

References for ***Prepare for Conception With a Multivitamin:***

by Hethir Rodriguez, C.H., C.M.T.

- Chavarro, J.E., M.D. Sc.D., Rich-Edwards, J.W., Sc.D., M.P.H., Rosner, B.A., Ph.D., Willett, W., M.D., Dr. P.H. Use of multivitamins, intake of B vitamins, and risk of ovulatory infertility. *Fertility and Sterility*: Vol. 89, Issue 3, March 2008, pp 668-676.  
doi:10.1016/j.fertnstert.2007.03.089
- S.Sasikumar, J.Shyam, Sundar, D.Dakshayani, R.Prabavathy, and M.KarthikaInt. *J. Curr. Res. Aca. Rev.* (2014); 2(2): 96-115. A study on significant biochemical changes in the serum of infertile women. Retrieved from: <http://www.ijcrar.com/vol-2-2/S.Sasikumar,%20et%20al.pdf>
- Hirofumi Henmi, MDa, Toshiaki Endo, MDa, Yoshimitsu Kitajima, MDa, Kengo Manase, MDa, Hiroshi Hata, MDb, Ryuich Kudo, MDa. Effects of ascorbic acid supplementation on serum progesterone levels in patients with a luteal phase defect. *Fertility and Sterility*: Vol. 80, Issue 2, Aug. 2003, pp 459-46.1doi:10.1016/S0015-0282(03)00657-5
- Vézina, D., Mauffette, F., Roberts, K. D., & Bleau, G. (1996). Selenium-vitamin E supplementation in infertile men. *Biological Trace Element Research*, 53(1-3), 65-83.
- Keskes-Ammar, L., Feki-Chakroun, N., Rebai, T., Sahnoun, Z., Ghozzi, H., Hammami, S., ... & Bahloul, A. (2003). Sperm oxidative stress and the effect of an oral vitamin E and selenium supplement on semen quality in infertile men. *Systems Biology in Reproductive Medicine*, 49(2), 83-94.
- S.Sasikumar, J.Shyam, Sundar, D.Dakshayani, R.Prabavathy, and M.KarthikaInt. *J. Curr. Res. Aca. Rev.* (2014); 2(2): 96-115. A study on significant biochemical changes in the serum of infertile women. Retrieved from: <http://www.ijcrar.com/vol-2-2/S.Sasikumar,%20et%20al.pdf>
- Pal, L., Berry, A., Coraluzzi, L., Kustan, E., Danton, C., Shaw, J., & Taylor, H. (2012). Therapeutic implications of vitamin D and calcium in overweight women with polycystic ovary syndrome. *Gynecological Endocrinology*, 28(12), 965-968.
- Murray, Michael T., N.D. (1996). *Encyclopedia of Nutritional Supplements The Essential Guide for Improving Your Health Naturally*; Vitamin E: pp. 44-53. New York: Three Rivers Press.
- University of Granada. (9/28/2011). Low zinc and copper levels might cause spontaneous abortion. Retrieved online from:  
[http://www.eurekalert.org/pub\\_releases/2011-09/uog-lza092811.php](http://www.eurekalert.org/pub_releases/2011-09/uog-lza092811.php)