



6 Essential Nutrients for Fertility

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

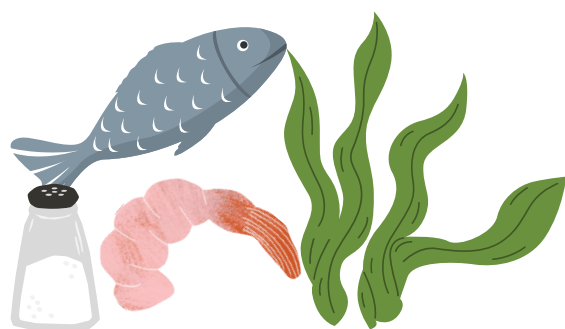
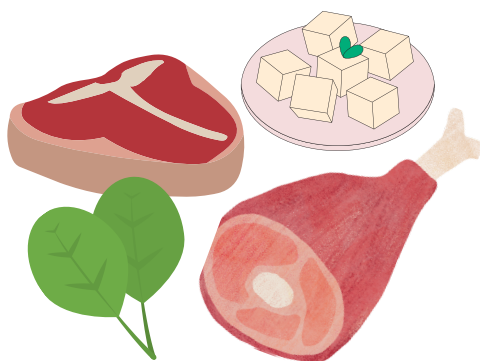


Calcium

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

Iron

Iron is critical for ovulation and overall egg health.

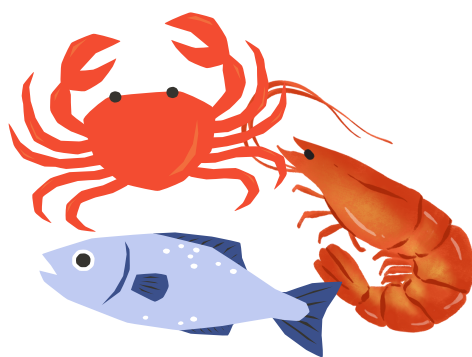


Iodine

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.

