

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.	<u>Basic Prenatal by Thorne</u>
Fish oil	Omega 3's in fish oil are anti-inflammatory and important for fetal brain development.	<u>ProOmega Lemon by Nordic Naturals</u>
Probiotic	Good digestive health is important for fertility and general health.	<u>UltraFlora Balance by Metagenics</u>
CoQ10	This is an important antioxidant shown to improve egg quality.	<u>CoQ10 by Thorne</u>
NAC	NAC is a powerful antioxidant to combat oxidative stress and improve fertility.	<u>NAC by Thorne</u>
Inositol	Similar to B vitamins and an important addition for women with PCOS	<u>Sensitol by Designs for Health</u>

To order the recommended products, click the link, log in, and add them to your cart. Through [Affinity Acupuncture's online dispensary](#), you'll receive 10% off every order and free shipping.

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