

HEIDI *brockmyre*

Fertility Supplement Guide

This supplement guide is meant to be informational only. This information does not replace a medical diagnosis or medical attention. Please discuss your supplement choices with your primary care practitioner.

Please read carefully through the entirety of this guide from start to finish before purchasing supplements for crucial fertility supplementation information that I have carefully crafted based on my many years of clinical experience in succeeding with helping fertility-challenged women get pregnant. (Trust me. You'll learn a lot!)

I continuously update this guide as I comb through the latest research and consult with the developers of nutritional supplements. I recommend the most effective and current nutritional approaches to support fertility, conception and pregnancy based on my findings and clinical experience.

For an easy reference checklist of which supplements you need, [go here](#).

Why is it so important to take supplements when priming for pregnancy?

The simple fact is that research and studies have been done which prove that women who take supplements get pregnant faster and have better pregnancies.

Here's a great example:

The Journal of Reproductive Medicine conducted a study in 2004 which showed a correlation between fertility supplements and pregnancy rates. The double blind study (in which neither the researchers nor the subjects knew who was taking placebo and who was taking the fertility supplements) conducted at

Stanford University, involved thirty women between the ages of twenty-four to forty-six, who had not been able to conceive. After five months, five of the fifteen women taking fertility supplements conceived, while there were no pregnancies in the placebo group.

In fact, research and clinical practice come down on the side of fertility supplementation for both aspiring parents. Regardless of which one of you has been diagnosed with an imbalance, increasing both partners' level of health has been linked with higher pregnancy rates. This is of course common sense—the healthier the genetic material, the healthier the child.

There really is no arguing against the fact that a healthy YOU makes a healthy little you!

And because it takes 3 months for your eggs to mature, starting to take supplements at least 3 months before you conceive improves the quality of your egg to be ovulated and fertilized.

It's also important to note that while supplements don't replace a healthy diet, they sure as anything help with keeping your health consistent.

Especially if you find yourself nauseous before or during a pregnancy and find it hard to eat, the supplements provide your body with the nutrients it needs for a healthy lasting pregnancy and provide you with a healthier child when you do conceive.

Along with those benefits, supplements also:

- Support your immune system
- Assist in detoxification
- Help you manage stress
- Reduce inflammation and autoimmune conditions
- Give you more energy and keep your spirits lifted. There's nothing like great health to give you a positive outlook.

In my clinical practice, I see it all the time. Results are significantly improved among those taking supplements.

Getting pregnant and sustaining a healthy baby takes serious amounts of nutrients, so you really need to cover all your bases. Otherwise you end up wasting a lot of time and money.

You may be concerned about the cost, but really, it's worth the money. And as a bonus, you'll likely feel a lot better in so many ways! You'll improve the quality of your life and your longevity, while you're at it. So it's a pretty darn good investment.

The quality of the supplements is extremely important. Otherwise you're throwing money away and wasting the time and effort of downing a boatload of pills everyday. I like the brand Metagenics™(I tell you why below). I'll also list the products offered by Metagenics that coincide with my recommended list.

If you don't choose Metagenics, be sure you use a brand that specializes in making high quality supplements, uses organic products, and is research based.

*If you are outside of the United States, then you will not be able to order Metagenics from me, but may be able to find a Metagenics practitioner in your area. If not, I suggest you find an equally high quality supplement brand in your country and follow my recommendations as outlined below.

If you're in the United States, to buy Metagenics™, you can purchase them at: heidibrockmyre.com/supplements. You will automatically receive a 20% discount applied to your first order. I recommend stocking up a few month's worth to take advantage of this one time discount.

Why I like Metagenics Supplements?

I did the research so you wouldn't have to!

While I am considered an affiliate of the Metagenics brand and receive a commission if you buy the brand from me, I want you to know that I only recommend products I trust and have used myself. I could be an affiliate of any supplement brand, but I researched, consulted professionals, tried and tested their products and have found that Metagenics™ is the best of the best.



