

## SUPPLEMENTS

All Main Line Fertility patients attempting to achieve pregnancy should be taking a prenatal vitamin. A prenatal vitamin prepares the body for pregnancy, nourishes health and supports a baby's development. We suggest a prenatal vitamin that includes folic acid/folate/methylated folate, DHA, iodine, and iron.

For quality, compliance and value we recommend:

### BINTO

[www.mybinto.com](http://www.mybinto.com)

coupon code: MLFbinto

### THERALOGIX

[www.theralogix.com](http://www.theralogix.com)

Based on a patient's personalized care plan the physician may also recommend taking the following:

### FEMALES

#### Vitamin D3

*2000IU, once a day*

Vitamin D3 is essential for all patients at any age. This vitamin supports bone health, the reproductive organs, and heart health. We suggest the vitamin D3 form of vitamin D - this is the best kind for the human body

#### CoQ10

*200mg, twice a day*

CoQ10 is a powerful antioxidant that supports healthy egg quality in patients as they age. CoQ10 is found naturally in human cells and helps with the aging process.

#### Folic Acid/ Folate/ Methylated Folate

*800mcg, once a day for prenatal*

*1600mcg, once a day for pregnancy*

These essential vitamins assist with proper neural tube development in pregnancy. Any of the three forms are acceptable—some are more easily metabolized by patients.

#### Docosahexaenoic Acid (DHA)

*300mg, as directed*

DHA helps to alleviate fatigue and inflammation and supports mental sharpness and vision. More importantly for fertility, these fats help with hormonal regulation, increase cervical mucus and help improve uterine lining quality and health. Once pregnant, it can also help with a baby's brain development.

#### Dehydroepiandrosterone (DHEA)

*25mg, three times a day*

DHEA is a steroid hormone that is naturally produced in the body and declines with age. This hormone can improve egg quality.

#### Acetylsalicylic Acid (Aspirin)

*81 milligrams, once a day*

A daily dose of "baby Aspirin" can increase blood flow to the uterus and help with implantation

#### Vitamin B6

*100mg, once a day*

Vitamin B6 is important for normal brain development and for keeping the nervous system and immune system healthy. It may also reduce the severity of morning sickness during pregnancy.

#### N-acetyl cysteine (NAC)

*600mg, once a day*

NAC is a powerful antioxidant that is proven to help with hormonal balance, ovulatory function and support uterine health.

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### MALES

#### CoQ10

*200mg, twice a day*

CoQ10 is a powerful antioxidant that supports sperm concentration, density and motility. It can also help reduce oxidative stress and improve fertility.

#### Multivitamin

*As prescribed, once a day*

A male-focused multivitamin will help provide all the necessary nutrients to support the whole body and reproductive health.