

# Fertility Supplements

The following are the supplements I recommend to promote fertility, a healthy pregnancy and baby.

supplement	comments	recommended brand
Prenatal Multivitamin	Make sure it's MTHFR safe and contains "tetramethylhydrofolate" instead of just "folate" or "folic acid", this is the bioavailable form.	<b>Metagenics PLUS ONE</b> I love this prenatal because it has Vitamin D, fish oil, & the correct form of folate in it. Take one packet a day.  Alternatively, this <b>Prenatal Protein Powder</b> is also a good option. It comes in powdered form so it's great for those who don't like to swallow pills.
A great alternative to a multi vitamin: Liver pills	Liver is a nutrient powerhouse, supplying high amounts of Vit A, D, E, K, B vitamins, folate, CoQ10, copper, zinc, choline, and more. It's nature's prenatal.	<b>Paleovalley Grassfed Organ Complex</b> Instead of eating liver, you can take it in pill form! Because it contains high amounts of the same nutrients as a prenatal, alternate them - do not take them together on the same day.
Magnesium Glycinate	Important for balancing hormones and reducing stress	I like this powdered <b>Magnesium</b> supplement, because it's easy to take.
Probiotic	To help you and your baby's microbiomes and a healthy population of good gut bacteria.	<b>UltraFlora Balance</b> is my favorite, go-to, high quality probiotic.
Digestive Enzyme	To make sure you're absorbing and assimilating your nutrients.	<b>SpectraZyme</b> is a great digestive enzyme. Take two with meals, ideally 10 minutes before you eat.
Antioxidant blend	To minimize inflammation and free radical damage to eggs & boost nutrition with superfoods.	<b>PhytoGanix</b> is organic & food based, contains milk thistle & maca to support your liver and hormones.

To order the recommended products, click on the link, log in and add them to your cart. You'll get 20% off your first order, and free shipping. If you make them a recurring order, they will be sent to you every month at your convenience, without you having to think about it and remember, and you'll get 10% all recurring orders. Easy!

The following are supplements I recommend for certain situations.

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Vitex (aka. chasteberry)	Supports progesterone levels. Good if you have spotting, or short or long luteal phase.	<b>Chasteberry plus</b> . This brand also contains ashwagandha and black cohosh to boost libido and energy levels.
CoQ10	Shown to boost egg quality. Recommended if you're over 35, worried about your egg quality, or have low AMH and high FSH.	<b>Metagenics CoQ10</b> is very high quality.
Myo-inositol	For women with PCOS. It's been shown to decrease testosterone, insulin sensitivity; and increase frequency of ovulation.	<b>Cenitol</b> from Metigenics is great and also contains Magnesium which further supports blood sugar balance, stress, sleep, and more.
Metagenics EstroFactors	For women with fibroids or PCOS. This has been shown to promote healthy estrogen metabolism.	<b>EstroFactors</b> from Metagenics contains selective estrogen receptor modulators (SERMS) to lessen the impact of the more potent forms of estrogen.

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### Should I continue taking these supplements once I'm pregnant?

Stop taking Liver pills, PhytoGanix, Vitex, CoQ10, Myo-inositol, and EstroFactors once you're pregnant. All of the others will support you and baby to be healthy and feel your best during pregnancy, so continue taking those **through pregnancy and post-partum while breastfeeding**.

### My favorite supplements for male fertility:

- **FH Pro for men** - this is like a comprehensive prenatal vitamin for men  
< [Click here for the link](#) >
- **Count Boost** - this one contains ashwagandha, plus many of the other great antioxidants  
< [click here for the link](#) >