



Fertility supplements checklist

This fertility supplements checklist provides an overview of the key supplements that can support fertility, improve egg quality, and help you optimize your chances of conception. Always consult with your healthcare provider before starting any new supplements to ensure they're appropriate for your individual needs.

Prenatal vitamins

Why take it: Prenatal vitamins are essential for overall reproductive health

- and provide key nutrients, including folic acid, iron, and iodine, to support healthy conception and fetal development.
- **Key nutrients:** Folic acid, iron, iodine, Vitamin D, calcium
- **When to start:** Begin taking prenatal vitamins 3-6 months before trying to conceive.

Folic acid

Why take it: Folic acid is crucial for preventing neural tube defects and supporting the healthy development of the baby's brain and spine. It also helps support ovarian function and egg health.

- **Recommended dose:** 400-800 mcg daily
- **When to start:** Start 3-6 months before conception and continue during pregnancy.

CoQ10 (Coenzyme Q10)

Why take it: CoQ10 is a powerful antioxidant that helps improve egg quality, increase energy production in eggs, and support fertility by enhancing mitochondrial function.

- **Recommended dose:** 100-600 mg daily
- **When to start:** Take 3-6 months before trying to conceive, especially if you are over 35 or have concerns about egg quality.

Myo-Inositol

Why take it: Myo-inositol helps improve ovarian function, promotes balanced hormones, and can assist women with PCOS in achieving regular ovulation and better egg quality.

- **Key nutrients:** 2-4 grams daily

- **When to start:** Start 3-6 months before conception, especially if you have PCOS or irregular cycles.

Vitamin D

Why take it: Vitamin D is essential for hormone regulation, immune function, and healthy egg development. A deficiency in Vitamin D can be linked to infertility and miscarriage.

- **Recommended dose:** 1,000-2,000 IU daily (check with your doctor for personalized dosing)

- **When to start:** Start 3-6 months before conception if you have low levels or are at risk of deficiency.

Omega-3 fatty acids (DHA and EPA)

Why take it: Omega-3 fatty acids, particularly DHA and EPA, support overall fertility by improving egg quality, and hormone balance, and increasing cervical mucus production for easier conception.

- **Recommended dose:** 1,000-2,000 mg daily of DHA and EPA combined

- **When to start:** Start 3-6 months before trying to conceive.

Iron

Why take it: Iron is essential for increasing red blood cell count, improving oxygen delivery to the body, and supporting a healthy menstrual cycle. Low iron levels can impact fertility and ovulation.

- **Recommended dose:** 18 mg daily (or as recommended by your healthcare provider)

- **When to start:** If you have low iron levels or heavy periods, start taking iron supplements at least 3 months before conception.

Selenium

Why take it: Selenium is an antioxidant that helps protect eggs and sperm from oxidative damage, supports thyroid function, and plays a key role in reproductive health.

- **Recommended dose:** 55-200 mcg daily

- **When to start:** Include in your daily routine if you're planning to conceive, especially if you have thyroid imbalances.

Maca root

Why take it: Maca root is known for balancing hormones, increasing energy, and promoting fertility. It supports the adrenal glands and can improve egg quality by helping regulate estrogen levels.

- **Recommended dose:** 1,500-3,000 mg daily

- **When to start:** Start 3-6 months before conception, especially if you're dealing with hormone imbalances.

L-carnitine

Why take it: L-carnitine is important for egg quality and mitochondrial function.

- It helps improve the quality and quantity of eggs by supporting the mitochondria, which provide energy to cells.

- **Recommended dose:** 500-2,000 mg daily

- **When to start:** Consider taking L-carnitine if you are over 35 or have concerns about your egg quality

