



Fertility Supplements Guide

With such an array of products available, we're often asked which supplements can be taken together. In response, we've created this chart to help you determine which products you can take in combination to yield maximum support to your reproductive health.

*** Important Note:** The charts below are to be used as a general educational guideline, please consult with your healthcare practitioner about using our products if you are taking medications. **Most** of our products should be discontinued prior to beginning any fertility medications, at the first determination of pregnancy and should not be used while nursing. Should you have questions about this, please [contact customer service](#) and one of our representatives will be happy to provide more detailed information regarding individual products you are interested in purchasing.

- Fertility Kits
- Fertility Herbs
- Women Supplements
- Men Supplements

Fertility Kits








SUPPLEMENT NAME	INTENDED USE	CAN BE TAKEN WITH	FOR BEST RESULTS USE
<p>Fertility Cleanse Kit for Women</p> 	<p>Supports the body's own detoxification abilities to help you achieve optimal reproductive wellness. The Fertility Cleanse Kit focuses on assisting the body's natural ability to remove excess hormones, support the uterus and promote normal liver function.</p>	<p>Fertile Woman One Daily, Cod Liver Oil, Choice Antioxidants, Maca, Fertility Smoothie Pack, Self Fertility Massage, Castor Oil Packs, FallopianWise Kit, OvaWise Kit, CoQ10 Ubiquinol.</p>	<p>Once every 6 months. Note: Refrain from trying to get pregnant and starting new herbs the month you are doing the Fertility Cleanse.</p>
<p>Fertility Cleanse Kit for Men</p> 	<p>One of the best first steps you can take in preparation for conception and to support sperm health, including herbs which support the body's natural ability to detoxify itself and maintain normal sperm health.</p>	<p>Men's One Daily, Maca, Choice Antioxidants, Fertility Smoothie Pack, Cod Liver Oil, L Carnitine, Tribulus, CoQ10 Ubiquinol.</p> <p>Next step: Male Factor Formula</p>	<p>Once every 6 months: Avoid starting new herbs the month you are doing the cleanse.</p>


<p><u>Egg Health</u> <u>OvaWise Kit</u></p> 	<p>Designed to support egg(ovum) health in preparation for conception by encouraging healthy circulation, protect the body from free-radical damage & promote general egg health.</p>	<p>Cod Liver Oil, Fertility Smoothie Pack, Self Fertility Massage, Progesterone Cream, All Fertilica Herbs.</p>	<p>Minimum 3 months</p>
<p><u>EndoWise</u> <u>Fertility Kit</u></p> 	<p>Designed to help support normal endometrial tissue function, support normal hormonal balance, encourage circulation to the reproductive system, and prepare the body for pregnancy.</p>	<p>Fertile Women One Daily, FertiliGreens, Self Fertility Massage DVD, Maca, Vitex, Cod Liver Oil, Choice Antioxidants, CoQ10 Ubiquinol, UteriCalm, Red Raspberry Leaf Tea, Evening Primrose Oil.</p>	<p>Minimum 3 months</p>
<p><u>FallopianWise</u> <u>Fertility Kit</u></p> 	<p>Designed to help support normal fallopian tube health by supporting healthy circulation of the fallopian tubes and reproductive system.</p>	<p>Fertile Women One Daily, FertiliGreens, FertiliWhey, CoQ10 Ubiquinol, Maca, Vitex, Cod Liver Oil, Progesterone Cream, UteriCalm.</p>	<p>Minimum 3 months</p>
<p><u>Fertility</u> <u>Smoothie Pack</u></p> 	<p>A great way to support every couple's fertility diet, helping to bridge the gap for healthy preconception nutrition. Fertility smoothies are an easy way to get antioxidants, vitamins, minerals, and fertility superfoods into your diet.</p>	<p>Fertility Cleanse Kit, Fertile Woman One Daily, Cod Liver Oil, Conceptions Tea, Progesterone Cream, All herbs.</p>	<p>Minimum 3 months</p>
<p><u>HormoneWise</u> <u>Fertility Kit</u></p> 	<p>The HormoneWise Fertility Kit contains herbs and supplements to support the body in promoting healthy hormonal balance, a healthy uterine lining, regular ovulation, improved estrogen metabolism, reduced cravings for sweets and improved digestion.</p>	<p>Fertility Smoothie Pack, Self Fertility Massage, Castor Oil Pack, CoQ10 Ubiquinol, UteriCalm, Red Raspberry Leaf Tea, Progesterone Cream.</p>	<p>Minimum 3 months</p>
<p><u>Male Factor</u> <u>Formula Kit</u></p> 	<p>The Male Factor Formula Kit contains herbs and nutritional supplements that help to support normal sperm health, count and motility.</p>	<p>Great After the Male Fertility Cleanse, Fertility Smoothie Pack, Choice Antioxidants, Cod Liver Oil, L Arginine.</p>	<p>Minimum 3 months</p>

