

Supplement Protocol for *Male Fertility*



Purchasing Your Supplements

- You will find your recommended supplements at the links provided for each. Please feel free to utilize my clinic coupon code FERTILITY20 at checkout to receive a 20% discount on your order. This code does not expire and can be applied to all orders.
 - While I recommend this pharmacy to our patients because of quality and potency, please feel free to source your supplements according to your preference.
 - You may use these recommendations and dosages as a guide if purchasing other brands.
 - I've partnered with the Designs for Health nutraceutical pharmacy to offer supplement protocols to maximize your success and provide you with an option for pharmaceutical grade supplements at discounted pricing. While there is no additional cost to patients for this service and information, I do receive a percentage of all supplement purchases.
- Shop @ <https://www.designsforhealth.com/u/beautyheartbaby>

List of Male Fertility Supplements

- Multivitamin with methylated folate without iron- 2 capsules twice daily, am and pm
<https://www.designsforhealth.com/u/beautyheartbaby/products/dfh-complete-multi-with-copper/#CM120>
- Omega 3 fatty acids- 2 softgels daily with dinner, pm
<https://www.designsforhealth.com/u/beautyheartbaby/products/omegavail-ultra/#OVU120>
- Additional vitamin D- 1 capsule daily with breakfast, am
<https://www.designsforhealth.com/u/beautyheartbaby/products/vitamin-d-supreme/#VDS060>
- CoQnol CoQ10 300mg- 3 softgels taken daily with dinner, pm
<https://www.designsforhealth.com/u/beautyheartbaby/products/coqnol-ubiquinol-100mg/#COQ100>
- Mito-NR- 2 capsules taken daily with breakfast, am
<https://www.designsforhealth.com/u/beautyheartbaby/products/mito-nr/#MCNR60>
- Mitochondrial NRG- 4 capsules taken daily with breakfast, am
<https://www.designsforhealth.com/u/beautyheartbaby/products/mitochondrial-nrg/#MHN120>

*Male Fertility Supplements Explained

- Multivitamin with methylated folate without iron- 2 capsules twice daily, am and pm
 - Contains methylated form of folate which is preferred over folic acid due to enhanced bioavailability. A methylated form of folate instead of folic acid is necessary for anyone with a confirmed or suspected MTHFR genetic variation.
 - <https://www.designsforhealth.com/u/beautyheartbaby/products/dfh-complete-multi-with-copper/#CCM120>
- Omega 3 fatty acids- 2 softgels daily with dinner, pm
 - Omega- 3 fatty acids DHA and EPA are both essential in supporting mother and baby's brain and nervous system development.
 - <https://www.designsforhealth.com/u/beautyheartbaby/products/omegavail-ultra/#OVU120>

Fertility Supplements Continued

- Additional vitamin D- 1 capsule daily with breakfast, am
(Retest in two months and adjust dosage depending on your most recent level.)
 - Vitamin D is associated with increased fertility and healthy pregnancy and birth outcomes.
 - The daily amount required will vary depending on most recent lab values, but a standard dosage is about 2,000- 5,000 IUs daily.
 - A blood test level of at least 30ng/ml is sufficient, a level of 40-60ng/ml is considered optimal. Daily dosages should be adjusted based on lab values.
 - Can be take every other day or a few times weekly to adjust dosage as needed based on your lab values.
- <https://www.designsforhealth.com/u/beautyheartbaby/products/vitamin-d-supreme/#VDS180>
- The following three supplements CoQnol, Mito-NR, and Mitochondrial NRG are combined to provide a highly bioavailable daily dose of 600mg of CoQ10 along with other high dose antioxidants and co-factors and co-nutrients for mitochondrial and cellular health and repair, which play a major role in healthy aging and reproduction.

Fertility Supplements Continued

- CoQnol CoQ10 300mg- 3 softgels taken daily with dinner, pm
 - Highly bioavailable ubiquinol form of CoQ10.
 - CoQ10 is the primary antioxidant in the body that supports and protects mitochondrial function which provides energy to the cells for cellular repair and to slow the aging process of the reproductive organs.
 - <https://www.designsforhealth.com/u/beautyheartbaby/products/coqnol-ubiquinol-100mg/#COQ100>
- Mito-NR- 2 capsules taken daily with breakfast, am
 - Clinically relevant dose of niagen to support cellular repair, mitochondrial function and energy, and healthy aging of reproductive and other organs.
 - <https://www.designsforhealth.com/u/beautyheartbaby/products/mito-nr/#MCNR60>
- Mitochondrial NRG- 4 capsules taken daily with breakfast, am
 - Contains additional B vitamins and a variety of co-nutrients and antioxidants shown to further support mitochondrial protection and energy in order to impact healthy aging of reproductive organs.
 - Contains additional CoQ10, alpha lipoic acid, resveratrol and curcumin.
 - <https://www.designsforhealth.com/u/beautyheartbaby/products/mitochondrial-nrg/#MHN120>

Supplement Timeline

- Natural conception and IVF preparation
 - All recommended supplements can be taken in preparation for and throughout IVF, IUI, and timed intercourse.
 - This protocol is also beneficial if you and are still unsure of your next steps in your fertility journey.
 - It's optimal to implement this protocol as soon as you're able, even up to 6 months prior to conception.

*Help With Your Supplements

- Please contact Designs for Health Customer Service if you need help with your order or applying your discount code.
 - By phone: 1-800-847-8302
 - By email: TECHSUPPORT@DESIGNSFORHEALTH.
 - Please include your phone number and name in your email.
- Shop @ <https://www.designsforhealth.com/u/beautyheartbaby>

*Medical Disclaimer

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- Dr. Nefertiti is a Doctor of Acupuncture and Oriental Medicine. The official title of doctor refers to her doctorate degree in Acupuncture and Oriental Medicine, DAOM, in the field of Integrative Reproductive Medicine and Women's Health.