

The Foundational Fertility Stack

Three Support Options Before Pregnancy



Tox Free Doc

This guide is for educational purposes only and is not intended to diagnose, treat, or replace medical care.

Before We Begin

Trying to conceive is about much more than simply getting pregnant. It's about preparing your body to support a healthy pregnancy from the very beginning. Healthy fertility depends on many systems working together, including hormone signaling, nutrient status, gut health, the vaginal microbiome, metabolism, and overall wellness.

This guide isn't intended to replace individualized care or address complex fertility challenges. Instead, it provides the three supplements I most commonly recommend as a simple foundation for women who are trying to conceive.

If you have PCOS, endometriosis, recurrent miscarriage, irregular menstrual cycles, blocked fallopian tubes, male factor infertility, or you've been trying to conceive for many months without success, I recommend a personalized health assessment to identify the underlying factors affecting fertility.



Chaste Tree Berry (Vitex)

My favorite herb for supporting healthy ovulation and menstrual cycle regularity.



Vitex has been used for centuries to support female reproductive health. Rather than acting like a hormone, it is believed to support communication between the brain and the ovaries through the hypothalamic-pituitary-ovarian (HPO) axis.

Many women use Vitex to support:

- Healthy ovulation
- Regular menstrual cycles
- Progesterone production after ovulation
- Overall hormone regulation

Suggested product

Vitex by Vital Nutrients Vitex

Suggested use

Follow the dosing instructions on the product label.

Important

Once pregnancy is confirmed, discontinue Vitex unless otherwise directed by your healthcare provider.

Royal Jelly

A nutrient-rich superfood that has supported reproductive wellness for generations.



Royal Jelly is the exclusive food of the queen bee, allowing her to become larger, stronger, and dramatically more fertile than the rest of the hive. While humans are obviously very different from bees, Royal Jelly contains naturally occurring proteins, healthy fats, vitamins, minerals, and unique bioactive compounds that have made it one of the most popular fertility supplements worldwide.

Many women choose Royal Jelly to support:

- Overall reproductive health
- Egg quality
- Nutritional status before pregnancy
- Healthy ovarian function

Suggested product

Royal Jelly by NOW Foods

Suggested use

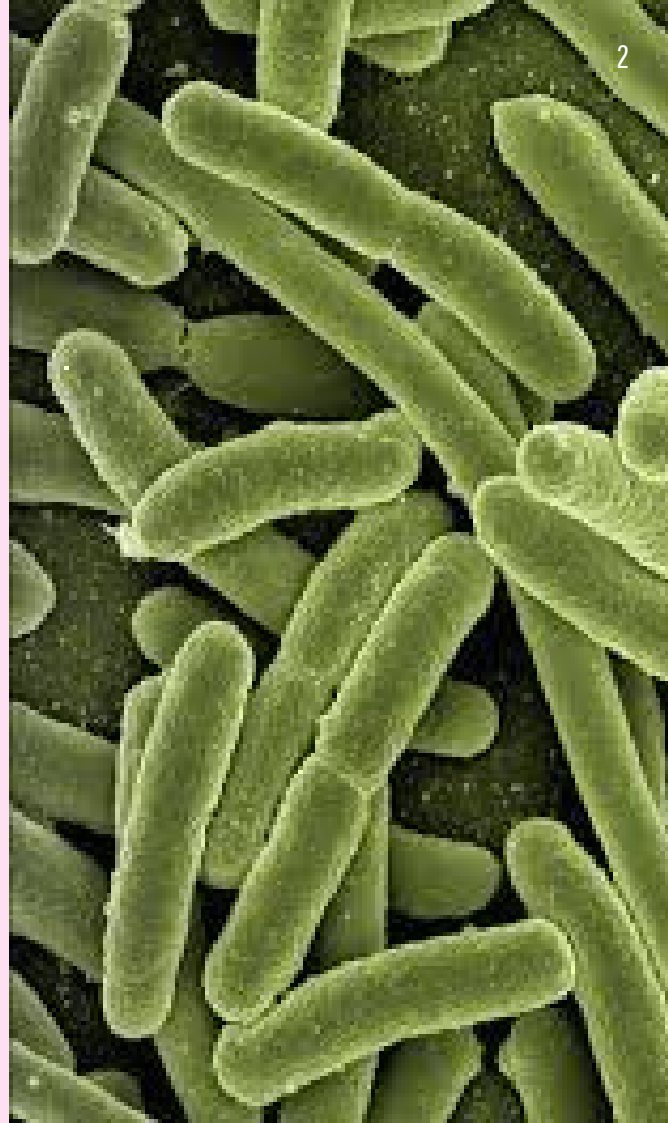
Follow the dosing instructions on the product label.