<p>OvarianWise Kit</p> 	<p>Designed to support ovarian health and promote normal ovarian circulation. The herbs and supplements in this program help support the body to balance hormones, maintain normal ovarian health and encourage a normal ovarian environment.</p>	<p>Self Fertility Massage, FertiliGreens, Fertility Smoothie Pack, All Fertilica Herbs.</p>	<p>Minimum 3 months</p>
<p>Pregnancy Preparation Kit</p> 	<p>The Pregnancy Preparation kit is a great starter kit for women who are planning on trying to conceive and want to prepare their bodies for conception.</p>	<p>Self Fertility Massage, Conceptions Tea, FertiliGreens, Fertility Smoothie Pack, CoQ10 Ubiquinol, Choice Antioxidants, Evening Primrose Oil, Red Raspberry Leaf Tea, UteriCalm, Progesterone Cream.</p>	<p>1-3 months minimum</p>
<p>UterineWise Kit</p> 	<p>This kit is designed to promote hormonal balance, support the body's natural ability to reduce occurrences of occasional growths within the uterus and assist the body's natural ability to maintain normal uterine health.*</p>	<p>Vitex, Maca, Tribulus, Conceptions Tea, Fertile Woman One Daily, FertiliGreens, Fertility Smoothie Pack, UteriCalm, Evening Primrose Oil, L Arginine, Red Raspberry Leaf Tea, Progesterone Cream.</p>	<p>Minimum 3 months</p>
<p>Recovery Wellness</p> 	<p>The Recovery Wellness Kit is designed to comfort, ease and aid a woman's body, mind and soul in the recovery process post-pregnancy loss. This kit combines key herbs and the highest quality therapeutic essential oils to support you through this recovery time.*</p>	<p>Fertile Woman One Daily, FertiliGreens, Fertility Smoothie Pack, UteriCalm, Evening Primrose Oil, CoQ10 Ubiquinol, Maca, Choice Antioxidants.</p>	<p>Approximately 1 month</p>
<p>Pregnancy Wellness</p> 	<p>The Pregnancy Wellness Kit is designed to help you and your growing baby get the necessary nutrients during your pregnancy and beyond.*</p>	<p>Star of Bethlehem Flower Essence, UteriCalm, Progesterone Cream.</p>	<p>Throughout pregnancy and breastfeeding.</p>