My Recommended Supplement Protocols

In this guide I suggest 6 different Fertility Support Protocols depending on your specific needs. Each protocol includes the Preconception Support Protocol, however other recommendations are added if you have additional complications.

*I highly recommend that both you and your male partner take supplements, even if he has not been diagnosed with Male Factor Infertility. (I go into more detail in the Male Fertility Support Section.)

My 6 Fertility Support Protocols include:

1. Preconception Support
2. Male Fertility Support
3. Inflammatory Support
4. Egg Health Support
5. PCOS Support
7. Irregular Cycle Support

1) Preconception Support Protocol for Women

- **High quality MTHFR-safe Daily Prenatal Vitamin** (methylfolate rather than folic acid)
- **Omegas** - 700-1000mg daily (should include DHA)
- **Daily Antioxidant Powder**
- **Probiotics**
- **Gut repair formula** (Month 1)
- **Detox** (Month 2)

I recommend this protocol for any woman who's ready to conceive and wants to prime her fertility but doesn't have more complicated accompanying issues. (You can add on additional supplements to this base protocol as needed.)

The primary goals are to get high quality nutritional support, heal the gut for better nutritional absorption (because everyone has some degree of leaky gut) and to support liver detoxification.

Your prenatal vitamin should be **MTHFR-safe**, meaning it should have methylfolate rather than folic acid. Most women don't know if they're positive for the genetic mutation called MTHFR. If they are, then they can not break down folic acid which causes elevated homocysteine levels. This is a commonly known risk factor contributing to recurrent pregnancy loss, preeclampsia, infertility, Down Syndrome and other serious concerns surrounding pregnancy.

40% of the population is MTHFR positive. 70% of women diagnosed with infertility are MTHFR positive. As a result, I recommend that everyone take an MTHFR-safe prenatal. Folic acid can cause more toxicity for women with MTHFR. Methylfolate is a bioavailable form of folate and is safe for anyone.

Omeegas (Essential Fatty Acids) regulate hormones, increase blood flow to the uterus, reduce inflammation, increase cervical mucus, improve egg and sperm health (DHA specifically) and help to regulate your cycle. Additionally, they're necessary for the brain development of your baby-to-be. Make sure you use a good quality brand that third party tests the fish oils for contaminants like mercury and mold, such as the Metagenics brand.

For an MTHFR-safe prenatal vitamin and omega support, I recommend the **Metagenics Pregnancy Plus One Packet for Women** which includes the MTHFR-safe prenatal vitamin, Calcium/Magnesium, Choline for egg quality and 700mg of Omega Fish Oil with DHA.

A **gut repair formula** is important for healing leaky gut. Leaky gut means that food that is not thoroughly broken down can leak through what's called "tight junctions" that have become broken apart in your intestinal lining. This leads to malabsorption of nutrients, which affects egg and hormonal health, as well as inflammation in the body. You may develop food sensitivities and/or an autoimmune condition as your body attacks the undigested food in the bloodstream treating it as a foreign object.

I like **Metagenics UltraGI Replenish** for healing the gut. It's an easy to drink tasty shake designed specifically for healing leaky gut. *Please note do not take this with your prenatal vitamins or if you become pregnant.*

*I strongly recommend healing the gut first before doing a detox otherwise the toxins can recirculate into the bloodstream through the gut and make you feel sick.

It's important to safely **detox** your system not only to improve your fertility and hormonal health, but also so that your child is not born with high levels of BPA - an industrial chemical that has been used to make plastics. Toxins stored in the body put a strain on your adrenals, disrupt healthy reproductive hormonal activity and may contribute to autoimmune and inflammatory conditions.

I recommend **Metagenics Clear Change 10 Day Program with UltraClear Plus Ph Detox**. This is a 10-day program that includes an accompanying suggested meal plan. It detoxifies your entire system, including the kidneys and liver, as well as removing heavy metals and xenoestrogens. You'll receive a meal plan to follow with the 10 Day Detox. I've seen patients drop 5-15 pounds after this detox. Go [HERE](#) for the dietary guidelines to follow during the 10 day detox.

