



Fertility Supplements Checklist

This checklist includes key supplements that may support fertility for both men and women. Always consult a healthcare provider before starting any new supplement regimen.

For Women

- ✓ **Prenatal Multivitamin** - Provides essential nutrients for reproductive health and pregnancy preparation.
- ✓ **Folic Acid (400-800 mcg)** - Supports neural tube development and reduces birth defects.
- ✓ **Myo-Inositol (2,000-4,000 mg) & D-Chiro-Inositol (50-100 mg)** - Helps regulate hormones, improve insulin sensitivity, and support ovarian function, especially in PCOS.
- ✓ **Coenzyme Q10 (CoQ10) (100-300 mg)** - Enhances egg quality and mitochondrial function.
- ✓ **Omega-3 Fatty Acids (EPA/DHA)** - Reduces inflammation and supports hormone balance.

Learn more at: <http://fertility-nest.com/>



- ✓ **Vitamin D (2,000-5,000 IU)** - Supports hormone production and ovarian function.
- ✓ **Vitamin B12 (1,000 mcg)** - Essential for egg health and energy
- ✓ **Iron (18-27 mg)** - Prevents anemia and supports a healthy pregnancy
- ✓ **Zinc (8-12 mg)** - Plays a key role in ovulation and reproductive health.
- ✓ **Magnesium (300-400 mg)** - Supports hormone balance and reduces stress.
- ✓ **N-Acetyl Cysteine (NAC) (600 mg)** - Helps improve egg quality and reduce oxidative stress.
- ✓ **L-Arginine (1,000-3,000 mg)** - Enhances blood flow to reproductive
- ✓ **Maca Root (1,500-3,000 mg)** - Supports hormonal balance and libido.
- ✓ **Choline (450 mg)** - Important for fetal brain development.

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For Men

- ✓ **Coenzyme Q10 (CoQ10) (100- 300 mg)** - Enhances sperm motility and quality.
- ✓ **Omega-3 Fatty Acids (EPA/DHA)** - Supports sperm health and reduces inflammation.
- ✓ **Vitamin D (2,000-5,000 IU)** - Essential for testosterone production.
- ✓ **Vitamin C (500-1,000 mg)** - Improves sperm count and reduces DNA damage.
- ✓ **Zinc (11-15 mg)** - Crucial for sperm production and testosterone levels.
- ✓ **Selenium (55-100 mcg)** - Enhances sperm motility.
- ✓ **L-Carnitine (500-1,000 mg)** - Boosts sperm motility and energy.
- ✓ **Folate (400-600 mcg)** - Supports sperm DNA integrity.
- ✓ **Ashwagandha (300-600 mg)** - Helps reduce stress and improve testosterone levels.

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Disclaimer: This checklist is intended for informational purposes only and should not be considered medical advice. Always consult a qualified healthcare professional before making any changes to your diet or supplement regimen.

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