

On-the-Right-Track Supplement Checklist

Read the details behind my checklist recommendations in my [Free Fertility Supplement Guide here](#).

To purchase the recommended Metagenics products from the United States, go to my [Metagenics store here](#). You will receive an automatic 20% discount applied to your first purchase so I suggest purchasing at least a 3 month supply in advance to take advantage of the savings.

If you are unable to purchase Metagenics products, I recommend consulting with a local holistic healthcare practitioner for a good quality alternative brand. Not all detoxes and gut healing products are effective. Do research to find a good alternative and use this checklist as an outline for a supplement plan.

Always follow the instructions and dosage as recommended on the product packaging unless I've otherwise specified below.

Everyone should begin with the basics, no matter what your situation is...

Basic Preconception Support Protocol

Beginning on day 1 of your next cycle...

✓ Take **Metagenics UltraGI Replenish** for 30 days

- Directions: Blend, shake, or briskly stir the recommended serving into 8 fluid ounces of chilled water. Take the recommended daily serving for 30 days. Purchase (2) 30-serving bag. You only need 1 month supply. This is not an ongoing supplement.
- Avoid eating gluten, soy, dairy, corn, sugar, alcohol, caffeine or any foods you know you are sensitive to during these 30 days to allow your gut to heal.

- There are many vitamins in this product so to avoid over supplementing, do not take prenats or other supplements while taking the UltraGI Replenish. Additionally, this product will help you to better absorb supplements once the 30 day regimen is complete.
- You need to buy (2) 30 serving size bag (per person) for a 1 month program to heal your gut for better absorption of nutrients and heal leaky gut. * Only need 1 month's supply. This is not an ongoing supplement. *Do not take once pregnant. Do not take your prenatal vitamins while taking this product to avoid over supplementation.* Follow the daily serving recommendations on the package of 2 servings (of two scoops each) per day for a total of 4 scoops per day for 30 days.

✓ Next, take **Metagenics Clear Change 10 Day Program with UltraClear Plus Ph Detox**

- Do this detox during the first half of your next cycle before ovulation. If you are actively trying to conceive during this cycle, it is important to complete the detox BEFORE ovulation. Toxins will be circulating in your bloodstream before being removed through your bowels and urine. You do not want to be pregnant during this process so as not to expose your baby to the toxins before they are removed.
- There are many vitamins in this product as well so to avoid over supplementing, do not take prenats or other supplements while taking this product.
- Directions: Shake canister before scooping. Blend, shake or briskly stir the recommended dose of UltraClear Plus Ph Detox into 8 fluid ounces of chilled water or juice as many times as recommended on the product. Follow the accompanying recommended dietary program while on this detox. You CAN adjust the protocol and eat protein, like chicken and fish, throughout the entire program. It's important to stay nourished. Go [HERE](#) for the dietary guidelines to follow during the 10 day detox.

✓ Next begin the basic preconception/prenatal support

✓ Metagenics Plus One Prenatal Packet

- Directions: Take one packet daily.

- ✓ Metagenics Phytoganix Antioxidant Powder
 - Directions: Take one daily serving.
- ✓ Metagenics Ultra Flora Women's Probiotics
 - Directions: Take one capsule once daily.

>>> Next, add the following supplements that apply to you

The following supplements are recommended to be added after completing the 30 days of UltraGI Replenish followed by the Clear Change 10 Day Program with UltraClear Plus Ph Detox in addition to the basic preconception support protocol if any of the following applies to you.

For Inflammatory and/or Autoimmune Conditions

Such as endometriosis, fibroids and/or hypothyroidism, add the following supplements:

- ✓ SpectraZyme Complete (enzyme support)
 - Directions: Take 2 capsules with each meal
- ✓ E-400 Selenium
 - Directions: Take one tablet up to twice daily.

For Egg Health Support

To improve egg quality, add the following:

- ✓ NutraGems® CoQ10 300

- Directions: Take two chewables daily.

For PCOS Support

Add the following:

- ✓ Cenitol - take 4g dosage daily
- ✓ Metagenics EstroFactors

For Irregular Cycle Support

If you have an irregular cycle (short luteal and/or follicular phase, ovulate late, have a long cycle or suspect progesterone deficiency) add the following:

- ✓ Vitex
 - Directions: 800 mg daily throughout your cycle until pregnant or beginning with IVF medications. You can use any decent brand bought online or in the store.
- ✓ Metagenics EstroFactors



Additional Supplementation as Needed

IF YOU TEST LOW FOR VITAMIN D

- ✓ D3 10,000 with K2 if tested extremely low
 - Directions: Take one softgel daily until test results are normal.

- ✓ D3 5,000 if tested moderately low
 - Directions: Take one softgel daily until test results are normal.

IF YOU TEST LOW FOR IRON

- ✓ Hemagenics
 - Directions: Take one tablet daily

IF YOU HAVE OR SUSPECT LOW PROGESTERONE LEVELS AND / OR LITTLE OR NO CERVICAL MUCUS

- ✓ [Femmenessence MacaHarmony For Reproductive Health](#)
 - Dosage: Follow instructions on the package.

DURING AN ACTIVE FERTILITY TREATMENT CYCLE AND/OR ONCE PREGNANT, TAKE ONLY:

- ✓ Plus One
 - Directions: Take one packet daily.
- ✓ UltraFlora Women's Probiotics
 - Directions: Take one capsule once daily.
- ✓ Hemagenics if needed
 - Directions: Take one tablet daily.
- ✓ Vitamin D if needed and until test results are normal.
 - Directions: Take one softgel daily ongoing.

MALE FERTILITY SUPPORT

✓ Take **Metagenics UltraGI Replenish for 30 days**

- Directions: Blend, shake, or briskly stir the recommended serving into 8 fluid ounces of chilled water. Take the recommended daily serving for 30 days. Purchase (2) 30-serving bag. You only need 1 month supply. This is not an ongoing supplement.
- Avoid eating gluten, soy, dairy, corn, sugar, alcohol, caffeine or any foods you know you are sensitive to during these 30 days to allow your gut to heal.
- There are many vitamins in this product so to avoid over supplementing, do not take prenats or other supplements while taking the UltraGI Replenish. Additionally, this product will help you to better absorb supplements once the 30 day regimen is complete.

✓ Next, take **Metagenics 10 Day Clear Change Program with UltraClear Plus Ph Detox**

- There are many vitamins in this product as well so to avoid over supplementing, do not take prenats or other supplements while taking this product.
- Directions: Shake canister before scooping. Blend, shake or briskly stir the recommended dose of UltraClear Plus Ph Detox into 8 fluid ounces of chilled water or juice as many times as recommended on the product. Follow the accompanying recommended dietary program while on this detox. Go [HERE](#) for the dietary guidelines to follow during the 10 day detox.

✓ Next begin the basic **Men's Wellness support:**

✓ Wellness Essentials Men's Vitality Packet

- Directions: Take one packet daily

✓ Phytoganix Antioxidant Powder

- Directions: Take one serving one to two times daily or as directed by your healthcare practitioner.

✓ Ultra Flora Balance Probiotics

- Directions: Take one capsule once daily.