Fertility Herbs








SUPPLEMENT NAME	INTENDED USE	CAN BE TAKEN WITH	FOR BEST RESULTS USE
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<p>Maca</p> 	<p>Maca is a nourishing food for the endocrine system, helping to support hormonal balance. Maca has the ability to affect key hormones in both women and men without containing hormones itself.</p>	<p>All of our products including: Vitex, Conceptions Tea, FertiliCare Phase 1&2, Progesterone Cream, MH5, Fertility Cleanse Kits.</p>	<p>Minimum 3 months. Continuously, all month long</p>
<p>Vitex</p> 	<p><i>Vitex angus-castus</i>, also known as Chaste Tree Berry, is one of the most popular and beneficial herbs for women's fertility and menstrual health. Also available in organic capsules.</p>	<p>All of our products including: Conceptions Tea, Fertility Smoothie Pack, Cod Liver Oil.</p>	<p>Minimum 3 -6 months. Continuously, all month long.</p>
<p>Dong Quai</p> 	<p>A nourishing tonic and fertility herb, Dong Quai helps to support normal blood flow to the reproductive system and aids the body in producing and nourishing the blood*</p>	<p>All of our products including: Vitex, Maca, FertiliCare 1&2, Tribulus.</p>	<p>All month long except during menstruation.</p>
<p>Tribulus</p> 	<p>Tribulus Terrestris has been used traditionally for fertility and reproductive health support for hundreds of years.</p>	<p>All of our products including: Maca, Dong Quai, Conceptions Tea, L Arginine</p>	<p>Continuously, all month long.</p>
<p>Conceptions Tea</p> 	<p>Conceptions Tea contains herbs that normalize, tone, and nourish the female reproductive system while supporting hormone balance.</p>	<p>All of our products including: Vitex, Maca, Progesterone Cream, Fertile Herbs</p>	<p>Continuously, all month long.</p>
<p>FertiliCare 1 & 2</p> 	<p>FertiliCare Phase 1 & 2 Monthly Program is a liquid herbal program designed to support a woman's general reproductive health throughout her monthly fertility cycle.</p>	<p>All of our products including: Evening Primrose Oil, Progesterone Cream, Choice Antioxidants, FertiliGreens, Cod Liver Oil, CoQ10 Ubiquinol.</p>	<p>Minimum 3 months.</p>
<p>UteriCalm</p> 	<p>UteriCalm is a liquid herbal blend designed to help calm and relax the uterus. The herbs in this blend have been used for centuries to support uterine health in preparation for pregnancy, as well as the early phases of pregnancy.</p>	<p>All of our products during preconception including: Wobenzym N, Fertilica Herbs, Conceptions Tea, Fertility Smoothie Pack.</p>	<p>Can be used all month long in preparation for conception as well as into early pregnancy as a uterine tonic.</p>

<p>RejuvaFlow</p> 	<p>RejuvaFlow is an activating herbal blend designed to encourage and promote healthy menstruation. This formula is designed to help encourage or "re-start" the monthly menses that is missing due to hormonal irregularities.</p>	<p>All of our nutritional products including: Maca, Fertile Woman One Daily Multivitamin, Cod Liver Oil, Fertility Smoothie Pack, Self Fertility Massage, Conceptions Tea, Evening Primrose Oil, Red Raspberry Leaf Tea. Next Step: FertiliCare 1&2</p>	<p>As directed on bottle. Discontinue use once menses returns.</p>
<p>RecoverWell</p> 	<p>RecoverWell is a comforting and supporting herbal blend designed to help support the body in recovering from a pregnancy loss.</p>	<p>All of our products including: Multivitamin, Cod Liver Oil, FertiliWhey, FertiliGreens, Blood Builder, Red Raspberry Leaf Tea, Evening Primrose Oil, Fertile Woman One Daily Multivitamin.</p>	<p>For one cycle.</p>
<p>Harmonize 1&2</p> 	<p>Harmonize Phase 1 & 2 Monthly Program is a liquid herbal program designed to support hormonal balance throughout your monthly fertility cycle.</p>	<p>DIM Complete, Cod Liver Oil, FertiliWhey, FertiliGreens, Fertility Smoothie Pack, UteriCalm, Wobenzym N, Evening Primrose Oil, CoQ10 Ubiquinol, Self Fertility Massage, Fertile Woman One Daily Multivitamin.</p>	<p>Minimum 3 months.</p>
<p>MH5</p> 	<p>MH5 is an herbal reproductive tonic formulated specifically to support male reproductive health and fertility.</p>	<p>Men's Whole Food Multi, L Carnitine, Maca, FertiliWhey, FertiliGreens, Fertility Smoothie Pack, CoQ10 Ubiquinol, Cod Liver Oil, L Arginine, Choice Antioxidants.</p>	<p>Continuously, all month long</p>
<p>Women's Best Friend</p> 	<p>Works with the body's natural detoxification processes and supports normal endometrial growth and uterine health while reducing occasional discomforts in the reproductive organs, including abnormal bleeding.</p>	<p>Liver Cleanse Tea, Choice Antioxidants, Conceptions Tea, CoQ10 Ubiquinol, UteriCalm, Progesterone Cream, Red Raspberry Leaf Tea, All Nutritional Products, Self Fertility Massage, Wobenzym N.</p>	<p>As directed.</p>
<p>Liver Cleanse Flushing Tea</p> 	<p>Liver Cleanse Flushing Tea helps to support the liver in cleansing the blood of toxins and excess hormones.</p>	<p>All of our products including: Conceptions Tea, FertiliCare 1&2, Liver Renew Capsules, Fertility Smoothie Pack.</p>	<p>As directed.</p>
<p>Liver Renew Caps</p> 	<p>Liver Renew capsules contain an important herbal blend to support liver health.</p>	<p>All of our products.</p>	<p>As directed.</p>



