Folate

Protects genes during rapid cell division which increases likelihood of a healthy embryo (via methylation of DNA); Deficiency raises homocysteine which damages reproductive cells. 1,2,3,4

Vitamin B & B 12 Both are neededto convert toxic homocysteine to a benign form; Low homocysteine levels linked to a better chance of pregnancy.5,6,7,0

Vitamin C

Increases serum progesterone levels; Induces ovulation in some women; Enhances effect of the fertility drug clom(phene. 9,10,11,12

Minerals

Several enzymes needed to protect a woman's reproductive organs (such as superoxide dismutase) are dependent on the trace elements zinc, copper and magnesium.

Vitamin D

Higher levels linked to better success rates of IVF (in vitro fertilization); Influences production of the sex hormones estradiol and progesterone. 13,14,15

Antioxidant Status

Reproductive cells, including embryos, are very susceptible to damage from oxidative stress due to the rapid rate of growth; Low antioxidant status can cause infertility or miscarriage. 19,22,28,29

Female Fertility

Vitamin E

Protects reproductive cells (follicles); May improve endometrial response (ability of fertilized egg to (mplant into uterine wall propersly) during IVF. 16,17,18,19

Cysteine

N-acetyl cysteine can improve ovulation and pregnancy rates in women with infertility due to PCOS (polycystic ovary syndrome) that do not respond to fertility drugs; Improves viability of endometrial cells in vitro; Precurso to glutathione .25,26,27

Glutathione

Protects eggs (fertilized or not) from damage by reactive oxygen species; Protective action of follicle stimulating hormone on embryonic development is due largely to glutathione synthesis.22,23,24

Selenium

Deficiency implicated in miscarriage and infertility; In one trial, 100% of infertile women achieved pregnancy after supplementation. 20,21

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