

# Evidence-based Supplement Protocol for *Embryo Transfer and Pregnancy*



# \*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 Pregnancy 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>
- Magnesium citrate - 1 serving nightly as needed for constipation  
<https://www.designsforhealth.com/u/beautyheartbaby/products/magcitrate-powder/#MGL240>
- Probiotic - 1 capsule nightly with magnesium citrate as needed for constipation  
<https://www.designsforhealth.com/u/beautyheartbaby/products/probiomed-women/#PBMW30>
- Collagen- 1 or 2 servings daily for added protein  
<https://www.designsforhealth.com/u/beautyheartbaby/products/wholebodycollagen/#WBC390>
- Nitric oxide supplement to increase blood flow to the uterine lining- 2 capsules daily with breakfast, am  
<https://www.designsforhealth.com/u/beautyheartbaby/products/vascanox-hp/#VSC060>
- Vitamin E- 1 soft gel daily with breakfast, am  
<https://www.designsforhealth.com/u/beautyheartbaby/products/annatto-e-300mg/#ANT30L>
- Homocysteine Supreme- 1 capsule twice daily, am and pm  
<https://www.designsforhealth.com/u/beautyheartbaby/products/homocysteine-supreme/#HYS120>
- See Modifications for lovenox on slide 7.
- See Modifications for autoimmune protocol or fluid in the uterus on slide 8.

# \*Pregnancy 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>

# Pregnancy 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>
- Magnesium citrate - 1 serving nightly as needed for constipation  
<https://www.designsforhealth.com/u/beautyheartbaby/products/magcitrate-powder/#MGL240>
- Probiotic - 1 capsule nightly with magnesium citrate as needed for constipation  
<https://www.designsforhealth.com/u/beautyheartbaby/products/probiomed-women/#PBMW30>
- Collagen- 1 or 2 servings daily for added protein  
<https://www.designsforhealth.com/u/beautyheartbaby/products/wholebodycollagen/#WBC390>

# Early Pregnancy Supplements

- Nitric oxide supplement to increase blood flow to the uterine lining- 2 capsules daily with breakfast, am

Begin once starting estrogen for embryo transfer until embryo transfer, then discontinue.

- Supports the uterine lining by increasing blood flow to the uterus and encouraging healthy systemic circulation.
- <https://www.designsforhealth.com/u/beautyheartbaby/products/vascanox-hp/#VSC060>

- Vitamin E- 1 soft gel daily with breakfast, am

Begin once starting estrogen for embryo transfer until 6 week OB ultrasound, then discontinue.

- Supports the uterine lining by encouraging healthy circulation and improving clotting factors.
- Supports optimal estrogen levels and increases the receptivity of the uterine lining to maximize implantation and embryo transfer success.
- <https://www.designsforhealth.com/u/beautyheartbaby/products/annatto-e-300mg/#ANT30L>

- Homocysteine Supreme- 1 capsule twice daily, am and pm

Begin once starting estrogen for embryo transfer until 6 week OB ultrasound, then discontinue.

- Reduces systemic and cardiovascular inflammation and homocysteine levels that can impact implantation.
- Encourages healthy circulation and improves clotting factors.
- [https://www.designsforhealth.com/u/beautyheartbaby/products/homocysteine-supreme/#HY\\_S120](https://www.designsforhealth.com/u/beautyheartbaby/products/homocysteine-supreme/#HY_S120)

# \*Modifications for lovenox

- If prescribed lovenox for embryo transfer-
  - Use a low EPA form of omega 3 fatty acids like this one instead of the one listed previously-  
Omega 3 fatty acids- 2 softgels daily with dinner, pm
  - <https://www.designsforhealth.com/u/beautyheartbaby/products/omegavail-ultra-dha/#ODHA60>
  - Remove vitamin E and nitric oxide once starting lovenox.

# \*Modifications for Autoimmune Protocol and Fluid in the Uterus

- If prescribed an autoimmune protocol and/or a history of fluid in the uterus-
  - Histamine enzyme - take 1 tablet twice daily 20 minutes before breakfast and dinner, am and pm
  - <https://www.designsforhealth.com/u/beautyheartbaby/products/histagest-dao/#HGD060>



# \*Supplement Timeline

- Embryo Transfer and Pregnancy -
  - Once beginning estrogen for embryo transfer, discontinue all supplements for egg and embryo freezing that are not specifically in this packet.
  - Please note specific instructions for each of your embryo transfer supplements, as the early pregnancy supplements will only be taken for a short time during embryo transfer preparation and early pregnancy.
  - Unless otherwise instructed by your doctor, you will continue your prenatal, omega 3 fatty acids, additional vitamin D as needed, collagen, magnesium and probiotics throughout pregnancy.

# \*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](mailto: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](mailto:doctornefertiti@gmail.com)

- <https://squareup.com/appointments/book/2e37fe63-4adb-4285-b30e-cf7c5db80d/3KZR3G9AN06YB/services>