



Gago Center for Fertility

Gago IVF

## Supplements for Egg Quality

Ideally, this supplementation protocol should begin 3 months prior to a retrieval.

- Prenatal Vitamin
- Folic Acid 4mg per day
- Vitamin B12 2mg
- Vitamin D 1,000 IU daily
- Myo Inositol 2gm twice a day
- D-Chiro-Inositol 50mg twice a day
- Melatonin 3mg at bedtime
- Co-Enzyme Q10 200mg three times per day
- Omega-3 Fatty Acid 500mg once per day
- Vitamin C 1,000mg once a day in the AM
- Vitamin E 200 IU's once per day
- Resveratrol 200mg once a day \*\* Discontinue In Pregnancy\*\*
- 1 Shot of Wheat Grass Juice each day
- Tru Niagen 300mg once daily
- DHEA 50mg Daily \*\* Discontinue in Pregnancy\*\*
- Acai Berries- Found at Plum Market, Whole Foods, and Amazon
- Alpha Lipoic Acid 200mg Three Times per day

**\*\*With Pregnancy Please Continue Prenatal Vitamin, folic acid 4mg/day, Vitamin B12 2mg, Vitamin D 1000 iu/day)\*\*\***