

TOTAL FERTILITY WELLNESS™



Pregnancy Supplement Guide

Congratulations! You're pregnant!

In addition to my years of clinical experience, I've sited research in this guide to highlight the importance of nutritional supplementation to support a healthy pregnancy.

It's 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 to prevent miscarriage and provide you with a healthier child when you do conceive.

Along with those benefits, supplements also:

- Support your immune system and keep you out of the sick zone
- Assist in detox
- Help you manage stress (being sick can cause you to worry about conceiving--these solve that problem!)
- Give you more energy and keep your spirits lifted. There's nothing like great health to give you a positive outlook

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! And extend your life, 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™ for most of the supplements I recommend (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 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. In which case, 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.

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.

Here's what Metagenics™ have to say about themselves:

Metagenics was founded in 1983 on a brave new scientific concept: how the right nutrition could help people realize their best health possible by influencing what makes them unique—their genes. Back then we called it “genetic potential through nutrition.” It also makes us unique—it's been our mission and a key differentiator ever since.

Today, this ever-growing and respected field of science is known as nutrigenomics. And it's been practiced for nearly 30 years by forward-thinking providers who utilize our industry-leading products and programs to help people live healthier, happier lives.

Now healthcare organizations worldwide recommend “lifestyle medicine” to improve health with basic nutrigenomic tenets: healthier eating and regular exercise. But we hold the key to making lifestyle medicine programs more effective, as well as more expedient with targeted nutritional support.

Our research-based medical foods, nutraceuticals, and turnkey programs help address each patient’s unique health needs for a higher level of personalized, lifetime wellness care. That’s why so many healthcare providers worldwide trust Metagenics over any other professional brand.



My Recommended Pregnancy Basics:

- Daily Vitamin (Prenatal for women. Daily multi-vitamin for men.)
- Omegas - 700-1000mg daily (should include DHA)
- Daily Antioxidant Powder

***Important Note: that if you’re taking a general prenatal vitamin with folic acid and/or any additional folic acid, then you should be tested for the common genetic mutation called MTHFR Factor by your physician. A non-methylated form of folic acid can cause toxic build up of homocysteine levels in your system if you are positive for MTHFR factor. This can cause problems associated with infertility and/or miscarriage.

If you are positive for MTHFR Factor, then you need a prenatal vitamin and/or additional folic acid with a methylated form of folic acid. Beware if your doctor simply prescribes a higher dose of (non-methylated) folic acid, as it will increase toxicity levels in your system.

Vitamins B6, B12 and Folic Acid are all very important for fertility and pregnancy..

B12 and Folic Acid supplementation lowers miscarriage rates. B12 and Folic Acid is necessary for balanced hormones and reduces the risks of fetal abnormalities .

“Hypercoagulability due to raised homocysteine levels may lead to fetal loss when vitamin B12 deficiency first develops. A more prolonged deficiency results in infertility by causing changes in ovulation or development of the ovum or changes leading to defective implantation.”

My Favorite Multi-Vitamins and Omegas:

Metagenics™ Wellness Essentials Pregnancy - I love this packet because it includes everything you need AND has the methylated form of Folic Acid, so you don't need to worry whether or not you're positive for MTHFR Factor. If you are positive, then this is a safe vitamin for you.

The Wellness Essentials Pregnancy Packets Include:

Personalized Nutrition with Targeted Support for Preconception through Nursing*

Proper prenatal nutrition, including omega-3 fatty acids and folate, are critical to healthy fetal development and a smooth pregnancy. Wellness Essentials Pregnancy is formulated to provide comprehensive nutritional support—from the moment you make the decision to have a baby through nursing.*

Each once-daily packet provides:

Prenatal multivitamin support: Advanced Prenatal provides a science-based combination of vitamins and minerals, incorporating 1 mg of folate and an array of antioxidants that reflect the latest research in prenatal nutrition.*

Fetal brain development support: Choline, an essential nutrient, is provided for additional support based on current research.*

Fetal development, heart health, mood, and overall health support: OmegaGenics EPA- DHA 720 is a quality-guaranteed omega-3 fatty acid fish oil manufactured and third-party tested in Norway to ensure greater purity.*

Bone density support: Calcium/Magnesium supports bone health and may also support muscle relaxation and help ease nighttime limb movement and pregnancy-associated leg cramps.*

Omegas

Essential Fatty Acids are important for the brain development of your baby. A study published by the National Institute of Health found that women suffering from infertility had lower levels of omega-3s.

- Balances hormones
- Improves cardiovascular function
- Improves mood
- Boosts your immune system
- Reduces inflammation

Be sure to buy a trusted brand that uses third party testing to ensure it's contaminant and Mercury-free.

I recommend Metagenics OmegaGenics EPA-DHA 720 or the Essential Wellness Pregnancy and Essential Wellness Men's Vitality both include the Omegas already.

Daily Organic Antioxidant Powder

Antioxidants clean up free radicals that compromise the integrity of cells. They detox your system, strengthen your immunity and improve energy.

- Powerful nutrients to restore cells
- Detoxes the system for balanced hormones
- Improves immune function
- Energizes and helps sustain healthy blood sugar levels.

I recommend Metagenics Phytoganix™.



Additional supplementation as needed:

Vitamin D

Ask your doctor to test your Vitamin D levels. Low vitamin D levels can lead to miscarriage.

