natural flavor, citric acid, stevia leaf extract (Reb-M).

## Key Ingredients & Benefits

### FOLLICULAR HEALTH\*

200mg of CoQ10 in a bioavailable form, clinically studied to help support follicular health. Our CoQ10 is 2.7x more bioavailable than standard CoQ10 & manufactured at a facility using 67% renewable energy sources.\*

### OVARIAN HEALTH\*

NAC provides antioxidant support & 1.2g of NAC is clinically studied to help support ovarian health.\* We use a vegan form of NAC, as opposed to other forms that are known to be sourced from bird feathers.\*

### EGG HEALTH\*

4g of Myo-Inositol is clinically studied to help support normal ovulation cycles, healthy hormone levels, & egg health.\*

### ANTIOXIDANT SUPPORT\*

CoQ10 & NAC provide antioxidant properties to support an ideal environment for egg health.\*

## A Science-Backed Approach

Our 3-in-1 fertility support supplement was designed in partnership with OB/GYNs, fertility specialists, and Ritual RDNs† with clinically studied ingredients — Coenzyme Q10, N-Acetylcysteine, and Myo-inositol — to support the body in the conception journey.\*

†Designed in partnership with 3 medical doctors on Ritual's Scientific Advisory Board and 2 Ritual RDNs.

## We're Made Traceable®

100% of Ritual's active and other ingredients are Made Traceable™, meaning we publicly share the supplier name and final place of manufacturing for our active and other ingredients. Because transparency is great, but traceability means more—it's the very core of our commitment to quality, safety, and efficacy, and it's how we empower women to make informed choices about what they put into their bodies.

## Testing & Certifications

We go above and beyond when it comes to third-party testing to verify heavy metals, microbes, and major allergens because we believe you deserve to know what you're putting in your body and why. That's why we not only conduct our own testing but also achieved Clean Label Project Certification.

The Clean Label Project is considered one of the strictest for protecting consumers from harmful contaminants. It independently tests for 200+ environmental contaminants and harmful chemicals, such as heavy metals (such as lead and arsenic), pesticide residues, plasticizers, and antibiotic residues.