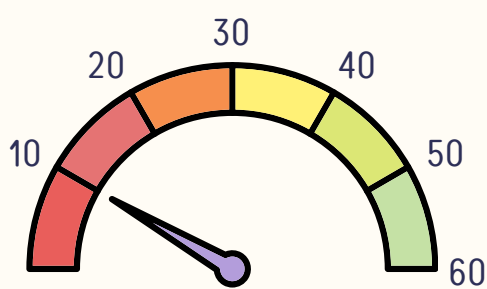




NUTRIENTS TO SUPPORT FERTILITY & PREGNANCY

Research shows...



~90% US Adults
HAVE VITAMIN D LEVELS BELOW
THOSE RECOMMENDED

Fertility & Conception

3Xs higher chance of pregnancy for couples when **the male** had higher D levels Tartagni et al (2019)

Women with higher D levels had a **71% lower chance of conception taking longer than 6 cycles** Jukic et al. (2019)

Miscarriage Risk

Vitamin D deficient women

- had a **94% increased risk** of miscarriage
- were **4Xs more likely** to suffer recurrent miscarriages

Tamblyn et al. (2022), Chen et al. (2022)

4X MORE
LIVE BIRTHS
WITH D LEVELS OF
45 NG/ML OR HIGHER

Vitamin D level was predictive of reproductive success rates, with the chance of ovulation and live birth increasing as D levels increased Pal et al. (2016)

Prenatal & Newborn Health

Vitamin D has been shown to reduce risk of preterm birth, hypertensive disorders of pregnancy (preeclampsia) and gestational diabetes

Magnesium may reduce muscle cramping, preterm births, low birth weight and SGA babies; used as a treatment for preeclampsia/eclampsia

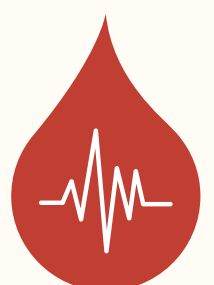
Omega-3s are needed for development of the eyes, brain, and immune system; reduces risk of preterm birth and low birth weight; lowers risk of postpartum depression

A higher Omega-3 Index at the end of pregnancy greatly reduced the risk of postpartum depression

Markhus et al. (2013)

Are you getting enough?

Build your at-home Prenatal-Focused blood spot test kit to measure your levels of the above and other important levels!



For more info or to test, go to grassrootshealth.net/pregnant