



Fertility Supplements

Coenzyme Q-10

Recommended Product: CoQ-10 from Now

Coenzyme Q-10 assists mitochondrial function, the powerhouse of each cell. It has an anti-aging effect on the cell and is important for egg quality and ovarian reserve. Can take 400mg twice per day.

Prenatal Vitamin

Recommended Product: New Chapter Perfect Prenatal (folate), Garden of Life Vitamin Code RAW Prenatal (folate,) Garden of Life My Kind Organics Prenatal Multi (folate)

These prenats are made from whole foods and are easy to digest.

Folate (Vitamin B9)

Recommended Product: Often included in pre-natal vitamin.

Folate can help prevent miscarriage and birth defects. Can take up to 1000 mcg per day.

Fish Oils

Recommended Product: Nordic Naturals - Ultimate Omega or Nordic Naturals Prenatal DHA

Fish Oils are extremely important for balancing hormones and nourishing the endometrial lining. These healthy essential fats increase Nitric Acid production by your blood vessels, which will help to maximize blood flow to the pelvic organs. They are also important in preparing for pregnancy, as they improve fetal brain development. 2000mg per day in two doses from Nordic Naturals.

Iron

Recommended Product: Floradix

Iron is needed daily to keep making new red blood cells, which transports oxygen and permits energy production. Iron is vital for growth and optimal functioning. Some of the symptoms of iron deficiency are: fatigue, general lack of energy, paleness or dark circles under the eye, brittle hair and nails, cold hands and feet.



Vitamin D3

Recommended Product: No specific recommendation, many options available.

Among women, vitamin D appears to impact IVF outcomes, endometriosis, and PCOS. It boosts levels of progesterone and estrogen, which regulate menstrual cycles and improve the likelihood of successful conception. **In men**, vitamin D is essential for the healthy development of the nucleus of the sperm cell, and helps maintain semen quality and sperm count. Vitamin D also increases levels of testosterone, which may boost libido. Can take 5,000 IU's daily. Up to 8,000 IU's of Vit D if levels are below 40ng/ml.

L-Arginine

Recommended Product: NOW L-Arginine

L-Arginine is an amino acid involved in cellular replication. In women, it increases blood flow to the uterus and ovaries, and helps increase cervical mucus. Women can take 750-1000mg daily. In men it increased sperm count and motility. Men can take 2000 mg daily.

Maca

Recommended Product: Revolution – Macalibrium or Femme Essence Macaharmony

Maca is important for regulating menstrual cycles, balancing hormones, increasing sexual function, increasing cervical mucus and libido.

Pycnogenol

Recommended Product: see foods below

Why: Increase your intake of natural antioxidants such as pomegranate, blackberries, blueberries, green tea, and lots of fruits and vegetables.

Once the pregnancy test is positive, you only need to take prenatal vitamins, folate, and Vitamin D, although we do recommend a prenatal vitamin containing omega-3s.

Men should be taking a daily fertility multivitamin, along with Vitamin D3, Omega-3 fatty acids, and Co-Q10