

Fertility Supplement Guide



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Optimising your fertility by understanding the right supplements for you

Evening Primrose Oil - Tread carefully with this one. It is known for helping improve fertile mucus but it can also make ovulation late. So it can be worth looking into if you have early ovulation (before day 12) and also want to increase mucus. Dosage is around 1500-3000mg. Not recommended to take after ovulation.

Maca - Natural fertility enhancer to gently help hormones. A nice all rounder, and worth adding to smoothies for natural conception and for preparation for IVF. Good for libido and PMS symptoms. Go easy on the dose though, start with 1/4 teaspoon and work up to a half or full tea spoon. Also good for sperm motility, morphology and count

Vitamin B6 - My personal favourite. Incredible for assisting the luteal phase to increase progesterone and will also help bring ovulation earlier. Great for anxiety and low mood also. Dosage is between 20-100mg depending on your cycle. Go steady because often less is actually more. Combine it with 1000mg vitamin C if working to strengthen the luteal phase.

Vitamin B complex - Good for thyroid support, which then enhances fertility. Take a decent B complex if you have had any thyroid issues in the past.

Vitamin D - Deficiency can be a factor in miscarriage and infertility, levels can be checked via a blood test or you can make sure you take a multi vitamin containing vitamin D

Agnus Castus - Very popular and very very powerful so it MUST be taken in the right way. It supports ovulation and luteal phase issues. Particularly good for Polycystic Ovarian Syndrome (dosage 500-1000mg per day). Much milder

It's really easy to get very very confused, overwhelmed and carried away when considering supplements for fertility. It can feel very tempting to just take EVERYTHING just in case you miss something that could be the vital ingredient.

Believe us, there are many times when the right combination really IS all it takes, but it is absolutely essential to find the right fit for you. We have had clients in the past who have tried for years to conceive, had failed IVF treatments and have given up all hope of working out what they need. It turned out they just needed to tweak a hormone imbalance ever so slightly and it all came together.

So here, in full glorious detail is your guide to how to understand fertility supplements.

Please be aware that direction and dosage is only a rough general guide. Ideally you should seek out appropriate direction from your practitioner (herbalist, naturopath, fertility therapist).

dosages can help with severe PMS symptoms. Do not take this one lightly, or without really understanding what you are trying to fix. If it's the right thing it will work magic. If it is the wrong thing it can create havoc! Do not take if you are taking clomifene / clomid or letrozole / femera.

Vitamins A, C & E - A great combination for men to take for sperm health. Women should NOT take vitamin A when trying to conceive.

Selenium - Great for sperm, and for women it is an anti oxidant which can help egg health and is worth considering if you have had miscarriages in the past.

Zinc - Another anti-oxidant great for sperm and egg health

Co-Enzyme Q10 - Helps blood flow and is thought to aid implantation. Safe to take until very early pregnancy, and has been found to be deficient in women suffering recurrent miscarriage. Zita West recommends all women having IVF take it. No clear recommended daily allowance has been established so the guide line is 30-100mg per day.

Magnesium - Great for oestrogen dominance such as with Polycystic Ovarian Syndrome and with women who have exaggerated symptoms during ovulation and in the lead up to their period. Supports ovulation and is also important to help prevent miscarriage. Dosage is 100-200mg per day.

Omega 3 & 6 - Good for egg health and some research shows it helps calm the immune system and has been helpful for women having recurrent implantation failure or recurrent early miscarriage.

Royal Jelly - Helpful for egg quality and to support oestrogen. Good for women with very scant or light periods who may have low oestrogen levels. Dosage is around 1000mg per day,

Serrapeptase - This is derived from the silk worm and is the enzyme which dissolves the cocoon. It has been shown to be helpful in reducing inflammation and scar tissue so worth considering in cases such as blocked fallopian tubes and for endometriosis. Only take until ovulation.

Soy - This can act like oestrogen and help coax the body into ovulation. We would advise trying the B6 and agnus castus routes before heading for soy.

DHEA - Already present in the body, it has been shown that taking extra dosages can reverse certain aging processes. There has been some wonderful results with women with low AMH and high FSH. Not to be taken lightly, this is usually recommended only by your IVF clinic, even though it is available over the counter.

We hope this guide has been helpful for you. if you would like any more help to work out your specific exact dosages we have designed a **special questionnaire in our online fertility haven** which helps you work out exactly what supplements, treatments and actions would be most suited to your exact situation and needs.

Happy Supplementing!