Women Supplements

SUPPLEMENT NAME	INTENDED USE	CAN BE TAKEN WITH	FOR BEST RESULTS USE
<p>FertiliGreens</p> 	<p>FertiliGreens is a great way to make sure you are getting all of your greens on a daily basis.</p>	<p>All of our products.</p>	<p>Daily, all month long.</p>
<p>DIM Complete</p> 	<p>DIM Complete supports the body by enhancing estrogen metabolism, which helps to maintain healthy estrogen levels. This unique ability sets DIM Complete apart from other plant sourced nutrients.</p>	<p>All of our products including: Progesterone Cream, Maca, Vitex, Dong Quai, Wobenzym N</p>	<p>As directed all month long.</p>
<p>Fertile Woman One Daily</p> 	<p>Fertile Woman One Daily is a whole food multivitamin formulated specifically for the needs of women in their reproductive years.</p>	<p>All of our products including: FertiliCare 1&2, FertiliGreens, FertiliWhey, Maca, Fertility Smoothie Pack, Cod Liver Oil.</p>	<p>Continuously, all month long. Switch to Baby & Me Prenatal Multivitamin once you are pregnant.</p>
<p>Baby & Me Multivitamin</p> 	<p>This complete, 100% whole food multivitamin contains all of the vitamins and minerals necessary for healthy fertility and pregnancy.</p>	<p>All of our products including: Cod Liver Oil, Choice Antioxidants, All Fertilica Herbs, Red Raspberry Leaf Tea, Progesterone Cream.</p>	<p>Continuously, all month long</p>
<p>Fertilica Ubiquinol</p> 	<p>Fertilica Ubiquinol is the most biologically active form of coenzyme Q10. Ubiquinol has been shown to improve both egg and sperm health, while playing a key role in protecting DNA at a cellular level.</p>	<p>All of our products including: Fertile Woman One Daily Multivitamin, FertiliGreens, Choice Antioxidants, All Fertilica Herbs.</p>	<p>Continuously, all month long</p>
<p>Cod Liver Oil</p> 	<p>Fertilica Cod Liver Oil is high in omega-3 essential fatty acids. Omega-3 fats contain two acids that are crucial to good health: DHA and EPA.</p>	<p>All of our products including: Fertile Woman One Daily, Choice Antioxidants, All Fertilica Herbs.</p>	<p>Continuously, all month long.</p>

