
ESSENTIAL FERTILITY SUPPLEMENTS GUIDE

I recommend that any man *or* women that is even thinking about conceiving consider taking the supplements listed in this guide. Many of these are very challenging to obtain from diet alone. Deficiencies may be common, and they may result in substantial reproductive consequences. Recommendations for dosing as well as special considerations are listed for each supplement. I have also included the corresponding supplement offered through Xymogen. If you are interested in these, you may search for them by logging into your account. (For instructions on how to log into your account, please go to the INSTRUCTIONS FOR ONLINE & PHONE ORDERS FROM XYMOGEN worksheet in Module 3.)

★ Coenzyme Q10 - UBIQUINOL

- This bad boy is a mitochondrial super-charger! It helps protect precious mitochondria and DNA, it aids in energy production, and it is a powerful antioxidant. This means improved egg quality, enhanced semen parameters, and decreased chromosomal abnormalities and miscarriage.
- TIPS:
 - MUST be in the form of UBIQUINOL
 - Take with a meal that has fat or before a meal with fat (which should be every meal, if you are following this awesome course)
- DOSE
 - Average person trying to conceive: **100 mg daily**
 - Advanced Maternal Age, Low Ovarian Reserve, History of Miscarriage or RPL, History of Poor Egg Quality or History of Conditions Associated with Poor Egg Quality (PCOS, Endometriosis): **300-600 mg a day**
- XYMOGEN
 - CoQMax Ubiquinol - 200 mg in 2 softgels

★ VITAMIN D3 (technically a hormone, but we'll roll with it)

- Vitamin D receptors are found on the ovaries, in the uterus and placenta and on sperm. Is there any question that it plays an essential role in fertility? Adequate or healthy levels are associated with improved sperm quality, improved IVF outcomes, decreased inflammation and enhanced insulin sensitivity in women with PCOS, and increased testosterone levels in men.
- TIPS
 - Check blood levels prior to supplementing (ideal 50-70 ng/mL)
- DOSE
 - Average person would benefit from **5,000-8,000 IUs daily**
 - Depends upon blood levels and sun exposure (may vary throughout the year)
- XYMOGEN

- D3 5000 - 5,000 IUs per softgel

★ MAGNESIUM

- This mineral is a fertility *Caped Crusader*. It works behind the scenes to improve movement of the fallopian tubes, support the body's detox and antioxidant capabilities, manage cortisol levels and improve insulin sensitivity. Deficiency is so common (for various reasons), supplementing is crucial.
- TIPS
 - Consider the route of administration that is most logical, effective and manageable for you. If you have gut issues, consider choosing an oil, lotion or bath. If you suffer from headaches or have signs of poor egg quality (AMA, DOR, PCOS, Endometriosis), magnesium threonate may be better suited for you, as it may penetrate the cell membrane of the mitochondria.
- DOSE
 - Start low and increase as tolerated. Remember, you know you've gone above your needs if you start to experience loose stool (although, this may be a welcomed side effect if you suffer from constipation)
- SOURCES (limited list)
 - XYMOGEN:
 - OptiMag Neuro (L-threonate)
 - OptiMag 125 ((as Albion® di-magnesium malate and TRAACS® magnesium lysinate glycinate chelate and Malic Acid (as Albion® di-magnesium malate))
 - Magnesium Citrate
 - Ancient Minerals Magnesium Oil or Lotion (Amazon)
 - Epsom Salt Bath (magnesium sulfate)

★ OMEGA 3 FATTY ACIDS

- These fellas simply rock your fertility world. They do so much, it's almost impossible to list them all, but here are a few: reduce inflammation, keep free radicals and oxidative stress at bay, improve sperm count, motility and shape, increase blood flow to the uterus and positively impact cervical mucus. Whew!
- TIPS
 - It is almost impossible to get adequate amounts of omega 3s from our diet without being exposed to large amounts of heavy metals
 - Omega 3s from animal sources are best.
 - Add *Astaxanthin* to supercharge the antioxidant experience and to help sperm with fertilization.
- DOSE
 - Look for both EPA and DHA
- XYMOGEN
 - Xymogen omega MonoPure Formulas
 - Omega Pure krill - 363 mg Omega 3 and 2 mg Astaxanthin