

HEIDI *brockmyre*

# Fertility Supplement Guide

**Please read carefully through the entirety of this guide from start to finish before purchasing supplements** for crucial fertility supplementation information that I have carefully crafted based on my many years of clinical experience in succeeding with helping fertility-challenged women get pregnant. (Trust me. You'll learn a lot!)

I continuously update this guide as I comb through the latest research and consult with the developers of nutritional supplements. I recommend the most effective and current nutritional approaches to support fertility, conception and pregnancy based on my findings and clinical experience.

## Why is it so important to take supplements when priming for pregnancy?

The simple fact is that research and studies have been done which prove that women who take supplements get pregnant faster and have better pregnancies.

Here's a great example:

The Journal of Reproductive Medicine conducted a study in 2004 which showed a correlation between fertility supplements and pregnancy rates. The double blind study (in which neither the researchers nor the subjects knew who was taking placebo and who was taking the fertility supplements) conducted at Stanford University, involved thirty women between the ages of twenty-four to

forty-six, who had not been able to conceive. After five months, five of the fifteen women taking fertility supplements conceived, while there were no pregnancies in the placebo group.

In fact, research and clinical practice come down on the side of fertility supplementation for both aspiring parents. Regardless of which one of you has been diagnosed with an imbalance, increasing both partners' level of health has been linked with higher pregnancy rates. This is of course common sense—the healthier the genetic material, the healthier the child.

There really is no arguing against the fact that a healthy YOU makes a healthy little you!

And because it takes 3 months for your eggs to mature, starting to take supplements at least 3 months before you conceive improves the quality of your egg to be ovulated and fertilized.

It's also important to note that while supplements don't replace a healthy diet, they sure as anything help with keeping your health consistent.

Especially if you find yourself nauseous before or during a pregnancy and find it hard to eat, the supplements provide your body with the nutrients it needs for a healthy lasting pregnancy and provide you with a healthier child when you do conceive.

Along with those benefits, supplements also:

- Support your immune system
- Assist in detoxification
- Help you manage stress
- Reduce inflammation and autoimmune conditions
- Give you more energy and keep your spirits lifted. There's nothing like great

health to give you a positive outlook

In my clinical practice, I see it all the time. Results are significantly improved among those taking supplements.

Getting pregnant and sustaining a healthy baby takes serious amounts of nutrients, so you really need to cover all your bases. Otherwise you end up wasting a lot of time and money.

You may be concerned about the cost, but really, it's worth the money. And as a bonus, you'll likely feel a lot better in so many ways! You'll improve the quality your life and your longevity, while you're at it. So it's a pretty darn good investment.

The quality of the supplements is extremely important. Otherwise you're throwing money away and wasting the time and effort of downing a boatload of pills everyday. I like the brand Metagenics™(I tell you why below). I'll also list the product offered by Metagenics that coincide with my recommended list.

If you don't choose Metagenics, be sure you use a brand that specializes in making high quality supplements, uses organic products, and is research based.

**\*If you are outside of the United States**, then you will not be able to order Metagenics from me, but may be able to find a Metagenics practitioner in your area. If not, I suggest you find an equally high quality supplement brand in your country and follow my recommendations as outlined below.

**If you're in the United States, to buy Metagenics™, you can purchase them at: [heidibrockmyre.com/supplements](https://heidibrockmyre.com/supplements).**

You can use this coupon code to get 20% off your first order: **NEW-20-OFF**. **Although it's usually automatically taken off your first order.** (I recommend stocking up a few month's worth to take advantage of this one time discount.)

### Why I like Metagenics Supplements?

I did the research so you wouldn't have to!

While I am considered an affiliate of the Metagenics brand and receive a commission if you buy the brand from me, I want you to know that I only recommend products I trust and have used myself. I could be an affiliate of any supplement brand, but I researched, consulted professionals, tried and tested their products and have found that Metagenics™ is the best of the best.



## My Recommended Supplement Protocols

*\*\*\*At the end of this guide is an [easy-to-reference chart](#) listing the different recommended nutritional protocols specific to your situation.*

In this guide I suggest 8 different Fertility Support Protocols depending on your specific needs. Each protocol includes the Preconception Support Protocol, however other recommendations are added if you have additional complications.

\*I highly recommend that both you and your male partner (if in a heterosexual relationship) take supplements, even if he has not been diagnosed with Male Factor Infertility. (I go into more detail in the Male Fertility Support Section.)

## **My 8 Fertility Support Protocols include:**

1. Preconception Support
2. Male Fertility Support
3. Inflammatory Support
4. Egg Health Support
5. PCOS Support
6. Fibroid Support
7. Irregular Cycle Support
8. MTHFR Support

### **1) Preconception Support Protocol for Women**

- **High quality MTHFR-safe Daily Prenatal Vitamin** (methylfolate rather than folic acid)
- **Omegas** - 700-1000mg daily (should include DHA)
- **Daily Antioxidant Powder**
- **Probiotics**
- **Gut repair formula** (Month 1)
- **Detox** (Month 2)

I recommend this protocol for any woman who's ready to conceive and wants to prime her fertility but doesn't have more complicated accompanying issues. (You can add on additional supplements to this base protocol as needed.)