The **Metagenics Clear Change 10 Day Program with UltraClear Plus Ph Detox should be done in the first half of the menstrual cycle before ovulation.*

**During these 10 days, you can stop taking your other supplements. You'll receive a meal plan to follow with the 10 Day Detox. Resume your other supplements once you've completed the program.*

Ongoing **probiotic support** is recommended not only for digestive health but to maintain a healthy vaginal environment free from bacterial infections that are inhospitable to sperm. Probiotics balance the flora and help you to produce sperm-friendly fertile cervical mucus. **Metagenics UltraFlora Women's Probiotics** is formulated specifically to support women's vaginal flora.

A daily **organic antioxidant powder** maintains a healthy liver and therefore supports healthy hormones, cleans up free radicals, improves the immune system, improves energy and mood, and supplements your diet with highly nutritive superfoods. (By improving your immune system with daily antioxidants, you won't get sick as often. Getting sick takes a toll on your fertility.)

Not all antioxidant powders are created equally though. Some are not organic and/or have herbs in addition to fruit and vegetable ingredients, which may not be appropriate for you. I recommend an organic, primarily food-based antioxidant powder, like **Metagenics Phytoganix™**.

Metagenics Brand Preconception Protocol Includes:

Take ongoing until pregnant and throughout pregnancy:

- **Metagenics Pregnancy PlusOne Pregnancy Packet for Women** (Includes MTHFR-safe prenatal vitamin, calcium/magnesium, Choline for egg quality and omega fish oil with DHA). *Take ongoing through pregnancy.*
- **Metagenics Phytoganix™** Organic Superfruits and Greens Powder for top quality all organic source. *Stop once pregnant.*
- **Metagenics UltraFlora Women's Probiotics.** *Take ongoing through pregnancy.*

Take additionally for the first month of Preconception Support:

- **UltraGI Replenish** - buy (2) 30 serving size bag (per person) for a 1 month program to heal your gut for better absorption of nutrients and heal leaky gut. * *Only need 1 month's supply. This is not an ongoing supplement. Do not take once pregnant. Do not take your prenatal vitamins while taking this product to avoid over supplementation.* Follow the daily serving recommendations on the package of 2 servings (of two scoops each) per day for a total of 4 scoops per day for 30 days.

Take additionally for the second month of Preconception Support:

- **Metagenics Clear Change 10 Day Program with UltraClear Plus Ph Detox** - gentle or more intensive detoxification program.

**Signs you need the
Metagenics Clear Change 10 Day Program with UltraClear Plus Ph Detox
program:**

- You need to lose at least 10 lbs. (Hormones are stored in fat cells, thereby disrupting hormone balance.)
- You have a history of long-term birth control use.
- You've gone through one or more medicated fertility treatment cycles
- You've taken a lot of medications, including over-the-counter pain relievers

- You've eaten a lot of non-organic and/or unhealthy processed foods
- You experience frequent headaches and/or nausea
- You've been exposed to toxins in the workplace or environmentally
- You have a history of alcohol or substance use
- You're MTHFR-positive
- You have PCOS, fibroids, or an autoimmune condition
- You've got hypothyroidism, endometriosis or fibroids (I go into more details about this further on in this guide.)

If preparing for an upcoming fertility treatment cycle, only do the **Metagenics Clear Change 10 Day Program if you have at least 2 months beforehand to prepare. That gives you time to heal your gut the first month and do the detox the second month.*

*During these 10 days, you can stop taking your other supplements. Go [HERE](#) for the dietary guidelines to follow during the 10 day detox. Resume your other supplements once you've completed the program.

*The **Metagenics Clear Change 10 Day Program** Detox should be done in the first half of the menstrual cycle before ovulation.

Additional Preconception Support Supplements:

GET TESTED!

