



## Dr. Magarelli Believes: A Healthy Body is a Fertile Body™

Taking the suggested number of supplements and medication during your fertility journey will assist in increasing your pregnancy odds. Here is list of supplements recommended by your physician. Remember, a healthy body is a fertile body.

### Men (Sperm Source):

1. **Multi Vitamin such as Mega Man™ by GNC or others vitamins**
2. Ubiquinol CoQ10: 300mg – ideally 100mg 3x daily
3. **Vitamin D3: 5,000 IU/day**

*Avoid alcohol, tobacco, recreational drugs, and Jacuzzi's.*

### Women (Egg and Uterus Sources):

- **Prenatal vitamins**
- **+ Additional Folic Acid (methylated B vitamins) 800 mcg to 1 mg** in addition to prenatal vitamins. (take prenatal vitamins 12 hours apart from Folic Acid, once per day)\* **Theralogix, is one brand.**
- CoQ10: 300mg – ideally 100 mg 3 times/day \*
- Vitamin E: additional 200 IU
- Vitamin C: 500 mg
- R-Alpha Lipoic Acid: 100 to 600 mg on empty stomach
- **DHEA 25 mg: 3 times/day \* required after 35 yo.**
- Melatonin 3 mg before bed
- **Vitamin D3: 5,000 IU/day \***
- DHEA 25 mg three times per day

If **PCOS** is applicable, add the following:

- **Methylated B Vitamins see (Thorne on Amazon)**
- **Myo-inositol – 4 grams/day, divided in two doses**

***Avoid alcohol, tobacco, recreational drugs, and caffeine  
(reduce when pregnant)***