



Omega-3 Fatty Acids & Fertility Guide

Why Omega-3s Matter for Fertility

Omega-3 fatty acids, especially EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid), play a vital role in reproductive health. They support hormonal balance, improve egg and sperm quality, and reduce inflammation, all essential for conception.

Benefits for Female Fertility

- Supports regular ovulation and menstrual cycles
- Enhances egg quality and embryo development
- Reduces risk of PCOS and endometriosis
- Improves implantation success and pregnancy outcomes

Benefits for Male Fertility

- Enhances sperm motility and morphology
- Improves sperm count and quality
- Reduces oxidative stress and inflammation

Best Dietary Sources of Omega-3s

- Fatty fish (salmon, sardines, mackerel, trout)
- Flaxseeds & chia seeds (plant-based ALA sources)
- Walnuts and hemp seeds
- Algal oil (vegan DHA source)
- Fish oil supplements (for EPA/DHA intake)

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



Omega-3 Supplementation Guide

- Recommended dosage: 1000-2000 mg of EPA + DHA per day
- Choose molecularly distilled fish oil to avoid contaminants
- Vegan alternatives: Algal oil supplements
- Take omega-3s with meals for better absorption

Quick Tips to Maximize Absorption

- Take omega-3 supplements with a meal containing healthy fats
- Avoid high-temperature cooking of omega-3-rich foods to preserve benefits
- Store fish oil supplements in a cool, dark place to prevent oxidation
- Choose high-quality, triglyceride-form omega-3s for better absorption

Final Thoughts

Omega-3s are essential for optimizing fertility naturally. Whether through diet or supplementation, ensuring adequate intake can significantly improve reproductive health and pregnancy outcomes.

Disclaimer: This guide is for informational purposes only and is not a substitute for medical advice. Consult a healthcare provider before starting any new supplement or dietary change.

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