Be sure to have your levels tested for these two important nutrients:

✓ **Vitamin D** - Low Vitamin D levels can cause infertility in men and women, miscarriages and many other healthy issues. It's a common and serious issue, yet very easy to test and treat.

If your levels are low, begin by supplementing with Vitamin D3 with a dosage of at least 5000 IU daily. If severely low, begin with 10,000 IU daily. Have your levels retested after about 2 months of supplementation. Once you're within normal levels, take 2000 IU daily to maintain healthy levels. Healthy levels are between 50 and 70 ng/ml.

- **Metagenics D3 10,000 with K2 (tested extremely low)**
- **Metagenics D3 5,000 (tested low)**
- **Metagenics D3 2000 Complex (daily maintenance)**

✓ **Iron** - Iron deficiency in pregnancy is linked with infertility, miscarriage, low birth weight babies, preterm labor, postpartum depression and iron deficiency in infants.

If your iron is low, be sure to take an iron supplement like **Metagenics Hemagenics**.

If you're concerned about Egg Quality:

- **Add Nutra Gems® CoQ10 300**

CoQ10 is a potent antioxidant that protects DNA from free radical damage thereby improving egg quality. CoQ10 stabilizes the cell membrane. Fertility and Sterility published a study showing that supplementation of 600 mg of CoQ10 daily by older women improved both egg quality and fertilization rates.

Take 2 chewables daily until pregnant.

If you have or suspect low progesterone levels and/or little or no cervical mucus:

- **Femmenessence MacaHarmony**

Dosage: Follow instructions on package.

2) Male Fertility Support Protocol

It is JUST as important for men to support their fertile health as it is for women whether or not he's had a normal semen analysis. Of all infertility cases, approximately 40–50% is due to “male factor” infertility. Even if he is “normal”, the healthier his sperm is, the better chance of fertilization and a healthy embryo.

The good news is that sperm responds quickly to dietary changes and nutritional supplementation. And like egg health, it takes about 70-90 days for sperm to mature.

The Male Fertility Support Protocol is almost identical to the Preconception Support protocol for women, except it includes a daily multivitamin for men rather than a prenatal and a general probiotic rather than the female-targeted one.

- **High quality MTHFR-safe Daily Multivitamin Vitamin** (methylfolate rather than folic acid)
- **Omegas - 700-1000mg daily** (should include DHA) - improves sperm quality
- **Daily Antioxidant Powder** - Antioxidants have been proven to significantly improve sperm quality.
- **Probiotics**
- **Gut repair formula** (Month 1)
- **Detox** (Month 2) - I recommend the more intensive detox protocol for men. They tend to take less care of themselves, eat more meat and drink more so are in need of a more in-depth detox overhaul.

Metagenics-Brand Male Fertility Support Protocol Includes:

Take ongoing:

- **Metagenics Wellness Essentials Men's Vitality** - balances hormones, supports sexual function and maintains health for improved sperm quality. It includes Omegas and Zinc.
- **Metagenics Phytoganix™** Organic Superfruits and Greens Powder for top quality all organic source.
- **Metagenics UltraFlora Balance Probiotics.** *Take ongoing through pregnancy.*
- **Nutra Gems® CoQ10 300**

Take additionally for the first month of Male Fertility Support:

- **UltraGI Replenish** - buy (2) 30 serving size bag (per person) for a 1 month program to heal your gut for better absorption of nutrients and heal leaky gut. * *Only need 1 month's supply. This is not an ongoing supplement. Do not take if you become pregnant or with prenatal vitamins.* Take 1 daily serving (2 scoops) day for 30 days.

Take additionally for the second month of Male Fertility Support:

- **Metagenics Clear Change 10 Day Program with UltraClear Plus Ph Detox** - gentle or more intensive detoxification program

During the **Metagenics Clear Change 10 Day Program with UltraClear Plus Ph Detox, you can stop taking your other supplements. Resume your other supplements once you've completed the program. Go [HERE](#) for the dietary guidelines to follow during the 10 day detox.*

***Men should also have their Vitamin D levels tested.** They can follow the same dosage recommendations as I suggested above.

