



## Natural Ways to Boost Progesterone Levels

**Follow this checklist to naturally balance your hormones and support healthy progesterone production.**

### 1. Diet and Nutrition

- Add Vitamin B6-rich foods (e.g., bananas, spinach, chickpeas).
- Incorporate zinc-rich foods (e.g., pumpkin seeds, cashews, oysters).
- Include magnesium-rich foods (e.g., dark leafy greens, avocados, almonds).
- Use healthy fats (e.g., olive oil, coconut oil, fatty fish).

### 2. Herbal Support

- Take chasteberry supplements or tea (consult a healthcare provider).
- Add maca root powder to smoothies or meals.
- Consider wild yam-based products.
- Use ashwagandha to manage stress and balance hormones.

### 3. Lifestyle Changes

- Practice daily stress-reducing activities (e.g., yoga, meditation).
- Sleep 7 to 9 hours each night.
- Maintain a healthy weight through balanced nutrition and exercise.
- Minimize exposure to environmental toxins (e.g., switch to natural products).



## 4. Supplements (Consult a Provider Before Use)

- Vitamin C (500 to 1000 mg/day).
- Omega-3 fatty acids (e.g., fish oil supplements).
- L-Arginine for improved blood flow to the ovaries.

## 5. Monitor Your Progress

- Track your menstrual cycle for signs of improvement.
- Note changes in symptoms such as PMS, energy levels, or mood
- Consult your doctor if low progesterone symptoms persist.