

Helpful Supplements

Taking the suggested number of supplements and medication during your fertility journey will assist in increasing your pregnancy odds. Here is list of supplements recommended by your physician. Remember, a healthy body is a fertile body.

Men:

- Mega Man vitamins *
- CoQ10: 300mg*
- Vitamin D3: 5,000 IU/day

Avoid alcohol, tobacco, recreational drugs, and hot tubs.

Women:

Vitamins:

- Prenatal vitamins + Folic Acid (methylated B vitamins) 800 mcg to 1 mg in addition to prenatal vitamins. (take prenatal vitamins 12 hours apart from Folic Acid, once per day) *
- CoQ10: 300mg – 3 times/day *
- Vitamin E: additional 200 IU
- Vitamin C: 500 mg
- R-Alpha Lipoic Acid: 100 to 600 mg on empty stomach
- DHEA 25 mg: 3 times/day *
- Melatonin 3 mg before bed
- Vitamin D3: 5,000 IU/day *

If PCOS is applicable, add the following:

- Methylated B Vitamins
- Myo-inositol – 4 grams/day, divided in two doses

Avoid alcohol, tobacco, recreational drugs, and caffeine

***Ask about Theralogix**