The primary goals are to get high quality nutritional support, heal the gut for better nutritional absorption (because everyone has some degree of leaky gut) and to support liver detoxification.

Your prenatal vitamin should be **MTHFR-safe**, meaning it should have methylfolate rather than folic acid. Most women don't know if they're positive for the genetic mutation called MTHFR. If they are, then they can not break down folic acid which causes elevated homocysteine levels. This is a commonly known risk factor contributing to recurrent pregnancy loss, preeclampsia, infertility, Down Syndrome and other serious concerns surrounding pregnancy.

40% of the population is MTHFR positive. 70% of women diagnosed with infertility are MTHFR positive. As a result, I recommend that everyone take an MTHFR-safe prenatal. Folic acid can cause more toxicity for women with MTHFR. Methylfolate is a bioavailable form of folate and is safe for anyone.

I do recommend getting tested for the MTHFR gene. If you can't get tested through your doctor, there are several companies online, like [livinggenes.com](https://www.livinggenes.com), where you can test from home. (More on recommended testing at the end of this guide.) If you are positive, I make additional supplement recommendations in the MTHFR Support Protocol section below.

**Omeegas (Essential Fatty Acids)** regulate hormones, increase blood flow to the uterus, reduce inflammation, increase cervical mucus, improve egg and sperm health (DHA specifically) and help to regulate your cycle. Additionally, they're necessary for the brain development of your baby-to-be. Make sure you use a good quality brand that third party tests the fish oils for contaminants like mercury and mold, such as the Metagenics brand.

For an MTHFR-safe prenatal vitamin and omega support, I recommend the **Metagenics Pregnancy Wellness Essentials Packet for Women** which includes the MTHFR-safe prenatal vitamin, Calcium/Magnesium, Choline for egg quality and 700mg of Omega Fish Oil with DHA.

A **gut repair formula** is important for healing leaky gut. Leaky gut means that food that is not thoroughly broken down can leak through what's called "tight junctions" that have become broken apart in your intestinal lining. This leads to malabsorption of nutrients, which affects egg and hormonal health, as well as inflammation in the body. You may develop food sensitivities and/or an autoimmune condition as your body attacks the undigested food in the bloodstream treating it as a foreign object.

I like **Metagenics UltraGI Replenish** for healing the gut. It's an easy to drink tasty shake designed specifically for healing leaky gut.

\*I strongly recommend healing the gut first before doing a detox otherwise the toxins can recirculate into the bloodstream through the gut and make you feel sick.

It's important to safely **detox** your system not only to improve your fertility and hormonal health, but also so that your child is not born with high levels of BPA - an industrial chemical that has been used to make plastics. Toxins stored in the body put a strain on your adrenals, disrupt healthy reproductive hormonal activity and may contribute to autoimmune and inflammatory conditions.

You can choose a gentle liver detox that supports Phase 1 and Phase 2 of the liver detoxification process, like **Metagenics Advaclear**. This supplement can be taken whenever you feel you need additional liver detoxification support, such as after a round of fertility medications (if you're not pregnant).

If you need a more heavy duty thorough detoxification, like in the case of MTHFR positive or autoimmune issues, then I recommend **Metagenics Clear Change 10 Day Program Detox**. This is a 10-day program that includes an accompanying suggested meal plan. It detoxifies your entire system, including the kidneys and liver, as well as removing heavy metals and xenoestrogens. You'll receive a meal plan to follow with

the 10 Day Detox. I've seen patients drop 5-15 pounds after this detox.

*\*The **Metagenics Clear Change 10 Day Program** should be done in the first half of the menstrual cycle before ovulation.*

*\*During these 10 days, you can stop taking your other supplements. You'll receive a meal plan to follow with the 10 Day Detox. Resume your other supplements once you've completed the program.*

Ongoing **probiotic support** is recommended not only for digestive health but to maintain a healthy vaginal environment free from bacterial infections that are inhospitable to sperm. Probiotics balance the flora and help you to produce sperm-friendly fertile cervical mucus. **Metagenics UltraFlora Women's Probiotics** is formulated specifically to support women's vaginal flora.

A daily **organic antioxidant powder** maintains a healthy liver and therefore supports healthy hormones, cleans up free radicals, improves the immune system, improves energy and mood, and supplements your diet with highly nutritive superfoods. (By improving your immune system with daily antioxidants, you won't get sick as often. Getting sick takes a toll on your fertility.)

Not all antioxidant powders are created equally though. Some are not organic and/or have herbs in addition to fruit and vegetable ingredients, which may not be appropriate for you. I recommend an organic, primarily food-based antioxidant powder, like **Metagenics Phytoganix™**.

