

What supplements are safe while trying to conceive?

Get yourself the ovulation predictors so that you can test when you are ovulating. I love the ovulation predictors as it makes getting pregnant much easier. Most women ovulate between day 10 and day 15. Sperm can live for 3 to 7 days, so you should have regular sex the 5 days leading up to and during ovulation. If know you partner has a lower sperm count than every other day is better. While you do not want to overdo it during your non fertile windows at the risk of burning out, it is worth noting that research suggests that regular sex may prime women's immune system in preparation for pregnancy.

Where possible, de-stress your life. The more relaxed you can be before and during your pregnancy the better. For supplement recommendation and health tips to help support the adrenals, read the section on [Adrenal Fatigue](#). To help protect you from [abnormal cell growth](#) and to help with fertility I would recommend finding a formula with the following until you become pregnant:

- Calcium D-glucarate 150 mg
- Curcumin 50 mg
- Indole-3-carbinol 150 mg
- Diindolylmethane (DIM) 50 mg
- Green tea extract 100 mg
- Chastree Berry Extract (Vitex) 6 mg

After you finish breastfeeding, I would continue with the above formula to protect your cervical cells. I would also suggest a complete multivitamin and mineral formula, ideally with active coenzyme forms of B vitamins to ensure that even if your digestion is poor you will get the value of the vitamins. Folic acid is especially important to prevent neural-tube defects. These defects like spina bifida occur around the fourth to sixth week of pregnancy so start your prenatal early. It's also a good idea to include an iron supplement (in the form of micronized, microencapsulated iron pyrophosphate III) to increase hemoglobin and ferritin to optimal levels. Iron is essential for development and the delivery of oxygen to the baby and prevents anemia in the mom.

Eggs start maturing about three months before they are secreted so to ensure optimal egg quality start your prenatal about three months before you begin trying to get pregnant if possible. For optimal baby development and to ensure mom is covered nutritionally take your prenatal supplement everyday and don't stop while breastfeeding.