“or "de"

If desired, this piece may be sung a half step lower, in the key of D-flat major, for a darker texture.
*Some sources indicate this alternate text.
Ave verum corpus,  
natum ex (de) Maria Virgine,  
vere passum, immolatum  
in cruce pro homine,  
cuius latus perforatum  
unda fluxit et sanguine:  
(fluit aqua et sanguine:)  
esto nobis praegustatum  
in mortis examine.  
O Jesu dulcis, O Jesu pie, O Jesu, fili Mariae,  
miserere nobis. Amen.

Hail, true Body,  
born of the Virgin Mary,  
which truly suffered, sacrificed  
on the cross for mankind,  
from whose pierced side  
flowed a gush of (water and) blood:  
be for us a foretaste (of heaven)  
in the trial of death.  
O sweet Jesus, O holy Jesus, O Jesus, son of Mary,  
have mercy on us. Amen.