**Metagenics Brand Preconception Protocol Includes:**

Take ongoing until pregnant and throughout pregnancy:



- **Metagenics Pregnancy Wellness Essentials Pregnancy Packet for Women** (Includes MTHFR-safe prenatal vitamin, calcium/magnesium, Choline for egg quality and omega fish oil with DHA). *Take ongoing through pregnancy.*
- **Metagenics Phytoganix™** Organic Superfruits and Greens Powder for top quality all organic source. *Take ongoing through pregnancy.*
- **Metagenics UltraFlora Women's Probiotics.** *Take ongoing through pregnancy.*

Take additionally for the first month of Preconception Support:

- **UltraGI Replenish** - buy two 30 serving size packets (per person) for a 1 month program to heal your gut for better absorption of nutrients and heal leaky gut. *\*Only need 1 month's supply. This is not an ongoing supplement.*

Take additionally for the second month of Preconception Support:

- **Metagenics AdvaClear or Metagenics Clear Change 10 Day Program Detox** - gentle or more intensive detoxification program

**Signs you need the Metagenics Clear Change 10 Day Program Detox program:**

- You need to lose at least 10 lbs. (Hormones are stored in fat cells, thereby disrupting hormone balance.)
- You have a history of long-term birth control use.
- You've gone through one or more medicated fertility treatment cycles
- You've taken a lot of medications, including over-the-counter pain relievers
- You've eaten a lot of non-organic and/or unhealthy processed foods
- You experience frequent headaches and/or nausea
- You've been exposed to toxins in the workplace or environmentally
- You have a history of alcohol or substance abuse

- You're MTHFR-positive
- You have PCOS, fibroids, or an autoimmune condition
- You've got hypothyroidism, endometriosis or fibroids (I go into more details about this further on in this guide.)

*\*If preparing for an upcoming fertility treatment cycle, only do the **Metagenics Clear Change 10 Day Program** if you have at least 2 months beforehand to prepare. That gives you time to heal your gut the first month and do the detox the second month.*

*\*During these 10 days, you can stop taking your other supplements. You'll receive a meal plan to follow with the 10 Day Detox. Resume your other supplements once you've completed the program.*

*\*The **Metagenics Clear Change 10 Day Program Detox** should be done in the first half of the menstrual cycle before ovulation.*

### **Additional Preconception Support Supplements:**

GET TESTED!

Be sure to have your levels tested for these two important nutrients:

✓ **Vitamin D** - Low Vitamin D levels can cause infertility in men and women, miscarriages and many other healthy issues. It's a common and serious issue, yet very easy to test and treat.

If your levels are low, begin by supplementing with Vitamin D3 with a dosage of at least 5000 IU daily. If severely low, begin with 10,000 IU daily. Have your levels retested after about 2 months of supplementation. Once you're within normal levels, take 2000 IU daily to maintain healthy levels. Healthy levels are between 50 and 70 ng/ml.

- **Metagenics D3 10,000 with K2 (tested extremely low)**
- **Metagenics D3 5,000 (tested low)**
- **Metagenics D3 2000 Complex (daily maintenance)**

✓ **Iron** - Iron deficiency in pregnancy is linked with infertility, miscarriage, low birth weight babies, preterm labor, postpartum depression and iron deficiency in infants.

If your iron is low, be sure to take an iron supplement like **Metagenics Hemagenics**.

**If you're concerned about Egg Quality:**

- **Add CoQ10 (Ubiquinol)**

**CoQ10** is a potent antioxidant that protects DNA from free radical damage thereby improving egg quality. CoQ10 stabilizes the cell membrane. Fertility and Sterility published a study showing that supplementation of 600 mg of CoQ10 daily by older women improved both egg quality and fertilization rates.

**Metagenics CoQ10 ST-200** provides a highly absorbable bioavailable form of CoQ10 with the additional antioxidant power of Vitamin E which also protects cellular health to improve egg quality.

Take 2-3 capsules (400-600mg) daily until pregnant.

## 2) Male Fertility Support Protocol

It is JUST as important for men to support their fertile health as it is for women whether or not he's had a normal semen analysis. Of all infertility cases,

approximately 40–50% is due to “male factor” infertility. Even if he is “normal”, the healthier his sperm is, the better chance of fertilization and a healthy embryo.

The good news is that sperm responds quickly to dietary changes and nutritional supplementation. And like egg health, it takes about 70-90 days for sperm to mature.

The Male Fertility Support Protocol is almost identical to the Preconception Support protocol for women, except it includes a daily multivitamin for men rather than a prenatal and a general probiotic rather than the female-targeted one.

- **High quality MTHFR-safe Daily Multivitamin Vitamin** (methylfolate rather than folic acid)
- **Omeegas - 700-1000mg daily** (should include DHA) - improves sperm quality
- **Daily Antioxidant Powder** - Antioxidants have been proven to significantly improve sperm quality.
- **Probiotics**
- **Gut repair formula** (Month 1)
- **Detox** (Month 2) - I recommend the more intensive detox protocol for men. They tend to take less care of themselves, eat more meat and drink more so are in need of a more in-depth detox overhaul.

### **Metagenics-Brand Male Fertility Support Protocol Includes:**

Take ongoing:

- **Metagenics Wellness Essentials Men’s Vitality** - balances hormones, supports sexual function and maintains health for improved sperm quality. It includes Omegas and Zinc.
- **Metagenics Phytoganix™** Organic Superfruits and Greens Powder for top quality all organic source.

