

## **Fertility Supplement – Healing Power of Nutrients**

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<https://natural-fertility-prescription.com/fertility-supplement/>

Medical science has always stressed the importance of fertility supplement for boosting fertility. Due to advances in technology, supplements have become more effective in increasing conception rates and so providing a safer (and cheaper) alternative to conventional surgical infertility treatments. A woman's hormonal levels should be kept balanced for regular ovulation to occur by maturing the follicles in the ovary. Balanced hormonal levels also help in the development of the uterine lining. A healthy uterine lining is needed to fully support a fertilized egg when it embeds into the lining. In men, on the other hand, sperm quality, quantity and motility define a healthy reproductive system.

### **Vitex (Chasteberry)**

Studies have shown some herbs can help enhance fertility. For example, the herb *Vitex agnus castus*, commonly called Vitex or Chasteberry helps to optimize both male and female reproductive health[1]. Vitex may help **relieve hormonal irregularity symptoms** and can correct the deficiencies that cause the imbalance. Vitex can help to regulate menstrual cycles. Women who have been taking oral contraceptives should take Vitex fertility supplements when they come off the pill and want to try to conceive since Vitex is a natural method of maintaining normal menstrual cycles.

### **Garcinia**

The tropical fruit *Garcinia Cambogia*, commonly known as Brindall Berries, **may help treat [Polycystic Ovary Syndrome \(PCOS\)](#)**. It contains hydroxyl citric acid (HCA) which helps turn carbohydrates into useable energy instead of fats. The fruit can help treat PCOS because it suppresses appetite, lessens sugar cravings, reduces insulin resistance and prevents fat and cholesterol formation.

### **Vitamin C and Vitamin E**

Vitamin C and Vitamin E are good antioxidants which help rid your body of free radicals. Free radicals are toxic elements that come from the environment and can cause premature aging, cellular damage and tissue oxidation. Vitamin E, in particular, is an antioxidant which is **helpful for overall reproductive health**. In a study, Vitamin E improved fertility parameters in couples trying to conceive[2].

### **Folic Acid**

Folic acid fertility supplements, as well as improving fertility, also help **lower the number of birth defects** in newborn babies.

### **L-Carnitine**

As a fertility supplement, the amino acid L-carnitine has the potential to promote reproductive well-being in both men and women[3]. For men, L-carnitine **helps in the formation of healthy, viable sperm**[4]. This fertility supplement promotes maturation of sperm in the testicles as well as ensuring the sperm are of high quality. It reduces abnormalities such as two heads, two tails or low motility in the sperm. Finally, L-carnitine helps strengthen the sperm membrane and the metabolic process following ejaculation. A man is fertile if he has sufficient numbers of sperm, adequate volume of ejaculation, and high quality sperm. Motility and morphology defines sperm quality. Motility is the ability of the sperm to swim in the forward direction and to swim fast, while morphology is the shape and structure of the sperm. Healthy sperm motility is important because this determines the ability of the sperm to propel themselves to the uterus, to the fallopian tube and finally to the egg which they have to penetrate. L-carnitine is important in the metabolic processes following ejaculation. After ejaculation, sperm has to have the metabolic efficiency to convert its fat and sugars into useful energy which it can use to swim to the egg. L-carnitine supplements help the sperm to swim fast enough and so survive the acidity of the reproductive tract of the woman.

## Supplements In Fertility

Fertility supplements have been formulated as part of efforts to increase the numbers of healthy pregnancies. A pregnancy without proper care and fertility supplements, is at a higher risk of birth defects or multiple births. With new developments in clinical research, fertility medicines are ushering in a new age of fertility support.

### References

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