



## Supplements for Decreased Ovarian Reserve

Ideally, this supplementation protocol should begin 3 months prior to retrieval

A Chem 22 Lab Panel must be drawn prior to start of supplementation; once we have received and reviewed the results begin taking the following supplements:

- Myo Inositol 2 gm twice a day **\*DISCONTINUE USE IN PREGNANCY**
- Melatonin 3 mg at bedtime
- Co Enzyme Q10 200 mg three times per day
- Omega-3 fatty acid 500 mg once a day
- Vitamin C 1000 mg once a day (in the morning)
- Vitamin E 200 IU once a day
- L-arginine 1000 mg twice a day
- Pycnogenol 100 mg once a day **\*DISCONTINUE USE IN PREGNANCY**
- Resveratrol 200mg once a day
- 1 shot of wheatgrass juice each day
- Acai Berries- This supplement can be found at Whole Foods, Amazon or Plum Market