In men, vitamin D is essential for the healthy development of the nucleus of the sperm cell, and helps maintain semen quality and sperm count. Vitamin D also increases levels of testosterone, which may boost libido.

CoQ10 is a potent antioxidant that protects DNA from free radical damage thereby improving sperm quality. CoQ10 stabilizes the cell membrane. It is a source of fuel for the mitochondria – which are the “powerhouse” of the cells that convert energy for the cell to use. Co-Q 10 declines with age so it’s an important supplement. A study in Fertility and Sterility shared that CoQ10 helped to increase the sperm motility in semen.

3) Inflammatory Support Protocol

(i.e. Endometriosis, Fibroids and Hypothyroidism)

This protocol should be considered by those with autoimmune and inflammatory conditions like Autoimmune Hypothyroidism (Hashimoto’s), Fibroids and Endometriosis. Oftentimes these conditions go together. Women with endometriosis are at an increased risk for hypothyroidism. It’s also worth noting that many women with these conditions are also MTHFR-positive.

Both endometriosis and Hashimoto’s can go undiagnosed. Almost all cases of hypothyroidism in the U.S. are due to an autoimmune condition rather than an iodine deficiency. (Iodine deficiency is more common in developing countries.)

You can have autoimmune hypothyroidism without testing positive for the thyroid antibodies. Once you’ve tested positive, you’re already at an advanced stage.

*It’s important to note that you should NOT take an iodine supplement if you’ve been diagnosed with Hashimoto’s (or suspect autoimmune hypothyroidism). This is because it requires your thyroid to work even harder to process the iodine and potentially cause more damage and inflammation. Women who are concerned about taking too much iodine because of hypothyroidism can take the Wellness Essentials packet instead of the Plus One Prenatal. Most prenats will have a higher amount of iodine so it's better to take a general multivitamin to avoid that. Once pregnant, switch to PlusOne because higher amounts of iodine are needed

then. Also add an iron supplement, if needed, because this one does not have iron in it. If the autoimmune hypothyroidism is mild, it is okay to use the PlusOne. If testing reveals high levels of antibodies, then switch to the Wellness Essentials Packet. Always discuss with your doctor when making this determination.

Those with inflammatory conditions should eliminate these top inflammatory food triggers:

- Gluten
- Soy
- Corn
- Dairy
- Caffeine
- Alcohol
- Sugar

I suggest also eliminating foods from the Nightshades category and following an Autoimmune Diet.

*These supplement recommendations are not to take the place of thyroid treatment.

Ideally you're taking a non-synthetic bioidentical form of thyroid medication with a combination of both T4 (80%) and T3 (20%) in a ratio that closely mimics the biological ratio. Bioidentical brands include Westroid, Nature-Throid and Armour.

*Thyroid medications should be taken 30-60 minutes or longer before supplements and other medications.

I recommend having your thyroid levels tested by a Naturopath. Your naturopath can go into more depth and customize a prescription for your specific thyroid needs.

Inflammatory Support Protocol:

- **Preconception Support Protocol Supplements** (refer to above)
- **Digestive Enzymes** - like Metagenics SpectraZyme® Complete (enzyme support)
- **Selenium Supplement** - like Metagenics E-400 Selenium

Digestive enzymes regulate the inflammatory response and are immune modulators. They also help to break down scar tissue, as in cases of endometriosis. Those with autoimmune and/or inflammatory conditions such as hypothyroidism are often deficient in digestive enzymes. Enzymes break down protein during digestion. If protein is not sufficiently broken down, it may trigger an inflammatory response.

Additionally, healing leaky gut and taking digestive enzymes allows you to effectively absorb your thyroid medication so that you can take a lower dose. (Oftentimes high doses of thyroid meds are needed because they are not being properly absorbed.)

Selenium has been shown to reduce inflammatory markers in those with thyroid conditions. Selenium protects the thyroid gland from oxidative damage. Without adequate selenium, high iodine levels lead to destruction of the thyroid gland cells.

