



The Master Fertility

Supplement Book

My Best Up-To-Date
Recommendations For
Supplements

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N-acetylcysteine (NAC)

Not only does N-acetylcysteine have its own antioxidant effects that help increase fertility and egg health but it also helps the body create more glutathione. Glutathione is what is commonly referred to as the “mother of antioxidants” because of how incredibly powerful it works to neutralize free radicals and decrease cellular damage (see Glutathione section for more). While N-acetylcysteine helps the body to produce more glutathione, it also reduces homocysteine levels, inflammation, and aids the body’s detoxification.

Most of the clinical studies available are in the settings of PCOS and IVF, but given its far reaching effects the implication is that it helps increase egg health to such a degree that it can be helpful in many situations.

But wait, there’s more! There are also some clinical trials that show NAC helps increase sperm count, motility, and morphology especially in combination with other elements like selenium.

You can take N-acetylcysteine if you have:

- premature ovarian failure
- PCOS
- Endometriosis
- History of miscarriages
- MTHFR
- Low sperm count and/or quality

All of these fertility challenges are associated with high levels of homocysteine and inflammation, and in clinical studies NAC was correlated with an increase in pregnancy outcome and decrease in miscarriage rates through its powerful anti-inflammatory effects.

There has even been data showing a 60% decrease in miscarriage rate in women with PCOS. As for endometriosis, N-acetylcysteine can help to reduce the pain and the occurrence of cysts.

Dosing:

- For cleanse phase: 1800mg per day divided into 3 doses (600mg per dose)
 - Start slow with 1 capsule the first day and work up slowly over a week or two
- For Balance phase: 600 mg per day (the lowest dose is 600 but you can choose to keep the dose at 1800 or 1200)

In women with PCOS, NAC dosed at 1200mg per day was given for 5 days with Clomid and resulted in 21% of the NAC/Clomid women becoming pregnant versus only 9% of the Clomid group

Cautions and Concerns:

Headache, dizziness, nausea, vomiting, diarrhea or abdominal pain has been reported at high doses of 1200mg.

It can worsen symptoms of asthma.

Should not be taken with nitroglycerine.

Recommendations:

- **Solgar® NAC 600 mg (600 mg per vegetable capsule)**
- **Life Extension® N-Acetyl-L-Cysteine (600 per vegetarian capsule)**

Vitamins C and E

These are both antioxidants, which you know by now are extremely important in neutralizing free radicals in your body and decreasing inflammation. Though they go about it in slightly different ways they both help with normal age-related decreases in antioxidants and have been found to be helpful in unexplained infertility and IVF.

Vitamin C is a water-soluble antioxidant, is found in large quantities in follicle fluid, and is associated with shorter times to pregnancy. Vitamin E is fat-soluble, is also linked with shorter time to pregnancy, as well as improved IVF outcome. It's also been shown to increase uterine lining.

Both of these safe supplements can be used in women who are experiencing any of the following:

- **unexplained fertility**
- **preparing for IVF**
- **over the age of 35**
- **premature ovarian failure**

Dosing Vitamin E:

- 200 IU/day

Dosing Vitamin C:

- 1000 mg/day

Cautions and Concerns:

High doses of vitamin C have been shown to cause some GI distress. This can be minimized by taking a slow acting form.

Vitamin E should not be combined with any anticoagulant therapy or in those taking aspirin because of the risk of bleeding.

Recommendations:

Vitamin C:

1. [Dr. Mercola Liposomal Vitamin C](#)
2. [Thorne Vitamin C](#)

Vitamin E:

1. [Swanson Vitamin E 200iu](#)
2. [Solgar Vitamin E 200iu](#)

Magnesium

Magnesium is the 4th most abundant mineral in our bodies and is used by every single organ and cell. It's important in temperature regulation, protein and nucleic acid synthesis, muscle cell regulation, and so much more. It's also involved in progesterone production as well as melatonin production.

Our biggest source of magnesium comes from our soil, which has been declining rapidly due to our modern farming practices. As the magnesium in the soil lessens, so does the magnesium in our foods. It is estimated that up to 80% or more of women and men have a magnesium deficiency!

It's so commonly found in circumstances of illness that many leading researchers and physicians believe that a magnesium deficiency is the potential root of many diseases. Deficiency in this mineral has been linked to increasing risk of certain cardiovascular diseases, and has also been implicated in contributing to infertility, especially in women.

