



AIMEE RAUPP

# yes, YOU CAN GET pregnant

NATURAL WAYS TO IMPROVE YOUR FERTILITY NOW & INTO YOUR 40'S.

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## THE TOP 10 FERTILITY-BOOSTING NUTRIENTS

As I mention in [Yes, You Can Get Pregnant: Natural Ways To Improve Your Fertility Now & Into Your 40's](#) there are several fertility boosting nutrients that are important for you to consume on a daily basis—from organic food sources not synthetically made to vitamin sources. [Here is a list of my recommended vitamins](#). For your reference, I'd like to break down for you the top 10 fertility-boosting nutrients so that you understand why they are so important for your fertility.

- **OMEGA 3 ESSENTIAL FATTY ACIDS**

These essential fatty acids contain EPA and DHA which are crucial for optimal health and fertility. Omega 3's can only be obtained from food sources. They help regulate hormones in the body, increase cervical mucus, promote ovulation and increase blood flow to your reproductive organs. You may find this in Aimee's recommended [Cod Liver Oil Liquid](#) or [Capsule](#), and [Spirulina supplement](#).

- **VITAMIN A**

A fat-soluble vitamin that is imperative for maintaining hormonal balance. Vitamin A is a powerful anti-oxidant that helps with the development and maturation of follicles in your ovaries and the production of healthy and fertile cervical mucus. You may find this in Aimee's recommended [Liver supplement](#) and [Cod Liver Oil Liquid](#) or [Capsule](#). *Note: Synthetic vitamin A can be toxic, so be sure to get your vitamin A from food sources.*

- **VITAMIN E**

A fat-soluble vitamin that is imperative for maintaining hormonal balance. Vitamin E is a powerful anti-oxidant that will help improve the quality of your follicles (aka eggs) and assist in conception. You may find this in Aimee's recommended [Spirulina supplement](#).

- **VITAMIN D**

A fat-soluble vitamin that is imperative for maintaining hormonal balance. Vitamin D also has a direct effect on the ovaries—helping the follicles in your ovaries mature and grow. It also appears to play a role in the development of a healthy and fertile uterine lining. You may find this in Aimee's recommended [Vitamin D<sub>3</sub> supplement](#) and [Cod Liver Oil Liquid](#) or [Capsule](#).

- **VITAMIN K**

A fat-soluble vitamin that is imperative for maintaining hormonal balance. What's interesting about Vitamin K is that it works synergistically with two other fat-soluble vitamins—A and D. Vitamin K helps regulate your menstrual cycle and helps your body effectively absorb nutrients. You may find this in any grass-fed animal product and green leafy vegetables.



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## THE TOP 10 FERTILITY-BOOSTING NUTRIENTS (Con't)

- **CHOLINE**

An essential amino acid that your body can synthesize in small amounts; however, your diet is the primary source of Choline. This nutrient is not only important for reducing inflammation in your body, improving follicle quality and preventing miscarriage but it also helps prevent neural tube defects in developing embryos. You may find this in Aimee's recommended [Liver supplement](#) and [Pre-natal vitamins](#).

- **INOSITOL (AKA VITAMIN B8)**

This vitamin is technically not considered an "essential nutrient" as your body can produce it however it has been shown to be very important to reproductive health as it improves follicle maturation and quality. It also plays a role in regulating insulin resistance, which can cause hormonal imbalances and infertility. You may find this in Aimee's recommended [Liver supplement](#).

- **FOLATE (AKA FOLIC ACID)**

Folate and folic acid are not the same thing—to keep it simple: folic acid refers to the synthetic compound used in dietary supplements and food fortification; folate refers to the various folate derivatives naturally found in food. Folate is imperative for preventing neural tube defects in developing embryos. As well, it's important in the development of red blood cells in your body and in reducing inflammation. You may find this in Aimee's recommended [Liver supplement](#) and [Pre-natal vitamins](#).

- **VITAMIN B12**

This vitamin seems to be crucial to not only fertility but to maintaining a healthy pregnancy. Vitamin B12 deficiencies can negatively impact ovulation, follicular development and embryo implantation. You may find this in Aimee's recommended [Liver supplement](#) and [Pre-natal vitamins](#).

- **CALCIUM**

This mineral is helpful for fertility on many levels: it helps you absorb vital nutrients from your foods, maintain healthy blood flow, balance hormone levels and regulate insulin levels in your body. You may find this in Aimee's recommended [Collagen supplement](#).

**Check out the complete list of [Aimee's Recommended Supplements](#).** Remember, it is best to get these fertility boosting nutrients from organic whole food sources. Follow the [Yes, You Can Get Pregnant](#) diet and you will be consuming all of these nutrients on a daily basis.