RE: Month 2 Detox

***I strongly recommend doing the Metagenics Clear Change 10 Day Program with UltraClear Plus Ph Detox (rather than the gentle cleanse with AdvaClear) in the cases of PCOS, Fibroids, Inflammatory conditions and MTHFR.**

The **Metagenics Clear Change 10 Day Program with UltraClear Plus Ph Detox should be done in the first half of the menstrual cycle before ovulation. Go [HERE](#) for the dietary guidelines to follow during the 10 day detox.*

**During these 10 days, you can stop taking your other supplements. You'll receive a meal plan to follow with the 10 Day Detox. Resume your other supplements once you've completed the program.*

4) Egg Health Support Protocol

This protocol is appropriate for women with poor egg health, Diminished Ovarian Reserve (DOR), Premature Ovarian Failure, Low AMH, High FSH and/or Advanced Maternal Age.

*If you have additional conditions, such as endometriosis, you can combine multiple protocols, like the Immune Support Protocol and the Egg Health Protocol.

Egg Health Support Protocol:

- **Preconception Support Protocol Supplements** (refer to above)
- **Nutra Gems® CoQ10 300**

CoQ10 is a potent antioxidant that protects DNA from free radical damage thereby improving egg quality. CoQ10 stabilizes the cell membrane. Fertility and Sterility published a study showing that supplementation of 600 mg of CoQ10 daily by older women improved both egg quality and fertilization rates. It is a source of fuel for the mitochondria – which are the “powerhouse” of the cells that convert energy for the cell to use. Co-Q 10 declines with age so it's an important supplement.

Take 2-3 chewables daily until pregnant.

5) PCOS (Polycystic Ovarian Syndrome) Support Protocol

PCOS Support Protocol:

- **Preconception Support Protocol Supplements** (refer to above)
- **Myo-Inositol** - Metagenics Cenitol
- **Methylfolate** (MTHFR-safe bioavailable form of folic acid) BEST CHOICE is **Metagenics EstroFactors** - addresses MTHFR and estrogen dominance
- **Vitamin D supplementation** (based on test results)

Myo-Inositol is a form of a B-vitamin that is made in the body. Inositol is known to regulate insulin receptors on cell walls so that the body doesn't overproduce insulin as a result of insulin resistance. In PCOS, high **insulin** levels can cause the ovaries to make more androgen hormones such as testosterone.

Myo-Inositol has been shown to increase progesterone, lower testosterone levels, improve insulin sensitivity, decrease luteinizing hormone, and improve egg quality and pregnancy rates.

The recommended dose is 4g (4000mg) daily.

MTHFR, estrogen Dominance and PCOS

There seems to be a connection with MTHFR and PCOS.

Women with PCOS have predispositions for higher homocysteine levels than other healthier women. The most commonly known inherited risk factor for elevated homocysteine levels are the genetic mutations in the MTHFR gene.

This is why I recommend supplementing with additional methylfolate. Also it's important to take myo-inositol with methylfolate to be more effective.

There's also a connection between estrogen dominance and PCOS.

It's believed that estrogen dominance causes anovulation or irregular ovulation in women with PCOS. A Lack of ovulation results in continuous high levels of estrogen and insufficient progesterone.

Metagenics Estrofact promotes healthy estrogen metabolism by addressing multiple aspects, including estrogen excretion. It features natural selective estrogen receptor modulators (SERMs) to lessen the impact of the more potent forms of estrogen. ***It includes methylfolate and calcium.**

Vitamin D

***85% of women with PCOS are deficient in Vitamin D**

As the researchers reported in the European Journal of Endocrinology: Among women, vitamin D appears to impact in vitro fertilization (IVF) outcomes, endometriosis, polycystic ovary syndrome (PCOS), the most common female endocrine disorder, as well as boost levels of progesterone and estrogen, which regulate menstrual cycles and improve the likelihood of successful conception

In an insightful associative study that highlighted the link between PCOS and vitamin D status, researchers found that women with higher blood levels of vitamin D were much less likely to be insulin resistant (Wehr 2011). This is especially significant for those with PCOS. A separate study found that vitamin D when administered with metformin was helpful for regulating the menstrual cycles in PCOS women (Rashidi 2009).