- **Metagenics UltraFlora Balance Probiotics.** *Take ongoing through pregnancy.*
- **COQ10 (Ubiquinol) - like Metagenics CoQ10 ST-200**

Take additionally for the first month of Male Fertility Support:

- **UltraGI Replenish** - buy two 30 serving size packets (per person) for a 1 month program to heal your gut for better absorption of nutrients and heal leaky gut. *\*Only need 1 month's supply. This is not an ongoing supplement.*

Take additionally for the second month of Male Fertility Support:

- **Metagenics AdvaClear or Metagenics Clear Change 10 Day Program** - gentle or more intensive detoxification program

*\*During the **Metagenics Clear Change 10 Day Program**, you can stop taking your other supplements. Resume your other supplements once you've completed the program. You'll receive a meal plan to follow with the 10 Day Detox.*

**\*Men should also have their Vitamin D levels tested.** They can follow the same dosage recommendations as I suggested above.

In men, vitamin D is essential for the healthy development of the nucleus of the sperm cell, and helps maintain semen quality and sperm count. Vitamin D also increases levels of testosterone, which may boost libido.

**CoQ10** is a potent antioxidant that protects DNA from free radical damage thereby improving sperm quality. CoQ10 stabilizes the cell membrane. It is a source of fuel for the mitochondria – which are the “powerhouse” of the cells that convert energy for the cell to use. Co-Q 10 declines with age so it's an important supplement. A study in Fertility and Sterility shared that CoQ10 helped to increase the sperm motility in semen.

### 3) Inflammatory Support Protocol

#### (i.e. Endometriosis and Hypothyroidism)

This protocol should be considered by those with autoimmune and inflammatory conditions like Autoimmune Hypothyroidism (Hashimoto's) and Endometriosis. Oftentimes these conditions go together. Women with endometriosis are at an increased risk for hypothyroidism. It's also worth noting that many women with these conditions are also MTHFR-positive.

Both endometriosis and Hashimoto's can go undiagnosed. Almost all cases of hypothyroidism in the U.S. are due to an autoimmune condition rather than an iodine deficiency. (Iodine deficiency is more common in developing countries.)

You can have autoimmune hypothyroidism without testing positive for the thyroid antibodies. Once you've tested positive, you're already at an advanced stage.

\*It's important to note that you should NOT take an iodine supplement if you've been diagnosed with Hashimoto's (or suspect autoimmune hypothyroidism). This is because it requires your thyroid to work even harder to process the iodine and potentially cause more damage and inflammation.

Those with inflammatory conditions should eliminate these top inflammatory food triggers:

- Gluten
- Soy
- Corn
- Dairy
- Caffeine
- Alcohol
- Sugar

I suggest also eliminating foods from the Nightshades category and following an Autoimmune Diet.

\*These supplement recommendations are not to take the place of thyroid

treatment.

Ideally you're taking a non-synthetic bioidentical form of thyroid medication with a combination of both T4 (80%) and T3 (20%) in a ratio that closely mimics the biological ratio. Bioidentical brands include Westhroid, Nature-Throid and Armour.

\*Thyroid medications should be taken 30-60 minutes or longer before supplements and other medications.

I recommend having your thyroid levels tested by a Naturopath. Your naturopath can go into more depth and customize a prescription for your specific thyroid needs.

### **Inflammatory Support Protocol:**

- **Preconception Support Protocol Supplements** (refer to above)
- **Digestive Enzymes** - like Metagenics SpectraZyme® Complete (enzyme support)
- **Selenium Supplement** - like Metagenics E-400 Selenium
- **MTHFR-Safe B-Complex Supplement** - like Metagenics Methyl Care
- **Metagenics SPM Active** - autoimmune-specific supplement that regulates the immune response

**Digestive enzymes** regulate the inflammatory response and are immune modulators. They also help to break down scar tissue, as in cases of endometriosis. Those with autoimmune and/or inflammatory conditions such as hypothyroidism are often deficient in digestive enzymes. Enzymes break down protein during digestion. If protein is not sufficiently broken down, it may trigger an inflammatory response.

Additionally, healing leaky gut and taking digestive enzymes allows you to effectively absorb your thyroid medication so that you can take a lower dose. (Oftentimes high doses of thyroid meds are needed because they are not being properly absorbed.)

**Selenium** has been shown to reduce inflammatory markers in those with thyroid

conditions. Selenium protects the thyroid gland from oxidative damage. Without adequate selenium, high iodine levels lead to destruction of the thyroid gland cells.

**B-Complex supplement** reduces inflammation and supports your adrenals to better handle stress. Those with autoimmune conditions are more sensitive to stress causing more inflammation. Oftentimes the adrenals are fatigued and need nutritional support. For the same reasons stated earlier in this guide, be sure to choose an MTHFR-safe B-complex supplement, like Metagenics Methyl Care. If your iron levels are also low, take Hemagenics instead.

**Metagenics SPM Active** is a supplement formulated by Metagenics specifically to address autoimmune conditions. It supports tissue health, the immune response and healthy immune cell (i.e., macrophage) resolution-related activities.

**Metagenics SPM Active** - buy 3 bottles.

- Take 6-8 pills per day first 10 days
- Take 4-6 pills per day next 10 days
- Take 2 pills per day as a maintenance (until pregnant)

## **RE: Month 2 Detox**

\*I strongly recommend doing the **Metagenics Clear Change 10 Day Program Detoxification** (rather than the gentle cleanse with AdvaClear) in the cases of PCOS, Fibroids, Inflammatory conditions and MTHFR.

