

Recommended Fertility Supplements for Women (and Men)

Depending on the particular make-up of your prenatal vitamins, you should consider the following daily supplements:

1. Calcium 500mg
2. Magnesium 250mg
3. Zinc 25mg
4. Vitamin D: 2000 units
5. Omega 3: 2000mg

Women with limited cervical mucus are also likely to benefit from the product "Fertile CM*," which is available without prescription at many popular drug stores and online vendors.

Women with suspected PCOS (poly-cystic ovarian syndrome) will benefit from myo-inositol 2000mg daily (also available as "Pregitude").

Men with low sperm counts should consider taking "FertilAid for Men*" which contains several supplements shown to significantly improve sperm counts.

*available locally at The Road Less Traveled (312 Buibeau Rd, Lafayette) or on Amazon.com