A study conducted by researchers at Columbia University found that Vitamin D combined with calcium supplementation helped normalize menstrual cycles for seven of 13 women with PCOS. Of the seven, two became pregnant and the others maintained normal menstrual cycles. These results suggest that abnormalities in calcium balance may be responsible, in part, for the arrested follicular development in women with PCOS and contribute to its pathogenesis (Thys-Jacobs 1999).

RE: Month 2 Detox

*I strongly recommend doing the **Metagenics Clear Change 10 Day Program with UltraClear Plus Ph Detox** (rather than the gentle cleanse with AdvaClear) in the cases of PCOS, Fibroids, Inflammatory conditions and MTHFR. Go [HERE](#) for the dietary guidelines to follow during the 10 day detox.

The **Metagenics Clear Change 10 Day Program with UltraClear Plus Ph Detox should be done in the first half of the menstrual cycle before ovulation.*

**During these 10 days, you can stop taking your other supplements. Resume your other supplements once you've completed the program.*

*For women with PCOS, it's recommended to follow a Paleo, Ketogenics or Diabetic management-type diet to sustain healthy blood sugar levels.

RE: Month 2 Detox

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The **Metagenics Clear Change 10 Day Program with UltraClear Plus Ph Detox should be done in the first half of the menstrual cycle before ovulation.*

**During these 10 days, you can stop taking your other supplements. Go [HERE](#) for the dietary guidelines to follow during the 10 day detox. Resume your other supplements once you've completed the program.*

6) Irregular Cycle Support Protocol

(Short Luteal or Follicular Phase, Long cycles, Irregular Ovulation not due to PCOS)

Irregular Cycle Support Protocol:

- **Preconception Support Protocol Supplements** (refer to above)
- **Vitex AKA Chasteberry - Any quality brand 800mg daily throughout cycle**
- **Metagenics EstroFactors** - addresses MTHFR and estrogen dominance

Estrogen dominance, low progesterone and/or low estrogen can all contribute to cycle irregularity. Low healthy estrogen levels may be due to an overload of toxic estrogens in your system from exposure to environmental sources of toxic estrogens. Estrogen dominance may be due to low progesterone levels or excessive toxic estrogen levels. Whatever your situation may be, regulating estrogen metabolism can help.

Metagenics Estrofactors promotes healthy estrogen metabolism by addressing multiple aspects, including estrogen excretion. It features natural selective estrogen receptor modulators (SERMs) to lessen the impact of the more potent forms of estrogen.

*Vitamin B-6 can extend a short luteal phase and help regulate the cycle. I recommend taking a B-Complex rather than additional B-6 alone.

Estrofactors includes methylfolate and a B-complex.

Chasteberry AKA Vitex is effective at balancing hormones and regulating your menstrual cycle. This is important for the proper development of your egg, as well as the hormonal support for implantation. Vitex may also help to increase progesterone levels if they are low.

RE: Month 2 Detox

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The **Metagenics Clear Change 10 Day Program with UltraClear Plus Ph Detox should be done in the first half of the menstrual cycle before ovulation.*

**During these 10 days, you can stop taking your other supplements. Go [HERE](#) for the dietary guidelines to follow during the 10 day detox. Resume your other supplements once you've completed the program.*

Supplements safe to continue when pregnant and/or during fertility treatment.
Stop all others:

- Prenatals
- Omegas
- Additional iron, folic acid, B-complex as needed
- Probiotics
- Calcium/Magnesium
- Vitamin D
- Myoinositol (discuss with your doctor)

If you're in the United States, to buy Metagenics™,

you can purchase them at:

heidibrockmyre.com/supplements

You'll receive 20% off your first order.