*\*The **Metagenics Clear Change 10 Day Program** should be done in the first half of the menstrual cycle before ovulation.*

*\*During these 10 days, you can stop taking your other supplements. You'll receive a meal plan to follow with the 10 Day Detox. Resume your other supplements once you've completed the program.*

## **4) Egg Health Support Protocol**

This protocol is appropriate for women with poor egg health, Diminished Ovarian



Reserve (DOR), Premature Ovarian Failure, Low AMH, High FSH and/or Advanced Maternal Age.

\*If you have additional conditions, such as endometriosis, you can combine multiple protocols, like the Immune Support Protocol and the Egg Health Protocol.

### **Egg Health Support Protocol:**

- **Preconception Support Protocol Supplements** (refer to above)
- **COQ10 (Ubiquinol) - like Metagenics CoQ10 ST-200**

**CoQ10** is a potent antioxidant that protects DNA from free radical damage thereby improving egg quality. CoQ10 stabilizes the cell membrane. Fertility and Sterility published a study showing that supplementation of 600 mg of CoQ10 daily by older women improved both egg quality and fertilization rates. It is a source of fuel for the mitochondria – which are the “powerhouse” of the cells that convert energy for the cell to use. Co-Q 10 declines with age so it’s an important supplement.

**Metagenics CoQ10 ST-200** provides a highly absorbable bioavailable form of CoQ10 with the additional antioxidant power of Vitamin E which also protects cellular health to improve egg quality.

Take 2-3 capsules (400-600mg) daily until pregnant.

## **5) PCOS (Polycystic Ovarian Syndrome) Support Protocol**

### **PCOS Support Protocol:**

- **Preconception Support Protocol Supplements** (refer to above)
- **Myo-Inositol** - Metagenics Cenitol
- **Methylfolate** (MTHFR-safe bioavailable form of folic acid) **BEST CHOICE** is **Metagenics EstroFactors** - addresses MTHFR and estrogen dominance

- **Vitamin D supplementation** (based on test results)

**Myo-Inositol** is a form of a B-vitamin that is made in the body. Inositol is known to regulate insulin receptors on cell walls so that the body doesn't overproduce insulin as a result of insulin resistance. In PCOS, high **insulin** levels can cause the ovaries to make more androgen hormones such as testosterone.

Myo-Inositol has been shown to increase progesterone, lower testosterone levels, improve insulin sensitivity, decrease luteinizing hormone, and improve egg quality and pregnancy rates.

### **MTHFR, estrogen Dominance and PCOS**

There seems to be a connection with MTHFR and PCOS.

Women with PCOS have predispositions for higher homocysteine levels than other healthier women. The most commonly known inherited risk factor for elevated homocysteine levels are the genetic mutations in the MTHFR gene.

This is why I recommend supplementing with additional methylfolate. Also it's important to take myo-inositol with methylfolate to be more effective.

There's also a connection between estrogen dominance and PCOS.

It's believed that estrogen dominance causes anovulation or irregular ovulation in women with PCOS. A Lack of ovulation results in continuous high levels of estrogen and insufficient progesterone.

**Metagenics Estrofactors** promotes healthy estrogen metabolism by addressing multiple aspects, including estrogen excretion. It features natural selective estrogen receptor modulators (SERMs) to lessen the impact of the more potent forms of estrogen. **\*It includes methylfolate and calcium.**

### **Vitamin D**

**\*85% of women with PCOS are deficient in Vitamin D!**

As the researchers reported in the European Journal of Endocrinology: Among women, vitamin D appears to impact in vitro fertilization (IVF) outcomes, endometriosis, polycystic ovary syndrome (PCOS), the most common female endocrine disorder, as well as boost levels of progesterone and estrogen, which regulate menstrual cycles and improve the likelihood of successful conception

In an insightful associative study that highlighted the link between PCOS and vitamin D status, researchers found that women with higher blood levels of vitamin D were much less likely to be insulin resistant (Wehr 2011). This is especially significant for those with PCOS. A separate study found that vitamin D when administered with metformin was helpful for regulating the menstrual cycles in PCOS women (Rashidi 2009).

A study conducted by researchers at Columbia University found that Vitamin D combined with calcium supplementation helped normalize menstrual cycles for seven of 13 women with PCOS. Of the seven, two became pregnant and the others maintained normal menstrual cycles. These results suggest that abnormalities in calcium balance may be responsible, in part, for the arrested follicular development in women with PCOS and contribute to its pathogenesis (Thys-Jacobs 1999).

## **RE: Month 2 Detox**

\*I strongly recommend doing the **Metagenics Clear Change 10 Day Program Detoxification** (rather than the gentle cleanse with AdvaClear) in the cases of PCOS, Fibroids, Inflammatory conditions and MTHFR.

*\*The **Metagenics Clear Change 10 Day Program** should be done in the first half of the menstrual cycle before ovulation.*

*\*During these 10 days, you can stop taking your other supplements. You'll receive a meal plan to follow with the 10 Day Detox. Resume your other supplements once you've completed the program.*

\*For women with PCOS, it's recommended to follow a Paleo, Ketogenics or Diabetic management-type diet to sustain healthy blood sugar levels.

