



The YinOva Center™

Nutritional Supplements for Women Trying to Conceive

At The YinOva Center we encourage our patients to get most of their nutrients from whole foods as oppose to supplements. This is because in Chinese medicine we believe that food contains qi (energy) that is impossible to replicate in a factory. However the following supplements have proven useful to women trying to conceive.

- Take a good quality pre-natal vitamin every day.
- Your pre-natal vitamin should contain at least 400 mcgs of folic acid a B Vitamin. It should be taken for three months before conception, if possible, and definitely for at least 2 months after conception to reduce the risk of a neural-tube defect (spina bifida) in your embryo. Vitamin C aids the absorption of folic acid.
- Vitamin C is an antioxidant that helps to prevent damage from free radicals. Your pre-natal vitamin should contain 500 mg a day. If you are trying to conceive you should not take very high doses of Vitamin C (e.g. 1000 mg) as it acts like an anti-histamine and can dry up fertile cervical mucus.
- Vitamin A is an antioxidant that plays a vital role in producing female sex hormones. It is also important for embryo development. Your pre-natal vitamin should contain 4,000 iu.
- Other B vitamins that are important include B1(Thiamin) 1 mg a deficiency of which has been linked to anovulation. B2 (riboflavin) 1.6 mg which is important in estrogen metabolism, B5(Pantothenic acid) 3-7mg which is important for fetal development, B6 2 mg, a deficiency of which causes the ovaries to stop producing progesterone and B12 3 mcg which is needed to synthesize DNA and RNA. Vegetarians are often deficient in B12 and are encouraged to supplement.
- Co-enzyme Q10 is a fat-soluble substance which is present in every cell in your body and improves blood flow. Most of the research into CoQ10 has been about heart disease but a deficiency of it it has been implicated in miscarriage and a recent study found that women going through ICSI have a higher fertilization rate if they take CoQ10. We encourage patients to add it to their diet to increase blood flow to the uterus especially before undergoing fertility treatment.

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Nutritional Supplements for Women Trying to Conceive (Cont.)

- In a research study Vitamin E (400 iu) was found to improve ovulation. A deficiency of vitamin E has been linked to miscarriage in some studies. It is an anti-coagulant so reduce your dose if your Doctor is having you take heparin or baby aspirin. It seems to be easier to absorb in a natural rather than synthesized form so check the label. The natural form is d-alpha-tocopherol as oppose to the synthetic which is dl-alpha-tocopherol. (A subtle but important difference)
- Iron is important to fertility and over 50% of women do not get the recommended 10 - 15 mg a day. We recommend supplementing with Floradix with iron and herbs which is an easily digested liquid iron supplement.
- A deficiency of magnesium 400mg is associated with female infertility. It should be taken with selenium.
- Selenium 200mg is also important in preventing miscarriage.
- We find that many of our patients are not getting enough zinc 10 mg which is vital for proper growth and cell division of a fetus. It is also needed for many enzymes to do their job. It is an important component of egg production.
- Essential Fatty Acids 700 - 1000 mg regulate hormones and are important to the structure of cell membranes. It takes three months for EFA to affect tissue so start taking them straight away.
- Wheat grass is considered a blood tonic in Chinese medicine and is thought to build the endometrial lining. Substitute with Liquid Chlorophyll from the health food store if wheat grass is unavailable or inconvenient.
- Royal Jelly helps the queen bee lay hundreds of egg. The reason for this is that it contains vitamins, enzymes and amino acids. Research has shown that it can positively effect menstrual irregularities in women and increase sperm production in men. In Chinese medicine it is considered to be a powerful tonic and we encourage you to take it.

As well as the above Jill will probably prescribe you a Chinese herbal formula to fit your pattern diagnosis. At The YinOva Center it is common for us to prescribe one formula in the follicular phase to aid follicle development and another formula in the luteal phase to aid implantation.