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 and help sustain a healthy pregnancy.

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).

Metagenics Wellness Essentials Pregnancy include a daily multivitamin, Vitamin D, and Omegas.

If you've been tested and your levels are low, based on how low, you can take Metagenics™:

- D3 10,000 with K2
- D3 5,000
- D3 2000 Complex
- D3 1000

Daily High Quality Protein Powder (Avoid Soy Protein)

Protein Is the building block of cells. A daily protein powder is an easy way to prevent nausea by stabilizing blood sugar levels:

- Supports the growth of your baby
- Regulates blood sugar
- Sustains your energy levels

Supplementing protein is especially important if:

- You're vegetarian
- Diagnosed with PCOS

I recommend Metagenics Unipro's Perfect Protein®

Inflammation, Autoimmune, Allergies, Endometriosis and/or Miscarriage History

Wobenzyme

If you have autoimmune issues, possible allergies, inflammation, endometriosis and/or natural killer cells that may have caused miscarriage in the past, the supplement Wobenzyme may help you. It's marketed for joint health, but they performed a study that showed SIGNIFICANT success in pregnancy rates (we're talking 79%) for women with a history of miscarriage. [Click here to read a great article that explains more](#) about it's benefits. Be cautious if you're on blood thinners. Consult your doctor first.

It can be purchased on Vitacost.com, Amazon.com and many other online supplement sites.

Iron

Sufficient Iron levels are crucial for fertility and pregnancy. Have your iron levels tested. If you have a history of anemia and/or bruise easily, it's likely you're iron deficient. In which case, I recommend taking additional iron. Choose a high quality iron supplement.

I recommend Metagenics™ Hemagenics.

*Note this supplement includes an additional B-Complex and Methylated Folate, so you do not need to take an additional Folic Acid, B12 or B6 supplement.

Additional Folic Acid

If you are positive for MTHFR Factor and/or were told by your doctor to take more Folic Acid, be sure to take a safe methylated Folic Acid supplement.

I recommend Metagenics™ Vessel Care.

*Note if you need additional Iron and Folic Acid supplementation, then you can take only Hemagenics (Includes B-Complex, Iron and Folic Acid).

Polycystic Ovarian Syndrome (PCOS)

Those with PCOS have a higher chance of miscarriage so the following supplements may be helpful:

Vitamin D and B12/Folate are crucial to supplement if you have PCOS.

Myoinositol

(I recommend Metagenics Cenitol®)

Double-blind, placebo-controlled investigations were carried out in 42 women with PCOS, subjects receiving myo-inositol fared much better when compared to the placebo group, displaying decreases in testosterone, triglycerides, and blood pressure; a significant improvement in insulin sensitivity; and a greatly increased frequency of ovulation (Costantino 2009).

In another study, 20 women with PCOS were given either 2 grams of myo-inositol plus 200 mcg folic acid, or a placebo of 200 mcg folic acid daily. After 12 weeks, the women taking myo-inositol showed improved insulin sensitivity and androgen levels. Strikingly, all the subjects receiving myo-inositol returned to normal menstrual cycles (Genazzani 2008).

In an Italian study of 92 PCOS patients, almost 50% showed significant weight loss and reduced leptin levels after receiving myo-inositol plus folic acid (4 g myo-inositol plus 400 mcg folic acid). After a 14-wk treatment, the myoinositol plus folic acid group lost weight, whereas the placebo group gained weight (Gerli 2007).

In other well-designed clinical trials for follicular maturity and ovulation induction, myoinositol has produced promising results, cementing its position as a novel therapy for PCOS management (Papaleo 2007, Papaleo 2009).

Thyroid Support (with hypothyroidism)

Coconut Oil (1-2 teaspoons/day) - Can be added to oatmeal, a smoothie, tea, food or spread on toast.

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

In the case of having thyroid antibodies, you may need to follow a gluten-free diet. Many have found this to be the underlying cause of thyroid antibodies.

Digestive problems

Probiotics provide your gut with healthy bacteria to break down food, absorb nutrition and reduce inflammation. Digestion plays a huge role in improving fertility. I recommend taking a daily good quality probiotic supplement.

(I like Metagenics UltraFlora Balance.)

If you have digestive problems, I'd also suggest that you be tested for food allergies by an allergist or naturopath, so that you know exactly what foods to avoid. Food sensitivities can

cause systemic inflammation, including in your reproductive organs, as well as autoimmune problems that may also affect your fertility.

Notes:



Tests:

Have you been tested for:

(Make notes on if you have or have not, if you need to, the dates you were last tested, the results, or when you will schedule an appointment and with whom for testing. You can also take notes on which supplement may apply to the results.)

✓ **Thyroid Levels**

(Be sure to have your levels monitored every 6 weeks to 3 months until stabilized.)

✓ Vitamin D Levels

✓ Iron Levels

✓ MTHFR Factor

✓ Low Progesterone



Supplements safe to continue when pregnant:

- Prenatals
- Omegas
- Additional iron, folic acid, B-complex as needed
- Protein
- Antioxidant powder
- Probiotics
- Magnesium
- Vitamin D
- Progesterone Cream can be continued through the first trimester as needed
- Myoinositol

Stop when pregnant:

- Evening Primrose Oil
- Vitex
- L-Arginine
- CoQ-10

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