

**TABLE 11.4** Top Supplements for Endometritis or Chronic Endometritis

Supplement	Suggested Dose	Key Benefits	Clinical Notes
Probiotic (multistrain with vaginal strains)	Daily; at least 25–50 billion CFUs	Restores <i>Lactobacillus</i> -dominant environment in uterus and vagina; supports gut–uterine axis	Include strains like <i>L. crispatus</i> , <i>L. rhamnosus</i> , and <i>L. reuteri</i> ; continue during and after antibiotics.
NAC	600–900 mg 2×/d	Breaks down biofilms, boosts glutathione, enhances detox and immune response	Works synergistically with antibiotics; best taken away from protein-rich meals
Curcumin (bioavailable form)	500–1,000 mg/d	Potent anti-inflammatory and immune modulator; reduces TNF- $\alpha$ , IL-6	Choose liposomal or phytosomal form for better absorption.
Zinc (picolinate or citrate)	15–30 mg/d	Supports mucosal healing and immune regulation	Short-term use; consider pairing with copper (1–2 mg) if taking for longer than 8 wk.
Serrapeptase	40,000–120,000 SPU/d	Breaks down fibrin, scar tissue, and inflammatory proteins; enhances tissue healing	Take on an empty stomach; avoid during heavy menstrual bleeding.
Vitamin D <sub>3</sub> and K <sub>2</sub>	2,000–5,000 IU/d	Supports endometrial immunity, reduces autoimmunity, improves receptivity	Aim for serum 25(OH) D between 50 and 70 ng/mL; retest after 8–12 wk.
L-glutamine	5 g/d	Heals mucosal linings, supports immune tolerance	Helpful after antibiotic use, especially in women with GI symptoms or leaky gut

CFU, colony forming unit; GI, gastrointestinal; IL-6, interleukin-6; NAC, *N*-acetyl cysteine; SPU, serratiopeptidase unit; TNF- $\alpha$ , tumor necrosis factor-alpha.