

Ave verum corpus natum ex Maria Virgine,  
vere passum, immolatum in cruce pro homine,  
  
cujus latus perforatum vero fluxit sanguine,  
esto nobis praegustatum mortis in examine.  
O clemens, O pie, O dulcis Jesu, Fili Mariae.

Hail, true Body, born of the Virgin Mary,  
who having truly suffered, was sacrificed on the  
cross for mankind.  
  
Whose pierced side flowed with blood,  
May it be for us a foretaste in the trial of death.  
O clement, O pious, O sweet Jesus, son of Mary.