<p><u>Evening Primrose Oil</u></p> 	<p>Evening Primrose Oil is a wonderful fertility aid helping to support hormone balance and cervical mucus production.</p>	<p>All of our products including: Cod Liver Oil, Choice Antioxidants, Fertilica Herbs.</p>	<p>Use as directed daily.</p>
<p><u>Choice Antioxidants</u></p> 	<p>This formulation is the perfect blend of the most important antioxidants in amounts required to support and protect cell health.</p>	<p>All of our products including: Cod Liver Oil, Fertile Woman One Daily Multivitamin, All Fertilica Herbs.</p>	<p>Continuously, all month long.</p>
<p><u>L Arginine</u></p> 	<p>L-Arginine is an essential amino acid that supports healthy circulation to the reproductive system for both women and men.</p>	<p>All of our products including: Cod Liver Oil, Evening Primrose Oil, Choice Antioxidants, All Fertilica Herbs.</p>	<p>As directed.</p>
<p><u>Slow Flow</u></p> 	<p>Formulated by a Naturopathic Doctor, this herbal blend is designed to help balance heavy menstrual cycles.</p>	<p>All of our products including: Fertile Woman One Daily Multivitamin, Vitex, Maca, FertiliCare 1&2, Harmonize 1&2, Progesterone Cream.</p>	<p>As directed.</p>
<p><u>Fem Rebalance</u></p> 	<p>Fem Rebalance is a botanical "reset" formula that promotes restored hormonal balance. Useful for those coming off hormonal contraception and after rapid weight loss or gain.</p>	<p>Fertile Woman One Daily Multivitamin, Royal Jelly, Maca, Fertility Smoothie Pack, Self Fertility Massage, CoQ10 Ubiquinol, Cod Liver Oil, Conceptions Tea.</p>	<p>As directed.</p>
<p><u>Blood Builder</u></p> 	<p>Blood Builder is an easy way to supplement your diet with a whole food iron that is easily absorbed and utilized by the body.</p>	<p>All of our products including: Cod Liver Oil, Fertile Woman One Daily, Fertilica Herbs.</p>	<p>Continuously, all month long.</p>
<p><u>Progesterone Cream</u></p> 	<p>Fertilica Natural Progesterone, a natural bio-identical progesterone cream, can help to supplement the body's own progesterone levels.</p>	<p>All of our products including: Vitex, Conceptions Tea, Fertilica Herbs, DIM Complete, Choice Antioxidants.</p>	<p>Use as directed. Continue use during pregnancy until you can switch to a pure cream like Emerita Pro-Gest. Contact your provider for further guidance in pregnancy.</p>

<p>Royal Jelly</p> 	<p>Traditionally used to support health and longevity, Royal Jelly is rich in amino acids, vitamins and minerals.</p>	<p>All of our products including: Vitex, Conceptions Tea, Fertilica Herbs, Progesterone Cream, Maca.</p>	<p>Use as directed.</p>
<p>Candida Balance</p> 	<p>Candida Balance is an herbal blend designed to help normalize yeast overgrowth while supporting a healthy internal environment.</p>	<p>FertiliGreens, Choice Antioxidants, Tribulus, Vitex, Maca, Cod Liver Oil. Best used in combination with Yeast Arrest suppositories for women.</p>	<p>Use as directed. Supportive to avoid eating dietary sugars.</p>
<p>Adrenal Strength</p> 	<p>Adrenal Strength nourishes and supports healthy adrenal function naturally with 100% whole food nutrients, medicinal mushrooms and a variety of whole herbs.</p>	<p>All of our products including: Cod Liver Oil, Choice Antioxidants, All Fertilica Herbs.</p>	<p>Use as directed daily.</p>

