PCOS	MTHFR	RPL/MISCARRIAGE	Abnormal Semen Parameters	AMA	LUTEAL PHASE INSUFFICIENCY/DEFICIENCY	IVF	Diminished Ovarian Reserve	CLOMID	HYPOTHYROID	POOR EGG QUALITY
Zinc 20-40mg/day	Folate (Food sources ideal, 5-MTHF) - increase slowly if homozygous mutation	Progesterone Cream	Zinc 66 mg/day	CoQ10 300-600 mg/day	Vitamin C	Vitamin C (especially during hormone stimulation) 500-2000 mg daily	DHEA	Vitamin C (Improved rate of ovulation and possibly increase endometrial thickness)	Vitamin C 2000 mg/day	CoQ10 up to 800 mg/day
Selenium 200 mcg/day	Methylated B12 essential (methylcobalamin) - divided doses, increase slowly if homozygous mutation	Selenium 200 mcg/day	Selenium 200 mcg/day	Omega 3	Vitamin E	CoQ10 300-600 mg/day	Mitochondrial Support	CoQ10 300-600 mg/day	Selenium	Myo-Inositol 2G twice daily
Magnesium	Boost Glutathione (see worksheet)	Methylfolate, other methylated B-Vitamins (if elevated homocysteine), specifically methylated B12 (may improve endometrial lining)	Vitamin C 1000 mg/day - 2x a day	Vitamin D	Vitamin B6	L-arginine 16 g/day (avoid if you have herpes - can trigger outbreak)	CoQ10 300-600 mg/day	Vitamin E (may improve uterine blood flow and endometrial thickness)	Iodine (from food sources, exercise care if you have autoimmune thyroiditis such as Hashimoto's)	Melatonin up to 3 mg at bedtime (caution with thyroid medications)
L-arginine	B2	CoQ10 300-600 mg/day	CoQ10 60-100 mg/day	Magnesium Threonate (may penetrate cell membrane of mitochondria)		R-alpha-lipoic acid 100 to 600 mg daily	Vitamin D (based upon blood levels - may influence AMH levels)	Methylated B12 (may improve endometrial lining)	Magnesium	Vitamin C 500-2000 mg daily
L-carnitine	B6	Vitamin C	NAC 600 mg/day			Vitamin E 200 IU daily	Omega 3	NAC (especially if PCOS, add 1.2 g daily)	Iron (if your ferritin levels are below 60-70)	Vitamin E 200 IUs daily
Vitamin D (Dose ideally based on lab results but most would benefit from a minimum of 5000 IUs daily)	Vitamin C	Iron (based on ferritin levels - deficiency associated with increased riskof miscarriage)	Vitamin E 300-1000 mg/day (equivalent to 450-1500 IU d-alpha tocopherol natural form)			Melatonin 3 mg shortly before med	Magnesium Threonate (May penetrate cell membrane of mitochondria)		B Complex	Pycnogenol 100 mg daily
Omega 3	Zinc (5-20 mg dependent upon homocysteine levels)		B Vitamins (Folate, B6, B9, B12 - methylated)			Vitamin D (based upon serum levels but likely a minimum of 5,000 IUs daily)			iron (if your ferritin levels are below 60-70)	L-Arginine 1000 mg twice daily
CoQ10/Ubiquinol 300-600 mg/day	Magnesium		L-Carnitine 500mg-2G (CarniteX 2caps 2x daily = 680 mg)			DHEA 75 mg/day vs. Adrenal Support				
DIM	Choline (Betaine) 500 mg/day (may need more based upon homocysteine levels)		L-Arginine 500mg-16G based on needs (Xymogen N.O.MaxER 1980 mg daily)			NAC (especially in PCOS				
Myo-Inositol	Iron		Choline							
Vitamin E + Folate (for uterine lining)	K2									
Iron (deficiencies linked to anovulation)	Essential Fatty Acids									
Choline 300-600 mg daily	Iodine*									
NAC 600 mg 2x daily or 1.2 G daily	Lithium*									
	Probiotic (support gut health)									
	Consider liposomal Glutathione until pregnant, then stop									
	Xymogen MinRex									