## 6) Fibroid Support Protocol

### Fibroid Support Protocol:

- **Preconception Support Protocol Supplements** (refer to above)
- **Digestive Enzymes** - like Metagenics SpectraZyme® Complete (enzyme support)
- **Metagenics EstroFactors** - addresses MTHFR and estrogen dominance

**Enzymes** have been known to break down fibrous tissue including uterine fibroids. Protease has shown to dissolve fibroid tumors.

Fibroid growth is stimulated by estrogen, and in women with estrogen dominance, they can grow quite quickly and can grow as large as the size of a grapefruit.

**Metagenics Estrofactors** promotes healthy estrogen metabolism by addressing multiple aspects, including estrogen excretion. It features natural selective estrogen receptor modulators (SERMs) to lessen the impact of the more potent forms of estrogen. *\*It includes methylfolate so need for Methyl Care if you are taking this supplement and are MTHFR positive.*

### RE: Month 2 Detox

\*I strongly recommend doing the **Metagenics Clear Change 10 Day Program Detoxification** (rather than the gentle cleanse with AdvaClear) in the cases of PCOS, Fibroids, Inflammatory conditions and MTHFR.

*\*The **Metagenics Clear Change 10 Day Program** should be done in the first half of the menstrual cycle before ovulation.*

*\*During these 10 days, you can stop taking your other supplements. You'll receive a meal plan to*

*follow with the 10 Day Detox. Resume your other supplements once you've completed the program.*

## 7) Irregular Cycle Support Protocol

(Short Luteal or Follicular Phase, Long cycles, Irregular Ovulation not due to PCOS)

### Irregular Cycle Support Protocol:

- **Preconception Support Protocol Supplements** (refer to above)
- **Vitex AKA Chasteberry - Metagenics Chasteberry Plus**
- **Metagenics EstroFactors** - addresses MTHFR and estrogen dominance

Estrogen dominance, low progesterone and/or low estrogen can all contribute to cycle irregularity. Low healthy estrogen levels may be due to an overload of toxic estrogens in your system from exposure to environmental sources of toxic estrogens. Estrogen dominance may be due to low progesterone levels or excessive toxic estrogen levels. Whatever your situation may be, regulating estrogen metabolism can help.

**Metagenics Estrofactors** promotes healthy estrogen metabolism by addressing multiple aspects, including estrogen excretion. It features natural selective estrogen receptor modulators (SERMs) to lessen the impact of the more potent forms of estrogen.

\*Vitamin B-6 can extend a short luteal phase and help regulate the cycle. I recommend taking a B-Complex rather than additional B-6 alone. **Estrofactors** includes methylfolate and a B-complex.

**Chasteberry AKA Vitex** is effective at balancing hormones and regulating your menstrual cycle. This is important for the proper development of your egg, as well as the hormonal support for implantation. Vitex may also help to increase progesterone levels if they are low.

**Metagenics Chasteberry Plus®** combines chasteberry and black cohosh to help

support menstrual regularity, ease menstrual cramps, and support reproductive health. Ashwagandha, an herb traditionally used to support healthy aging and libido, completes this special women's formula.\*

## RE: Month 2 Detox

\*I strongly recommend doing the **Metagenics Clear Change 10 Day Program Detoxification** (rather than the gentle cleanse with AdvaClear) in the cases of PCOS, Fibroids, Inflammatory conditions and MTHFR.

*\*The **Metagenics Clear Change 10 Day Program** should be done in the first half of the menstrual cycle before ovulation.*

*\*During these 10 days, you can stop taking your other supplements. You'll receive a meal plan to follow with the 10 Day Detox. Resume your other supplements once you've completed the program.*

## 8) MTHFR Support Protocol

*\*If you're positive for MTHFR and have another condition, like Hashimoto's or Fibroids, you can refer to other protocol. All protocols are MTHFR-safe.*

*\*Because those who carry the MTHFR genetic mutation have a difficult time detoxifying the body, heavy metals can accumulate in your system. For this reason, I strongly recommend that MTHFR carriers do the **Metagenics Clear Change 10 Day Program Detoxification**.*

### MTHFR Support Protocol:

- **Preconception Support Protocol Supplements** (refer to above)
- **Methylfolate - I recommend Metagenics™ Methyl Care**

\*Note if you need additional Iron and **methylfolate** supplementation, then you can take only **Metagenics Hemagenics** (Includes B-Complex, Iron and

Methylfolate).

## RE: Month 2 Detox

\*I strongly recommend doing the **Metagenics Clear Change 10 Day Program Detoxification** (rather than the gentle cleanse with AdvaClear) in the cases of PCOS, Fibroids, Inflammatory conditions and MTHFR.

*\*The **Metagenics Clear Change 10 Day Program** should be done in the first half of the menstrual cycle before ovulation.*

*\*During these 10 days, you can stop taking your other supplements. You'll receive a meal plan to follow with the 10 Day Detox. Resume your other supplements once you've completed the program.*

Supplements safe to continue when pregnant and/or during fertility treatment.  
Stop all others:

- Prenatals
- Omegas
- Additional iron, folic acid, B-complex as needed
- Antioxidant powder
- Probiotics
- Calcium/Magnesium
- Vitamin D
- Myoinositol (discuss with your doctor)

## Additional Tests

Tests you should definitely get:

✓ **Thyroid Levels** (Be sure to have your levels monitored every 6 weeks to 3

months until stabilized.)

