



Supplement Combinations Hormone Health

SPEAK WITH YOUR DOCTOR
BEFORE TAKING ANY NEW
SUPPLEMENTS. THIS IS FOR
EDUCATIONAL PURPOSES
ONLY AND NOT MEDICAL
ADVICE.

COMMON SUPPLEMENT COMBINATIONS

BASE SUPPLEMENTS

- Pre-natal Vitamins
- B-vitamins (with folate)
- Vitamin C
- Vitamin D3
- Omega 3
- Ubiquinol (CoQ10)

EGG QUALITY (NATURAL OR TO PREPARE FOR EGG RETRIEVAL)

- All Base Supplements
- Vitamin E
- Alpha Lipoic Acid
- N-Acetylcysteine
- Acetyl-L-Carnitine
- Melatonin (only before IVF)
- Resveratrol

UTERINE LINING (NATURAL OR TO PREPARE FOR TRANSFER)

- All Base Supplements
- Vitamin E
- Magnesium
- L-Arginine
- Vitex
- Shatavari
- Red Raspberry leaf tea
- Grass fed liver pills

MENOPAUSE

- Vitamin D3
- Ginseng
- St. John's Wort
- DHEA
- Omega-3s in Fish Oil
- Vitamin B6, B12, and Folate
- CoQ 10

MENSTRUAL CYCLE REGULATION / OVULATION

- Base supplements
- Magnesium
- Vitex
- Shatavari
- Raspberry leaf tea
- Beta carotene (if luteal phase defect)

MTHFR

- Base Supplements
- Methylfolate / Methylcobalamin B12
- N-Acetylcysteine
- TMG
- Liposomal Glutathione

COMMON SUPPLEMENT COMBINATIONS

PCOS

- Alpha-lipoic acid or R-lipoic acid
- N-Acetylcysteine
- Acetyl-L-carnitine
- Myo-inositol
- Berberine
- White Peony
- Cordyceps

HYPO THYROID - HASHIMOTO'S

- All Base Supplements
- Zinc
- Selenium
- Bee Propolis

HYPO THYROID - NON HASHIMOTO'S

- All Base Supplements
- Zinc
- Selenium
- Ashwagandha
- Talk with your doctor about checking Iodine levels

ENDOMETRIOSIS/FIBROIDS

- Base Supplements Except Omega 3
- DIM
- Serrapeptase (Can not take this with any blood thinners such as omega 3, turmeric, etc.)
- Bee Propolis
- Vitamin E