



Gago Center for Fertility

Gago IVF

Recommended Supplements for Couples trying to Conceive

Women trying to conceive with their own eggs (oocytes):

- ❖ Prenatal vitamin or multivitamin, such as Flintstones Complete
- ❖ Folic Acid 4 milligrams per day, including prenatal vitamin content
- ❖ Vitamin B12 2 milligrams per day
- ❖ Omega-3 fatty acids: Salmon or other fatty fish 6 ounces/week, flax seed oils, or supplements
- ❖ Vitamin C 1000 milligrams per day and 5 servings of fruit and vegetables per day
- ❖ Vitamin D 1000 IU per day
- ❖ Co Enzyme Q10 200 milligrams three times per day

Women with polycystic ovarian syndrome add:

- ❖ Myo inositol 2gm twice daily
- ❖ D-Chiro-Inositol 50mg twice daily
- ❖ Melatonin 3mg per day

Women planning to carry a pregnancy who are not creating embryos (using a frozen embryo or donor oocytes):

- ❖ Prenatal Vitamin
- ❖ Folic acid 4mg per day
- ❖ Vitamin B12 2mg per day
- ❖ Vitamin D 1000iu per day

See page 2 for men's supplements

Men trying to conceive with their partner:

- ❖ Multivitamin
- ❖ Folic Acid 1 milligram per day
- ❖ Omega-3 fatty acids: Salmon or other fatty fish 6 ounces/week, flax seed oils, or Supplements
- ❖ Vitamin C 1000 milligrams per day and 5 servings of fruit and vegetables per day
- ❖ Vitamin D 1000 IU per day
- ❖ Co Enzyme Q10 200 milligrams twice daily