Important

Discontinue once pregnancy is confirmed unless your healthcare provider recommends otherwise.

Lactobacillus

Healthy fertility begins with a healthy microbiome.



Many people think probiotics are only for digestion. In reality, a healthy vaginal microbiome is one of the most important foundations for reproductive health. Lactobacillus species naturally dominate a healthy vaginal environment, helping maintain an acidic pH while supporting the body's natural defenses.

A quality probiotic may help support:

- Vaginal microbiome health
- Gut health
- Immune function
- Overall reproductive wellness

Suggested product

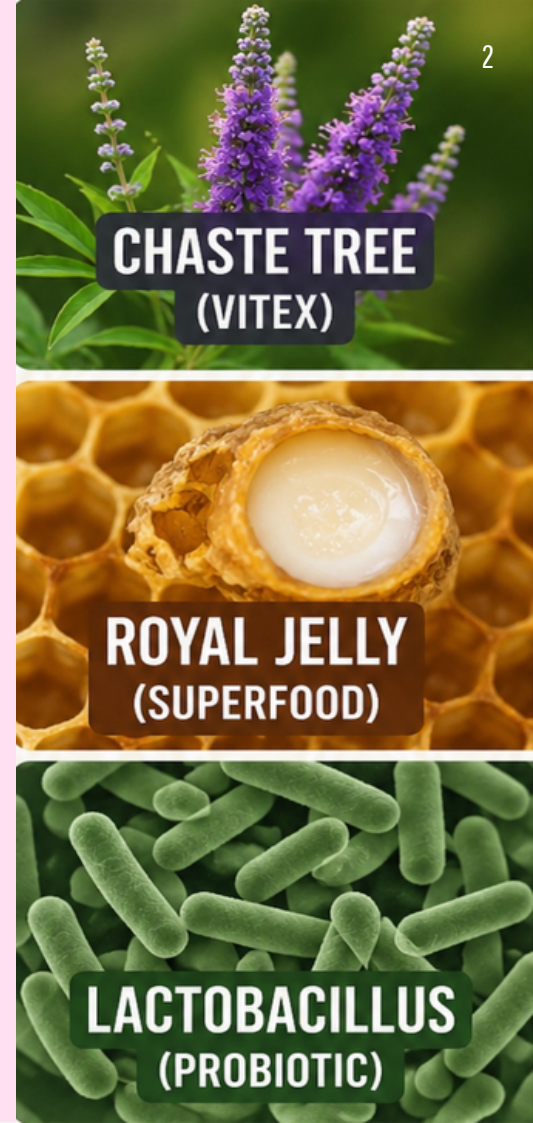
Women's Daily Probiotic by Thorne

Suggested use

Follow the dosing instructions on the product label.

Unlike Vitex and Royal Jelly, probiotics are commonly continued throughout pregnancy.

The Complete Foundational Fertility Stack



These are the three supplements I recommend most often for women who are trying to conceive.

- ✓ Vitex (Chasteberry) for hormone support
- ✓ Royal Jelly for nourishing the body
- ✓ Women's Daily Probiotic for microbiome support

I also recommend adding an active form of folate before conception.

Bonus Recommendation

5-MTHF (Active Folate)

Unlike folic acid, 5-MTHF is the biologically active form of folate and helps support healthy cell division and early fetal development. Beginning folate before conception is one of the simplest and most important nutritional steps you can take while trying to conceive.

Where do I get your supplements?



I've made these supplements available through my trusted dispensaries so you can purchase practitioner-quality products from brands I personally recommend.

UNITED STATES

Fullscript Community

Professional-grade supplements, exclusive community protocols, educational resources, and savings of 20% sitewide, with additional savings available through Autoship. Fullscript also provides access to thousands of practitioner-quality products from trusted brands.

[Trying to Conceive Community Plan](#)

INTERNATIONAL

Doctor Supplement Store

If you live outside the United States, you can order many of my recommended supplements through my international dispensary.

[Sign up for a Free Account](#)

Frequently Asked Questions

Can I take all three supplements together?