- ✓ Vitamin D Levels
- ✓ Iron Levels
- ✓ MTHFR Factor
- ✓ Female Fertility Hormone Panel
- ✓ STD
- ✓ Vaginal bacterial infections
- ✓ For Men - Semen Analysis (Should be updated every year at least.)

**Additional Tests to consider:**

- ✓ Food Sensitivities
- ✓ Inflammation markers

If your doctor cannot order these tests for you or you still have to pay a large out of pocket amount, you may consider ordering tests online from the company, Everly Well. You receive the kit by mail, provide the sample in the comfort of your own home, mail back the kit and receive the results online within days.

[Use this link to receive 10% off.](#)

If you can't get tested through your doctor for MTHFR, there are several companies online that you can test through, like [livinggenes.com](http://livinggenes.com)

**If you're in the United States, to buy Metagenics™,**

**you can purchase them at:**

[heidibrockmyre.com/supplements](http://heidibrockmyre.com/supplements).

You'll receive 20% off your first order.

Find which Metagenics supplements are recommended for you to order on the [Easy Reference Protocol Chart](#) or look below.



## Metagenics Fertility Supplement Protocols Chart

	<b>Preconception Support Bundle</b>	<b>Male Fertility Support Bundle</b>	<b>Inflammatory Support Bundle</b>  (Autoimmune, Endometriosis, Hypothyroid)	<b>Egg Health Support Bundle</b>  (Poor Egg Health, Low Reserve and/or Advanced Maternal Age, POF, DOR, Low AMH, High FSH)	<b>PCOS Support Bundle</b>	<b>Fibroid Support Bundle</b>	<b>Irregular Cycle Support Bundle</b>  (Short Luteal or Follicular Phase, Long cycles, Irregular Ovulation)	<b>MTHFR Support Bundle</b>
<p><b>Month 1 and ongoing until pregnant</b></p> <p>(You can find these in the Bundles of my Metagenics store.)</p> <p>*When reordering after the first month, you can select the Preconception Support Bundle then add on any additional supplements you need.</p>	<p>Wellness Essentials Pregnancy Packet</p> <p>Phytoganix™ Antioxidant Powder</p> <p>Ultra Flora Women's Probiotics</p>	<p>Wellness Essentials Men's Vitality Packet</p> <p>Phytoganix™ Antioxidant Powder</p> <p>Ultra Flora Balance Probiotics</p>	<p>Wellness Essentials Pregnancy Packet</p> <p>Phytoganix™ Antioxidant Powder</p> <p>Ultra Flora Women's Probiotics</p> <p>SpectraZyme® Complete (enzyme support)</p> <p>E-400 Selenium</p> <p>Metagenics SPM Active</p> <p>Methyl Care</p>	<p>Wellness Essentials Pregnancy Packet</p> <p>Phytoganix™ Antioxidant Powder</p> <p>Ultra Flora Women's Probiotics</p> <p>CoQ10 ST-200</p>	<p>Wellness Essentials Pregnancy Packet</p> <p>Phytoganix™ Antioxidant Powder</p> <p>Ultra Flora Women's Probiotics</p> <p>Metagenics Cenitol</p> <p>EstroFactors</p>	<p>Wellness Essentials Pregnancy Packet</p> <p>Phytoganix™ Antioxidant Powder</p> <p>Ultra Flora Women's Probiotics</p> <p>SpectraZyme® Complete (enzyme support)</p> <p>EstroFactors</p>	<p>Wellness Essentials Pregnancy Packet</p> <p>Phytoganix™ Antioxidant Powder</p> <p>Ultra Flora Women's Probiotics</p> <p>Chasteberry Plus (entire cycle)</p> <p>EstroFactors</p>	<p>Wellness Essentials Pregnancy Packet</p> <p>Phytoganix™ Antioxidant Powder</p> <p>Ultra Flora Women's Probiotics</p> <p>Methyl Care</p>
<p><b>ADD Month 1 Only (repairs the gut for fertility health)</b></p> <p>*Not included in Bundles. Must add on.</p>	<p>UltraGI Replenish</p> <p>*Avoid Gluten, Soy, Dairy, Corn, Alcohol, Caffeine, Sugar</p>	<p>UltraGI Replenish</p> <p>*Avoid Gluten, Soy, Dairy, Corn, Alcohol, Caffeine, Sugar</p>	<p>UltraGI Replenish</p> <p>*Avoid Gluten, Soy, Dairy, Corn, Alcohol, Caffeine, Sugar</p>	<p>UltraGI Replenish</p> <p>*Avoid Gluten, Soy, Dairy, Corn, Alcohol, Caffeine, Sugar</p>	<p>UltraGI Replenish</p> <p>*Avoid Gluten, Soy, Dairy, Corn, Alcohol, Caffeine, Sugar</p>	<p>UltraGI Replenish</p> <p>*Avoid Gluten, Soy, Dairy, Corn, Alcohol, Caffeine, Sugar</p>	<p>UltraGI Replenish</p> <p>*Avoid Gluten, Soy, Dairy, Corn, Alcohol, Caffeine, Sugar</p>	<p>UltraGI Replenish</p> <p>*Avoid Gluten, Soy, Dairy, Corn, Alcohol, Caffeine, Sugar</p>

