

Fertility Nutrition: For Couples

1 Oily fish

Salmon, sardines, tuna, trout. For energy production of the egg, and stable cell membrane fluidity. Avoid all high-methylmercury-content fish during preconception.



2. Wholefoods

Fresh and seasonal fruits, vegetables, legumes, and wholegrains. Provides key minerals and vitamins for the development of healthy sperm and egg follicles.

3. Protein

Organic (where possible) and from plant and animal-based sources

Provides amino acids that are needed for every cell of the body, and embryo development.



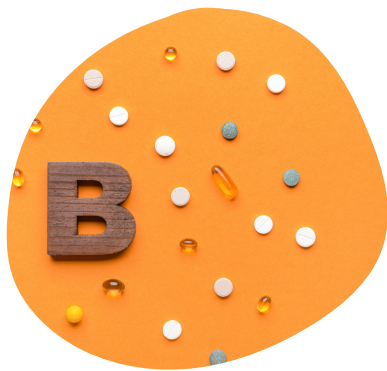
4. Antioxidant-rich foods

Berries, leafy greens, pecans, green tea. Reduces oxidative stress (e.g., environmental pollutants) and its detrimental effects on fertility and helps to improve sperm health.

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5 Zinc

A key nutrient needed for ovulation, the development of the egg, and sperm production. Deficiencies may result in complications such as risk of miscarriage.



6. B Vitamins

A group of vitamins including B6, folate, and B12 needed for DNA synthesis, egg and sperm quality, and protection against neural tube defects and spina bifida.

7. Coenzyme Q10

A key antioxidant that protects the sperm from oxidative damage, and supports sperm motility and implanation for a successful pregnancy.



8. Iron

Adequate levels are needed during preconception to help prevent iron deficiency during pregnancy. Also supports the growth and development of your baby!