Yes. These supplements are commonly used together as a foundational approach while trying to conceive. Always follow the dosing instructions on each product label unless otherwise directed by your healthcare provider.

How long should I take them before trying to conceive?

Ideally, begin supporting your health several months before conception. Egg maturation takes approximately 90 days, so giving your body time to build nutrient stores and support reproductive health is beneficial.

Can I take these with a prenatal vitamin?

In most cases, yes. A quality prenatal vitamin complements this foundational approach by providing additional vitamins and minerals that support a healthy pregnancy.

Should I stop these once I become pregnant?

Once pregnancy is confirmed, I recommend discontinuing Vitex and Royal Jelly unless your healthcare provider advises otherwise. Women's Daily Probiotic and 5-MTHF are commonly continued during pregnancy, but always review your supplement plan with your prenatal healthcare provider.

What if I have PCOS, endometriosis, irregular cycles, recurrent pregnancy loss, or have been trying to conceive without success?

This guide is intended for women looking to build a strong nutritional foundation before pregnancy. More complex fertility challenges often require a personalized approach to identify the underlying factors affecting fertility. If this sounds like your situation, I encourage you to schedule a comprehensive health assessment so we can develop a strategy tailored to your health history and goals.

Is this all I need to improve my fertility?

These supplements provide a strong foundation, but fertility is about much more than supplements alone. Nutrition, sleep, stress, movement, gut health, environmental exposures, and overall metabolic health all play important roles in preparing your body for conception.

What if I still have more questions?

If you still have questions about your cycle, supplements, laboratory results, health history, or what may be affecting your fertility, the next step is to review the consultation options available to you.

Need a Personalized Fertility Plan?

Let me help you.



Every woman is different.

If you're dealing with PCOS, endometriosis, recurrent pregnancy loss, irregular cycles, abnormal lab work, male factor infertility, or you've been trying to conceive without success, a personalized approach is often the next best step.

A comprehensive health assessment allows us to identify the underlying factors affecting fertility and develop a strategy tailored specifically to your health history and goals.

You can also explore my complete Fertility Guide for a deeper dive into nutrition, lifestyle, and natural strategies that support reproductive health.

→ [**Book a Consultation with Dr. Hosein**](#)

Dive Deeper with My Fertility Guide

**A Practitioner Guide made available
to all women**

This guide introduces the three foundational supplements I recommend most often for women who are trying to conceive. While these supplements provide an excellent starting point, nutrition, lifestyle, stress, sleep, environmental exposures, and your overall health all influence fertility.

If you're looking for a more comprehensive approach, my Fertility Guide walks you through the strategies I use to help support reproductive health naturally.

Inside you'll learn about:

- Nutrition for fertility
- Lifestyle habits that support conception
- Environmental toxins to avoid
- Gut health and the microbiome
- Hormone support
- Supplement recommendations
- Practical strategies to optimize your health before pregnancy

Whether you're just beginning your fertility journey or looking to take a more proactive approach, this guide is designed to help you better understand how to support your body naturally.

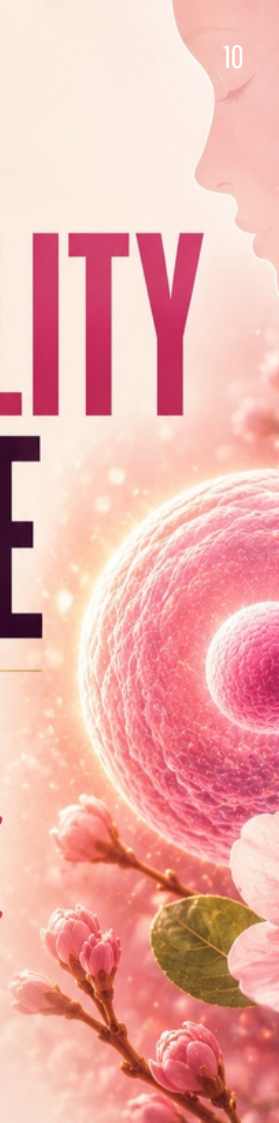


[Learn more about the Fertility Guide](#)

THE FERTILITY GUIDE

A Functional Medicine
Approach to

*Trying to Conceive,
Hormonal Imbalance,
PCOS, Endometriosis,
and the Menopausal
Transition*



Disclaimer

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This guide is intended for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Always consult your healthcare provider before starting any supplement, especially if you are pregnant, breastfeeding, taking medications, or have an underlying medical condition.