



## Fertility-Safe Ingestible Skincare Checklist

Use this checklist to confidently choose skin-nourishing supplements that support your glow—without compromising your fertility.

### **Safe Ingredients to Look For**

Ingredient	Benefit	Notes
Hydrolyzed Collagen (grass-fed)	Supports skin elasticity & gut health	Avoid added sweeteners or caffeine
Vitamin C	Promotes collagen production	Look for food-based or buffered forms
Zinc	Heals skin, supports ovulation	Ideal in prenatal multivitamins
Biotin	Strengthens hair, skin, nails	Safe in moderate doses
Methylated Folate (not folic acid)	Skin cell turnover, essential for TTC	Included in quality prenatals
Omega-3s (EPA/DHA)	Reduces inflammation, balances hormones	Choose mercury-free, third-party tested
Lactobacillus & Bifidobacterium strains	Gut-skin-hormone support	Improves digestion and hormone detox

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



Ashwagandha	Reduces cortisol, supports thyroid	Safe short-term use under guidance
Maca root (gelatinized)	May support hormonal balance	Best for luteal support—watch dosage

## ⚠ Ingredients to Use with Caution

Ingredient	Why to Be Careful
DHEA	May disrupt hormones if not prescribed
Dong Quai	Can act like estrogen and may interfere with ovulation
Black Cohosh	Hormonal herb not advised while TTC or pregnant
Licorice Root	Can affect cortisol and estrogen levels
Green Tea Extract	May reduce folate absorption; avoid in high doses
Synthetic Vitamin A (retinyl palmitate)	High doses linked to birth defects—use beta-carotene instead

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## 🚫 What to Avoid Completely During TTC

- Proprietary blends with **undisclosed herb quantities**
- “Detox” or “flat tummy” teas with **senna** or **laxatives**
- Supplements labeled for **weight loss, appetite suppression, or fat-burning**
- Caffeinated or stimulant-containing beauty drinks

### 📌 Pro Tips:

- ✓ Choose **third-party tested** supplements
- ✓ Look for **pregnancy-safe certifications**
- ✓ Check with a **fertility-informed practitioner** before starting anything new

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