

Evidence-based Supplement Protocol for *Egg and Embryo Freezing*



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 Fertility Supplements

- Prenatal with methylated folate- 2 capsules twice daily, am and pm
<https://www.designsforhealth.com/u/beautyheartbaby/products/prenatal-pro/#PRE120>
- 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>
- Melatonin- 1 to 2 capsules nightly 20 - 90 minutes before bedtime
<https://www.designsforhealth.com/u/beautyheartbaby/products/melatonin-srt/#MELSR6>
- S-Acetyl Glutathione Synergy- 2 capsules nightly before bedtime, pm
<https://www.designsforhealth.com/u/beautyheartbaby/products/s-acetyl-glutathione-synergy/#SAG060>
- For Diminished Ovarian Reserve: DHEA 25mg- 1 capsule three times daily, am/midday/pm
<https://www.designsforhealth.com/u/beautyheartbaby/products/dhea/#DHEA60>
- For PCOS: Berberine Synergy- 2 capsules twice daily, am and pm
<https://www.designsforhealth.com/u/beautyheartbaby/products/berberine/#BER060>
- For PCOS: Sensitol- 2 capsules twice daily, am and pm
<https://www.designsforhealth.com/u/beautyheartbaby/products/sensitol/#SEN120>

*Fertility Supplements Explained

- Prenatal with methylated folate- 2 capsules twice daily, am and pm
 - Contains a prenatal with a 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.
 - Additional vitamins and minerals to support bone health during reproductive years in order to prevent bone loss later in life.
 - <https://www.designsforhealth.com/u/beautyheartbaby/products/prenatal-pro/#PRE120>
- 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/#VDS060>
- 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/cognol-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>

Fertility Supplements Continued

- Melatonin- 1 to 2 capsules nightly 20 - 90 minutes before bedtime
 - Take 20- 90 minutes prior to bedtime depending on your response. The time it takes to impact sleep and wakefulness varies for everyone and should be adjusted accordingly.
 - Although melatonin is known for supporting sleep, it is a potent antioxidant and hormone contained in follicular fluid in high amounts, and therefore, has been found to support improved egg quality.
 - <https://www.designsforhealth.com/u/beautyheartbaby/products/melatonin-srt/#MELSR6>
- S-Acetyl Glutathione Synergy- 2 capsules nightly with melatonin before bedtime, pm
 - A major antioxidant produced by the body that diminishes with age.
 - Glutathione Deficiency is associated with diminished ovarian reserve.
 - Reduces inflammation in the body which leads to accelerated and premature aging.
 - <https://www.designsforhealth.com/u/beautyheartbaby/products/s-acetyl-glutathione-synergy/#SAG060>

*Add for Diminished Reserve

- DHEA 25mg- 1 capsule three times daily, am/midday/pm
(Start with 1 capsule daily and increase every 3 days until you reach 3 capsules daily for a therapeutic daily dose of 75mg.)
 - DHEA is a hormone that has been shown clinically to support increased quantity and quality of eggs.
 - DHEA can have side effects such as acne and headaches, especially for people who are already prone to these conditions, and therefore may be left out of your plan. Please discuss with Dr. DeUgarte.
 - Generally should not be taken by those with suspected or confirmed issues of estrogen dominance such as PCOS, fibroids, endometriosis, etc. since it may aggravate these issues.
 - **Should not be used for those with a history of migraines/ headaches, high blood pressure or sever acne.**
 - <https://www.designsforhealth.com/u/beautyheartbaby/products/dhea/#DHEA60>

*Add for PCOS

- Berberine Synergy- 2 capsules twice daily, am and pm
 - This formulation contains both berberine and alpha lipoic acid, another antioxidant beneficial for fertility and cellular aging.
 - Berberine helps to optimize blood sugar and insulin levels. This has been shown to be beneficial for fertility even for those who are not diabetic or prediabetic since delicate egg and sperm cells are very sensitive to glucose and insulin.
 - Berberine supports efforts to minimize the impact of sugar and excess carbohydrates in the diet, and has been shown clinically to improve egg and sperm quality while supporting healthy blood sugar and gut microbiome.
 - Daily monitoring of blood sugar is recommended in order to avoid an unhealthy decrease in blood sugar if taken in conjunction glucose regulation medications such as metformin and insulin.
 - <https://www.designsforhealth.com/u/beautyheartbaby/products/berberine/#BER060>

*Add for PCOS

- Sensitol- 2 capsules twice daily, am and pm
 - Contains myo-inositol and D-chiro-inositol which come from the B vitamin complex.
 - These compounds impact sex and thyroid hormones, as well as optimize glucose and insulin levels in the body, therefore supporting the quality of egg and sperm cells.
 - This formulation contains additional alpha lipoic acid, an antioxidant that further regulates glucose and cellular metabolism.
 - Similarly, daily monitoring of sugars is advised if taken in conjunction with glucose control medications such as metformin and insulin in order to avoid unhealthy drops in blood sugar.
 - <https://www.designsforhealth.com/u/beautyheartbaby/products/sensitol/#SEN120>

Supplement Timeline

- IVF Preparation
 - All recommended supplements can be taken in preparation for egg freezing, IVF, IUI, and timed intercourse.
- During IVF and Fertility Treatments
 - Continue your supplements while on fertility medications until your trigger shot. Discontinue all supplements after your trigger shot, so you will not take any supplements the day before and the day of egg retrieval, unless otherwise instructed by your doctor. You may resume your supplements the day after your egg retrieval in the absence of complications and bleeding.
 - 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.
- Embryo Transfer and Pregnancy -refer to embryo transfer and pregnancy packet.

*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>
- Please use the link below to my calendar if you or your partner would like to touch base by phone to discuss your supplement protocol.
- Wishing you all the best,
Nefertiti, Dr. of Acupuncture and Oriental Medicine, Integrative Reproductive
Medicine and Women's Health
doctornefertiti@gmail.com
- <https://squareup.com/appointments/book/2e37fe63-4adb-4285-b30e-cf7c5db80d/3KZR3G9AN06YB/services>