

A word about Vitamins.....

All vitamins are not created equal. The biggest distinction is found between vitamins manufactured from petroleum byproducts and those made from food sources. Cheaper brands found at big box stores like Costco and chains like GNC are more likely in the petroleum category and have fewer vitamins derived in forms that the body can easily assimilate. Natural food stores such as Whole Foods, only carry vitamins derived from whole food sources. Triangle Acupuncture Clinic also stocks high quality vitamins and supplements at competitive prices. We believe that multi-vitamins play a crucial role in maintaining a healthy body and supporting a high-functioning reproductive system.

Many of you will be taking prescription prenatal vitamins prescribed by your doctor. These vitamins are not necessarily meeting all supplemental needs of prenatal women. Often they contain high amounts of iron (which is difficult to digest and absorb in pill form), folic acid and small amounts of other common and important vitamins. This is not good enough, particularly for women struggling with fertility issues. One study completed by pharmacists in Maryland found that the folic acid in 3 out of 9 prescription vitamins did not dissolve or release the folic acid properly so that it could be absorbed. Some prescription vitamins include food dye and trans fats in the ingredient list. Because the vitamin industry is unregulated (this includes prescription prenats), it is important to find brands you can trust so that you get what you need and do not waste your money. We are not suggesting that you disobey your doctor's orders, but do read the label on your vitamins and if it is not providing you with a broad variety, consider taking another high quality multi-vitamin in addition to your prescription.

We recommend our patients split the classic prenatal into 3 separate parts for optimal absorption:

High quality multi-vitamin such as 'Alive!' or a comparable brand

Liquid Iron that is easy to digest and absorb called **'Floradix'**

B12/Folic Acid supplement to augment B vitamins needed prenatally

Men should also take the high quality multi-vitamin and sometimes even an additional anti-oxidant complex. Nutrition is especially important for the DNA integrity of sperm.

Pycnogenol: Very powerful anti-oxidant made from pine bark extract.

*Excellent at resolving free-radical damage and oxidative stress on sperm- for low count, motility or morphology issues

L-Carnatine: 1,200 mg/day Proxeed is doctor recommended brand name

*Improves sperm motility

L-Arginine: 2-4 grams/day

*Amino acid for increasing sperm production

Other Supplements for women:

Omega 3 Fish Oils are very important for proper functioning of prostaglandins. This is important to good health in general and many aspects of the menstrual cycle, especially ovulation. 1,000mg/day -make sure you choose a reputable brand that tests each batch for mercury content such as Nordic Naturals.

DHEA has been recently shown to improve ovarian response, particularly in poor responders. DHEA is a precursor hormone from which the body makes testosterone, estrogen and others. You must first get a blood test to find out if your DHEA levels are low before starting a supplement as too much DHEA in your system can cause elevated testosterone. To have a positive benefit, it is best to take DHEA 3-4 months before starting an IVF cycle. The dose varies from 30-40 mg.