



# 6 Essential Nutrients for Fertility

These nutrients are vital for many physiological processes including maintaining the fertilization, maturation, and implantation of oocytes.

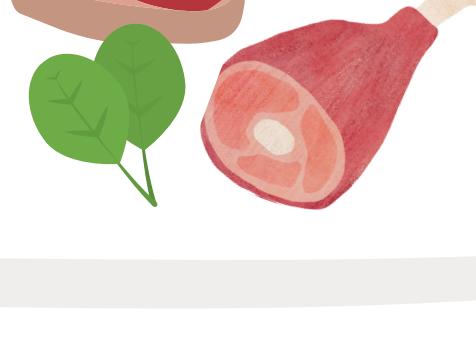


## Calcium

Calcium is vital to the process of triggering growth in embryos.

## Iron

Iron is critical for ovulation and overall egg health.



## Iodine

Iodine is crucial for thyroid gland function which is essential for fertility.

## Selenium

Selenium also affects thyroid function, additionally, it reduces oxidative stress.



## Zinc

Zinc is necessary to support the fertilization and maturation of an oocyte.

## Magnesium

Magnesium controls follicle stimulating hormone (FSH) which is essential for fertilization.

