



Product Licence Licence de mise en marché

Product Number/Numéro de produit: 80136308

Brand Name/Marque nominative: Fertility and PCOS Support

Other Brand Name(s)/Autre(s) marque(s) nominative(s):

Ovarian & PCOS Support

Conception

Issued to/Émise à:

Name of licensee/Nom du titulaire:

Mama Bear Wellness Inc.

9 Kendleton Drive, Unit 27

Toronto, Ontario, M9V 1T6

Canada

Authorized for the following/Autorisé pour ce qui suit:

Dosage form/Forme posologique: Capsule

Recommended route of administration/Voie d'administration recommandée:

Oral

Recommended dose/Dose recommandée:

Women : (19 years and over): Take 2 capsules, 2 times per day.

Recommended duration of use/Durée d'utilisation recommandée:

N/A

Recommended use or purpose/Usage ou les fins recommandés:

Helps to maintain/support immune function/the immune system.

Helps to prevent folate deficiency.

Helps to prevent vitamin D deficiency.

Helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy.

Helps to support normal early fetal development (brain and spinal cord).

(Provides) An antioxidant.

Helps in the management of PCOS's hormonal and metabolic conditions by promoting healthy glucose metabolism and menstrual regularity.

Inositol helps promote ovulatory function and improve oocyte quality in those with PCOS.

Risk Information/Renseignements sur les risques:

Known Adverse Reactions

Discontinue use and consult a health care practitioner if you experience nausea, fatigue, headache, dizziness, abdominal pain, flatulence, or soft stools occur.

Cautions and Warnings

Ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.

Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding.

When taking this product exercise caution if you drive or use machinery as you may experience drowsiness.

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking blood pressure medication.

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking blood thinners.

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are bipolar or taking Lithium.

To ensure timely treatment of a serious cause of infertility, consult a healthcare practitioner prior to use.

Consult a health care practitioner if you have bipolar disorder or are taking St. John's Wort, or minerals.

Medicinal Ingredients/Ingrédients médicinaux:



Product Number/Numéro de produit: 80136308
Brand Name/Marque nominative: Fertility and PCOS Support

Proper Name Nom propre	Common Name Nom usuel	Quantity per Dosage Unit Quantité par unité posologique	Extract Extrait	Potency Activité	Source Material Matière d'origine
2,5-Cyclohexadiene-1,4-dione, 2-[(2E,6E,10E,14E,18E,22E,26E,30E,34E)-3,7,11,15,19,23,27,31,35,39-decamethyl-2,6,10,14,18,22,26,30,34,38-tetracontadecaenyl]-5,6-dimethoxy-3-methyl	CoQ10	25 mg	N/A	N/A	Coenzyme Q10 (Synthetic)
D-Chiro-inositol	D-Chiro-inositol	12.5 mg	N/A	N/A	D-Chiro-inositol (Synthetic)
Folate	Folate	100 Micrograms	N/A	N/A	Folic acid (Synthetic)
Myo-inositol	Inositol	500 mg	N/A	N/A	Inositol (Synthetic)
Vitamin D	Vitamin D3	6.25 Micrograms	N/A	N/A	Cholecalciferol
Withania somnifera	Ashwagandha	25 mg	N/A	N/A	Withania somnifera - root

This licence is issued by the Minister of Health under the authority of section 7 of the Natural Health Products Regulations. Sale of the described natural health product, including any changes thereto pursuant to section 11 of the Regulations, is subject to the Food and Drugs Act and to the Natural Health Products Regulations.
Cette licence est émise par la ministre de la Santé en vertu de l'article 7 du Règlement sur les produits de santé naturels. La vente du produit de santé naturel décrit dans la présente, y compris toute modification afférente au sens de l'article 11 du Règlement, est assujettie à la Loi sur les aliments et drogues et au Règlement sur les produits de santé naturels.

Issued/émis le: 2024-11-26	Revised/Amended/Modifié le: N/A
----------------------------	---------------------------------

Director General/Directeur général
NHPD/DPSN