



Fertility Supplement Safety Checklist

Use this checklist to avoid common vitamin and supplement combinations that may interfere with

- Do NOT take Iron and Calcium together (space by 2-3 hours).
- Avoid taking Zinc and Iron at the same time.
- Do not combine Magnesium and Calcium in the same dose.
- Avoid high-dose Vitamin A with Vitamin D supplements.
- Do not take high-dose Zinc without balancing Copper.
- Avoid taking Folate megadoses with Zinc supplements.
- Do not take Probiotics at the same time as Antibiotics.
- Avoid taking all supplements together for convenience.
- Check supplement doses before combining a prenatal with single nutrients.
- Always space minerals throughout the day for better absorption.

Best Practice Tips:

- Take Iron in the morning on an empty stomach.
- Take Calcium with meals.
- Take Magnesium at night for relaxation and sleep.
- Take Vitamin D with healthy fats.
- Always consult a fertility professional before starting new supplements.

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