<b>ADD Month 2 Only (for Fertility Detoxification )</b>  *Not included in Bundles. Must add on.	Advaclear (to detox liver)  Or  Clear Change 10 Day Program	Clear Change 10 Day Program (to detox heavy metals)	Clear Change 10 Day Program (to detox heavy metals)	Advaclear (to detox liver)  Or  Clear Change 10 Day Program	Advaclear (to detox liver)  Or  Clear Change 10 Day Program	Clear Change 10 Day Program (to detox heavy metals)	Advaclear (to detox liver)  Or  Clear Change 10 Day Program	Clear Change 10 Day Program (to detox heavy metals)
<b>ADD ongoing if you have little to no fertile cervical mucus</b>  *Not included in Bundles. Must add on.	OmegaGenics Evening Primrose Oil  Days 1 through ovulation	OmegaGenics Evening Primrose Oil  Days 1 through ovulation	OmegaGenics Evening Primrose Oil  Days 1 through ovulation	OmegaGenics Evening Primrose Oil  Days 1 through ovulation	OmegaGenics Evening Primrose Oil  Days 1 through ovulation	OmegaGenics Evening Primrose Oil  Days 1 through ovulation	OmegaGenics Evening Primrose Oil  Days 1 through ovulation	OmegaGenics Evening Primrose Oil  Days 1 through ovulation
<b>ADD ongoing if you have low Vitamin D</b>  *Not included in Bundles. Must add on.	Metagenics D3 10,000 with K2 (if tested extremely low) Metagenics D3 5,000 (if tested low)	Metagenics D3 10,000 with K2 (if tested extremely low) Metagenics D3 5,000 (if tested low)	Metagenics D3 10,000 with K2 (if tested extremely low) Metagenics D3 5,000 (if tested low)	Metagenics D3 10,000 with K2 (if tested extremely low) Metagenics D3 5,000 (if tested low)	Metagenics D3 10,000 with K2 (if tested extremely low) Metagenics D3 5,000 (if tested low)	Metagenics D3 10,000 with K2 (if tested extremely low) Metagenics D3 5,000 (if tested low)	Metagenics D3 10,000 with K2 (if tested extremely low) Metagenics D3 5,000 (if tested low)	Metagenics D3 10,000 with K2 (if tested extremely low) Metagenics D3 5,000 (if tested low)
<b>ADD ongoing if you have low Iron</b>  *Not included in Bundles. Must add on.	Hemagenics		Hemagenics <b>INSTEAD OF Methyl Care</b>	Hemagenics	Hemagenics	Hemagenics	Hemagenics <b>INSTEAD OF Methyl Care</b>	Hemagenics <b>INSTEAD OF Methyl Care</b>
<b>ADD if you need to improve egg quality</b>  *Not included in Bundles. Must add on.	CoQ10 ST-200	CoQ10 ST-200	CoQ10 ST-200	CoQ10 ST-200	(already in protocol)	CoQ10 ST-200	CoQ10 ST-200	CoQ10 ST-200
<b>During an active fertility treatment cycle and/or once pregnant, take only:</b>	Wellness Essentials Pregnancy Packet  Phytoganix Antioxidant Powder		Wellness Essentials Pregnancy Packet  Phytoganix Antioxidant Powder	Wellness Essentials Pregnancy Packet  Phytoganix Antioxidant Powder	Wellness Essentials Pregnancy Packet  Phytoganix Antioxidant Powder	Wellness Essentials Pregnancy Packet  Phytoganix Antioxidant Powder	Wellness Essentials Pregnancy Packet  Phytoganix Antioxidant Powder	Wellness Essentials Pregnancy Packet  Phytoganix Antioxidant Powder

Ultra Flora Women's Probiotics		Ultra Flora Women's Probiotics	Ultra Flora Women's Probiotics	Ultra Flora Women's Probiotics	Ultra Flora Women's Probiotics	Ultra Flora Women's Probiotics	Ultra Flora Women's Probiotics	Ultra Flora Women's Probiotics
Hemagenics if needed		Methyl Care or Hemagenics	Hemagenics if needed	Metagenics Cenitol	Hemagenics if needed	Methyl Care or Hemagenics	Methyl Care or Hemagenics	Methyl Care or Hemagenics
				Hemagenics if needed				

*\*With the UltraGI Replenish It's normal to feel bloating and gassy as your gut heals.*

**\*Dosages:**

- *Follow the dosages as shown on each supplement except for the following:*
  - o *For SPM Active -*
    - Take 6-8 pills per day first 10 days
    - Take 4-6 pills per day next 10 days
    - Take 2 pills per day as a maintenance (until pregnant)
  - o *COQ10-200 -Take 2-3 pills/day*
  - *Evening Primrose Oil is taken Day 1 through ovulation only.*

**\*Timing:**

- *all supplements are taken throughout the entire cycle unless otherwise specified:*
  - *Chasteberry Plus is taken throughout the entire cycle.*
  - *Evening Primrose Oil is taken Day 1 through ovulation only.*
  - *The **Metagenics Clear Change 10 Day Program** should be done in the first half of the menstrual cycle before ovulation. You'll receive a meal plan to follow with the 10 Day Detox. During these 10 days, you can stop taking your other supplements. Resume your other supplements once you've completed the program.*