



## CCRM Minneapolis

6565 France Ave South #400B, Edina, MN 55435

### Female Vitamin Cocktail

1. Myo-Inositol 2 grams orally twice a day

\*If you can only find Myo Inositol 750mg-take 3 tablets in the am and 2 tablets in the pm

\*Pregntitude or Myo Inositol Powder are other forms you may use

\*Amazon.com- search "Myo Inositol 750"

2. Co-Enzyme Q10 400mg orally twice a day

3. L-Arginine 1000mg orally twice a day

4. DHA (Omega 3 fatty acids) 1000IU orally once a day

5. Vitamin E 400IU orally once a day

6. Vitamin C 500mg orally once a day in the morning

7. Melatonin 3mg orally at bedtime

8. Pycnogenol 100mg orally once a day

Maintain a diet low in trans-fatty acids.

**CONTRAINDICATIONS:** Any patient that is taking thyroid medication should **NOT** be taking Melatonin. Melatonin has been shown to increase T3 and T4 levels.

Action of the medications:

**Myo Inositol:** B8 component of cell membrane increases fertility, decreases weight, increases HDL cholesterol (good cholesterol), improves polycystic ovarian syndrome through decreasing insulin resistance and hyperandrogenism.

**CoEnzyme Q10:** Anti-oxidant, may improve egg quality: improve chromosomal division during fertilization.

**L-Arginine:** An amino acid that helps with cell division, immune function and release of hormones. Shown to increase fertility in women who had previously failed in vitro fertilization.

**DHA (fish oils):** Can help with health of reproductive system, insulin levels, heart and brain. EFA (essential fatty acids) can reduce inflammation throughout the body (a possible cause of PCOS and other types of infertility) and promote overall health. Best source is purified fish oil (Cod Liver oil is too high in vitamins A and D and can be toxic).

**Vitamin E:** Antioxidant, fat soluble which prevents propagation of free radicals and prevents cell membrane damage.

**Vitamin C:** Highly effective antioxidant and is a natural antihistamine that prevents histamine release helping combat free radicals.



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**Melatonin:** A powerful antioxidant that helps regulate the sleep/ wake cycles called circadian rhythm and is also a protective agent.

**Pycnogenol:** A strong antioxidant that helps to stimulate the immune system and may increase blood flow.