

The Monthly Cycle of an Egg

As it grows to maturity inside an ovary is shown at the top of the chart. It is released from its follicle around day 14. The bottom of the chart shows the corresponding development of the lining of the uterus—shedding at the start of a period, then rebuilding in preparation for the fertilized egg.

The empty egg follicle (called the corpus luteum) secretes progesterone, which is a hormone that helps the endometrium reach a thickness of about 0.2 in (6 mm) over the 28 days of the menstrual cycle, ready to receive a fertilized egg.