It's an easily overlooked piece of the puzzle and is further complicated by the fact that a magnesium deficiency doesn't typically show on a regular blood test. This is because only 1% of our magnesium is stored in our blood while the rest of the 99% is off doing work in our cells. It's impossible to measure the 99%, so this deficiency frequently goes unrecognized. Many people don't even exhibit the symptoms of a magnesium deficiency such as headache, insomnia, irritability, anxiety, muscle cramping, and fatigue just to name a few.

Magnesium also has a large role in brain function, neurotransmitter systems, and is critically important in your stress regulation. In the setting of fertility, this becomes something we need to pay attention to. A magnesium deficiency contributes to increased feelings of stress and increased cortisol levels, which then in turn make the magnesium deficiency even worse. Its importance goes well beyond fertility and into pregnancy itself. Studies have shown that women who take a magnesium supplement have healthier pregnancies, decreased occurrences of preeclampsia, preterm birth, and low birth weight.

Type of Magnesium To Take

There are four main forms of magnesium to take. Each is useful for a different situation. You may find you only need one, or you may take more than one.

1) Magnesium Bisglycinate

- This form is highly absorbable and is also least likely to result in any kind of laxative effect. Daily magnesium replenishment of at least 200 mg of Magnesium Bisglycinate should be your absolute minimum. You may also see this form under the names magnesium glycinate, magnesium chelate, or magnesium diglycinate.
- Recommended Dose = 200mg minimum with dinner (you can easily take 400 or 600mg if you determine you need more magnesium).

2) Magnesium Malate

- This type of magnesium is combined with malic acid, and is also highly absorbable. It's good for those who suffer from chronic fatigue, chronic pain (fibromyalgia), migraines, and depression. It can cause an energy surge so this type needs to be taken with breakfast.
- Recommended Dose = 360mg in the morning
- Take in addition to the Magnesium Bisglycinate if you suffer from chronic fatigue, chronic pain (fibromyalgia), migraines, and/or depression

3) Magnesium Chloride

- This can be a topical form of magnesium and is a wonderful way to get magnesium in the body without going through the gut. If you suffer from leaky gut or nutrient absorption problems then this is a good form to take in addition to the bisglycinate (which you should be taking daily). You may also see this as “Magnesium Oil”.
- Dose = between 100-200 mg at night. Exact dosage will depend on your specific product’s concentration, but 100-200 is the approximate range.

4) Magnesium Citrate

- This form of magnesium pulls water in the intestine and has a laxative effect. This is useful for those with constipation issues.
- Dose = 300mg when needed or at nighttime

Combining Different Types of Magnesium

You can take all 4 types of magnesium daily if necessary, though you may want to rotate for best effect. I personally only take Magnesium Glycinate daily, magnesium Citrate if needed, and I have recently added topical Magnesium Chloride at bedtime to help with sleep. Some days I only take the glycinate, some days I take all 3.

****Magnesium depletes daily, so there is a need to replace it daily. Some women need up to 1200mg of magnesium to adequately replace a sufficient level.**

Don't underestimate the importance of magnesium! One of my clients made the simple switch of adding appropriate magnesium type and dose. She not only felt better throughout the day, she got pregnant the very next cycle after trying for over 1 year.

Bisglycinate:

1. [Naturelo Magnesium Glycinate 200mg per serving \(200mg capsules\)](#)
2. [Kal Magnesium Glycinate 400mg per serving \(200mg capsules\)](#)
3. [Solar Chelated Magnesium Glycinate 400mg per serving \(100mg capsules\)](#)
4. [Wellena Magnesium Replenish 240mg per serving](#)

Malate:

1. [Designs For Health Chelated Magnesium Malate 360mg per serving](#)
2. [Wellena Mag Energy 360mg per serving](#)

Citrate:

1. [NOW Magnesium Citrate 400mg per serving \(133mg per capsule\)](#)
2. [Pure Encapsulations Magnesium Citrate 150mg capsules](#)

Protein Powder

This by no means should be your major source of protein, but is a great supplement to help get more protein and amino acids into your diet. With protein supplements, it's best to use a meat-based protein powder so you're getting the amino acid building blocks necessary for a multitude of bodily functions. These building blocks not only help your liver but they also help heal the gut, build cells, and keep inflammation down.

Recommended Products:

- [**Vital Proteins Beef Gelatin**](#)
- [**Vital Proteins Collagen Peptides**](#)
- [**Rootcology Paleo Protein**](#)

Ideally you're looking for a meat-based or beef-based protein powder free of dairy, soy, and gluten. There are many products out there!