

Fertility & Pregnancy Supplements

These are my favorite supplements to support fertility, pregnancy, and a healthy baby.

Supplement	Comments	Recommended
Prenatal vitamin	Look for a high quality prenatal, especially containing the active form of folate: 5-MTHF.	Basic Prenatal by Thorne
Fish oil	Omega 3's in fish oil are anti-inflammatory and important for fetal brain development.	ProOmega Lemon by Nordic Naturals
Probiotic	Good digestive health is important for fertility and general health.	UltraFlora Balance by Metagenics
CoQ10	This is an important antioxidant shown to improve egg quality.	Q-Best 100 by Thorne
NAC	NAC is a powerful antioxidant to combat oxidative stress and improve fertility.	NAC by Thorne
Inositol	Similar to B vitamins and an important addition for women with PCOS	Sensitol by Designs for Health

To order the recommended products, click the link, log in, and add them to your cart. Through [Affinity Acupuncture's online supplement shop](#), you'll receive 15% off every order.

For questions or dosing information, consult with your acupuncturist or another healthcare provider.