Men Supplements

SUPPLEMENT NAME	INTENDED USE	CAN BE TAKEN WITH	FOR BEST RESULTS USE
<p>Men's Multi</p> 	<p>A whole food multivitamin made from 100% whole food nutrients supplying key nutrients for male health.</p>	<p>All of our products including: Fertility Cleanse for Men, Male Factor Formula Kit, MH5</p>	<p>Continuously, all month long.</p>
<p>Fertility Cleanse for Men</p> 	<p>The Male Fertility Cleanse Kit includes herbs which have been traditionally used to help support the body's natural ability to detoxify itself and maintain normal sperm health.</p>	<p>All of our products including: Men's Multi, FertiliWhey, Fertility Smoothie Pack.</p>	<p>Once every 6 months. Note: Refrain from starting any new herbs during your cleanse.</p>
<p>MH5</p> 	<p>MH5 is an herbal reproductive tonic formulated specifically to support male reproductive health and fertility.</p>	<p>All of our products including: Men's Multi, FertiliWhey, L Carnitine, FertiliGreens, L Arginine, CoQ10 Ubiquinol.</p>	<p>Continuously, all month long. Minimum use 3 months.</p>
<p>L Carnitine</p> 	<p>L Carnitine (an amino acid) is a nutrient used by the body for normal sperm function.</p>	<p>All of our products including: Men's Multi, Maca, MH5, Tribulus, L Arginine, CoQ10 Ubiquinol.</p>	<p>Continuously, all month long.</p>

<p><u>Maca</u></p> 	<p>Maca is a nourishing food for the endocrine system, helping to support hormonal balance. Maca has the ability to affect key hormones in both women and men without containing hormones itself.</p>	<p>All of our products including: Men's Multi, MH5, FertiliWhey, L Carnitine, FertiliGreens.</p>	<p>Continuously, all month long. Minimum 3 months.</p>
<p><u>Male Factor Formula Kit</u></p> 	<p>The Male Factor Formula Kit contains herbs and nutritional supplements that help to support normal sperm health, count and motility.</p>	<p>All of our products including: FertiliWhey, Choice Antioxidants, Liver Cleanse Flushing Tea, Cod Liver Oil.</p>	<p>Continuously, all month long.</p>
<p><u>Fertilica Ubiquinol</u></p> 	<p>Fertilica Ubiquinol is the most biologically active form of coenzyme Q10. Ubiquinol has been shown to improve both egg and sperm health, while playing a key role in protecting DNA at a cellular level.</p>	<p>All of our products including: Fertile Woman One Daily Multivitamin, FertiliGreens, Choice Antioxidants, All Fertilica Herbs.</p>	<p>Continuously, all month long</p>
<p><u>Choice Antioxidants</u></p> 	<p>This formulation is the perfect blend of the most important antioxidants in amounts required to support and protect cell health.</p>	<p>All of our products including: Men's Multi, MH5, FertiliWhey, L Carnitine, CoQ10 Ubiquinol.</p>	<p>Continuously, all month long. Minimum 3 months.</p>
<p><u>Tribulus</u></p> 	<p><i>Tribulus terrestris</i> has been used traditionally for fertility and reproductive health support for hundreds of years.</p>	<p>All of our products including: MH5, Maca, L Carnitine, Men's Multi.</p>	<p>Continuously, all month long. Minimum 3 months.</p>
<p><u>FertiliGreens</u></p> 	<p>FertiliGreens is a great way to make sure you are getting all of your greens on a daily basis.</p>	<p>All of our products including: FertiliWhey, Men's Multi, MH5.</p>	<p>Continuously, all month long.</p>
<p><u>Male Performance</u></p> 	<p>Male Performance offers a blend of energy boosting herbs that help support male reproductive health and erectile ability.</p>	<p>All of our products including: Men's Multi, Maca, L Carnitine, L Arginine, CoQ10 Ubiquinol, FertiliWhey, FertiliGreens, Cod Liver Oil.</p>	<p>Continuously, all month long.</p>

<p><u>Candida Balance</u></p> 	<p>Candida Balance is an herbal blend designed to help normalize yeast overgrowth while supporting a healthy internal environment.</p>	<p>FertiliGreens, Choice Antioxidants, Tribulus, Maca, Cod Liver Oil.</p>	<p>Use as directed. Supportive to avoid eating dietary sugars.</p>
<p><u>FertiliWhey</u></p> 	<p>An easy way to get protein into your daily diet, FertiliWhey tastes great and is easy to add to any fertility smoothie recipe. Comes in 3 great flavors.</p>	<p>All of our products including: FertiliGreens, Men's Multi, MH5, Choice Antioxidants</p>	<p>Continuously, all month long.</p>