



Fertility Supplement Checklist

CHOOSING A SUPPLEMENT

What am I hoping to achieve by taking this supplement?

'Get pregnant' won't do - be really clear - regulate my cycle, support energy levels, reduce cravings, balance vagina microbiome, support blood sugar balance, reduce inflammation, improve sleep, improve digestive function etc.

I know why I want to take this supplement to support my health & fertility

Is there evidence, research or NHS guidance that support taking this supplement?

Is this supplement safe to take during pregnancy?

Will taking this supplement impact other areas of my health?

Can I get these nutrients from food sources on a daily basis?

If not, why not? Is it possible to get what I need from food alone?

Learn the types and quantities of foods that provide what your body needs



PERSONAL FACTORS

Do I have a health condition which impacts how much of the supplement I need?

How will existing medications and supplements interact with this new one?

Are there any side-effects taking this supplement? E.g. B Vitamins turn urine bright yellow!

How do I know my body needs this nutrient? Have I had a recent blood or urine test?

Do I have a genetic predisposition that means my body finds absorbing & metabolising this nutrient challenging?

Do I have any issues with my gut health and digestion that prevent me absorbing this supplement?



SPECIFICS

How much of it should each day and for how long?

What are the best ways for me to take this supplement?

Do I need to take the supplement with or away from food?

Should I take a capsule, liquid or should I spray it under my tongue?

Which brands are better quality and have better ingredients (less fillers / additives/ bulking agents)?

I know how much I can afford to spend on this and other supplements each month

