

# Fertility & Supplements

A Guide to What Your Body Needs While Trying to Conceive

## N-ACETYL-L-CYSTEINE (NAC)

*A powerful supplement that is especially supportive of women with irregular cycles or Polycystic Ovarian Syndrome (PCOS).*

- Supports normal ovulation function
- Helps women who are trying to conceive by thinning cervical mucus, which allows sperm to more easily pass through and fertilize an egg

## PRENATAL VITAMINS

*The key ingredients you need in a prenatal supplement to support your maternal health, fertility, and growth of the fetus.*

- Vitamin D3
- Methylated folate (800 mcg–1mg)
- Vitamin B12 and B6
- Iodine
- Biotin
- Magnesium

## PROBIOTICS + PREBIOTICS

*Probiotics are good bacteria that support a healthy GI tract, while prebiotics are the fiber that probiotics live off of. They are essential for:*

- Especially important for women to take as they age (age 34 and up)

## COENZYME Q10 (COQ10)

*A powerful antioxidant found naturally in the body that plays a major function in:*

- Creation of cellular energy
- Improving egg and embryo quality
- Especially important for women to take as they age (age 34 and up)

## OMEGA 3/6/9

*Also known as DHA/EPAs, these healthy fatty acids are critical for:*

- Hormonal balance
- Uterine health
- Fetal brain development
- Postpartum mental health support

## CHECK THE LABEL:

Not all supplements are created equal. Always look at the ingredients and understand where your supplements are made, who they're made for, and what they're formulated with.

## ALWAYS LOOK FOR:

- FDA Approved Facility
- GMP Certified
- No fillers, chemicals, or preservatives
- Gluten-free