

# Male & Female Supplement Protocol Card

Evidence-based supplements with doses, timing, and trusted brands

## Female Fertility Supplements

SUPPLEMENT	DOSE	TIMING	NOTES
Folate (methylfolate)	800 mcg/day	3+ months before conception	Avoid folic acid if MTHFR+
CoQ10 (ubiquinol)	200–600 mg/day	With fatty meal	Supports egg quality; 3–6 months for effect
Vitamin D3	2,000–4,000 IU/day	Morning with fat	Test levels; aim for 40–60 ng/mL
Omega-3 (DHA/EPA)	1,000–2,000 mg/day	With meal	Choose tested-for-mercury brands
Iron (if deficient)	18–27 mg/day	Empty stomach or with vitamin C	Test ferritin; supplement only if low
Myo-inositol	2,000–4,000 mg/day	Split into 2 doses	Especially helpful for PCOS
Magnesium glycinate	200–400 mg/day	Evening	Supports progesterone and sleep
Vitamin B6	50–100 mg/day	Morning	Supports luteal phase

## Male Fertility Supplements

SUPPLEMENT	DOSE	TIMING	NOTES
CoQ10 (ubiquinol)	200–400 mg/day	With fatty meal	Improves motility and morphology
Zinc	25–50 mg/day	With food	Critical for testosterone and sperm production
Selenium	100–200 mcg/day	With meal	Supports sperm formation

SUPPLEMENT	DOSE	TIMING	NOTES
Vitamin C	500–1,000 mg/day	Any time	Protects sperm DNA from oxidative damage
Vitamin E	400 IU/day	With fat	Works synergistically with selenium
L-Carnitine	1,000–2,000 mg/day	Split doses	Supports sperm motility
Folate (methylfolate)	400–800 mcg/day	Morning	Reduces sperm DNA fragmentation
Omega-3 (DHA/EPA)	1,000–2,000 mg/day	With meal	Improves sperm membrane fluidity

#### TIMING MATTERS

Start supplements at least 3 months before trying to conceive. Sperm take ~74 days to mature, and egg quality improvements need similar lead time.

#### IMPORTANT

This is educational information, not medical advice. Work with your healthcare provider to determine appropriate supplementation for your situation.