

SUPPLEMENTS FOR CONSIDERATION

These vegan-friendly supplements are available for purchase at Fertility Solutions.

Natal Care Capsules – (60 or 150 Capsules)

This is a multi-vitamin suitable for preconception, pregnancy, breastfeeding and male fertility.

Should be commenced a minimum of 3 months before trying to conceive.

Contains vital nutrients including the following:

- **Folic Acid:** Folic acid is the most stable form of folate, and the bioavailability is approximately 70% greater than natural folate in foods. Folic Acid has been shown to prevent neural tube defects (spina bifida, cleft palate and cleft lip), in babies. It is essential for efficient cell division and growth, including sperm and egg cells.
- **High Vitamin D:** Deficiency in females (<100nmol/L), is thought to affect many reproductive factors including egg quality, endometrial environment and the immune system. In males, deficiency and excess (<50nmol/L or >150nmol/L), is associated with lowered sperm count, reduced sperm motility and abnormal sperm shape (morphology). Vitamin D is essential for inducing the acrosome reaction (enables the sperm to penetrate the egg) during sperm and egg fusion.
- **Iodine:** Deficiency has been associated with an increase in the risk of miscarriage and stillbirth.
- **Zinc:** Deficiency has been associated with reduced sperm fertilisation capacity with supplementation increasing semen volume, progressive motility, and total normal sperm count.
- **Vitamin A:** Is required for healthy fallopian tube hairlike (ciliary) function. Deficiency is linked to ovulation disorders, infertility, miscarriage and cleft palate.

Dosage: 2 capsules daily or as directed by your healthcare provider.

SynQ10 Balanced Coenzyme Q10 Formula – (60 Capsules)

This is a CoQ10 antioxidant supplement.

SynQ10 Balanced Coenzyme Q10 is:

- **A powerful antioxidant** - help reduce free radicals that form in the body which damage healthy cells including egg and sperm cells. CoQ10 production in the body declines with age.
- Thought to improve responsiveness to ovarian stimulation and in conjunction with DHEA has resulted in a higher number of mature follicles on the day of trigger.
- Supplementation may increase endometrial thickness, ovulation rate and pregnancy rates in women with PCOs when given with clomiphene citrate- specific dosage 150mg/day during cycle days 2-6.
- Indicated for men with subnormal semen analysis results, high levels of sperm DNA fragmentation and varicocele associated reduced sperm motility.
- Associated with improved sperm count, morphology (shape), and motility in cases where these are abnormal with no known cause.

Dosage (Women): 4 capsules daily (600mg) or as directed by your healthcare provider.

Dosage (Men): 1 to 2 capsules daily (150-300mg) or as directed by your healthcare provider.

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Oxyguard Capsules – (60 Capsules)

For male infertility. Broad spectrum antioxidant that helps reduce free radicals that form in the body which can damage sperm cells.

Contains vital nutrients including the following:

- **Selenium:** May increase sperm motility.
- **Zinc:** Deficiency may be associated with reduced sperm fertilisation capacity with supplementation increasing semen volume, progressive motility, and total normal sperm count.
- **Vitamin C:** Has been thought to reduce sperm agglutination (clumping), and damage from free radicals. Supplementation may also improve sperm count, morphology (shape) and motility along with an improvement with ICSI success rates.

Dosage: 2 capsules daily or as directed by your healthcare provider.

Vitamin D Spray – (50ml Spray)

For females and males who are found to be Vitamin D deficient. 1 spray equivalent to 1000iu.

Note that the Natal Care supplement contains a daily dose of 1000iu.

Vitamin D may assist and support in the following ways:

- Supports bone health, mineralization, calcium absorption and maintains healthy immune system function.
- May Improve fertility outcomes in women with PCOs and reduce risk of developing gestational diabetes.
- Vitamin D plays an important role in embryo implantation and the regulation of local immunological embryo protection.
- Deficiency in early pregnancy has been associated with an increased risk of pre- eclampsia.
- Studies have shown women undergoing assisted reproductive technology treatments including IVF, who have normal vitamin D levels have a higher live birth rate than women who are vitamin D deficient.

Dosage: will depend on Vit D levels. Dosage of 1-5 sprays daily or as directed by your healthcare professional.

N-Acetylcysteine (NAC) – (60 Capsules or 60g Powder)

NAC levels decline with age and is an antioxidant that is thought to be especially beneficial for women with PCOs and endometriosis and men with motility and morphology sperm issues.

NAC is used by the body to build antioxidants and has many general health benefits, primarily:

- Supporting detoxification of environmental / endocrine disrupting toxins – chemicals.
- For women with PCO – assists with menstrual regulatory, hormonal profile, insulin sensitivity, action of metformin and clomid and pregnancy rates.
- Can reduce pain associated with endometriosis and may improve pregnancy chances in women who have experienced recurrent implantation failure.
- May improve pregnancy continuation & live birth rates in women with a history of recurrent. unexplained pregnancy loss specific dose 600-1200mg daily from positive pregnancy test up until at least 20 weeks gestation but can be taken right through pregnancy and breastfeeding. Please consult your healthcare provider before taking medications whilst pregnant.
- Observed to increase sperm count and motility especially when used in conjunction with other antioxidants ie Vit C, SynQ10.

Dosage (Women): 1 x scoop (1g) twice daily or 1 capsule three times a day or as directed by your healthcare provider.

Dosage (Men): 600mg daily (just over half a scoop or 1 capsule) or as directed by your healthcare provider.

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BioHeme Capsules – (30 Capsules)

BioHeme is an iron supplement. It has benefits over other iron supplements in increasing hemoglobin concentration and reducing GI adverse events among pre and pregnant women. It is gentler to the GI tract and has less side effects often associated with iron supplementation such as diarrhea and constipation. It also contains ascorbic acid (Vitamin C), which assists with the absorption and metabolism of iron.

Dosage: 1 capsule daily or as directed by your healthcare provider.

PCOs Spray – (20ml Spray)

Contains traditional homeopathic remedies that target PMS, ovarian swelling, oedema and spasms. They can also help reduce pain associated with uterine cramps and migraines and support female reproductive and hormonal health.

Dosage: 4-5 sprays under the tongue 2-3 times a day with frequency of dose being increased during acute phases.

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