

Nutrients For Female Fertility with Sources*

Nutrient	Why It Is Required	Top Sources
Folic Acid (B9)	Prevents neural tube defects and enhances egg quality.	<ul style="list-style-type: none"> - Spinach - Lentils - Chickpeas - Black beans - Broccoli - Mung beans - Asparagus - Edamame - Bananas - Fortified rice - Oranges - Peas - Okra - Papaya - Sunflower seeds - Avocados - Flaxseeds - Kale - Fortified breads - Brussels sprouts
Vitamin D	Regulates hormone balance and supports egg health.	<ul style="list-style-type: none"> - Cod liver oil - Fortified milk - Oily fish - Mushrooms - Egg yolks - Fortified cereals - Tofu - Cheese - Butter - Soy milk - Sardines - Salmon - Mackerel - Herring - Almond milk - Fortified orange juice
Vitamin E	Protects egg and sperm cells from oxidative stress.	<ul style="list-style-type: none"> - Sunflower seeds - Almonds - Hazelnuts - Spinach - Avocado - Olive oil - Pumpkin - Kale - Pine nuts - Sweet potatoes - Wheat germ - Peanuts - Blackberries - Mangoes - Dried apricots - Red bell peppers - Swiss chard - Broccoli
Vitamin C	Enhances hormone levels and reduces oxidative stress.	<ul style="list-style-type: none"> - Guava - Kiwi - Oranges

		<ul style="list-style-type: none"> - Strawberries - Amla - Bell peppers - Papaya - Parsley - Pineapple - Tomatoes - Brussels sprouts - Kale - Lychee - Blackcurrants - Lemons - Limes - Grapefruit - Cantaloupe
Vitamin B12	Supports ovulation and implantation.	<ul style="list-style-type: none"> - Clams - Eggs - Milk - Cheese - Fish - Chicken - Beef liver - Fortified soy products - Seafood - Yogurt - Sardines - Shellfish - Fortified nutritional yeast - Fortified plant milks
Iron	Prevents anemia and ovulatory dysfunction.	<ul style="list-style-type: none"> - Spinach - Lentils - Quinoa - Chickpeas - Tofu - Beef - Oysters - Dark chocolate - Pumpkin seeds - Fortified cereals - Red meat - Beans - Green peas - Cashews - Pistachios - Sesame seeds - Sunflower seeds - Raisins - Dates
Zinc	Balances hormones and supports ovulation.	<ul style="list-style-type: none"> - Oysters - Pumpkin seeds - Beef - Whole grains - Chicken - Lentils - Cashews - Almonds - Sunflower seeds - Sesame seeds - Pecans - Chickpeas - Fortified cereals - Dairy products

		<ul style="list-style-type: none"> - Fish - Pork
Magnesium	Reduces inflammation and regulates hormones.	<ul style="list-style-type: none"> - Almonds - Bananas - Spinach - Black beans - Avocado - Dark chocolate - Quinoa - Cashews - Pumpkin seeds - Sweet potatoes - Lentils - Whole grains - Yogurt - Peanuts - Chia seeds - Kale - Edamame - Flaxseeds
Selenium	Protects eggs from oxidative damage and promotes uterine health.	<ul style="list-style-type: none"> - Brazil nuts - Eggs - Sunflower seeds - Chicken - Fish - Turkey - Mushrooms - Whole grains - Spinach - Oatmeal - Brown rice - Garlic - Asparagus - Lamb - Crab - Prawns - Sardines
Calcium	Regulates hormones and supports bone health during pregnancy.	<ul style="list-style-type: none"> - Milk - Yogurt - Cheese - Kale - Almonds - Tofu - Sardines - Fortified plant milks - Sesame seeds - Bok choy - Oranges - Chia seeds - Fortified juices - Figs - Turnip greens
Omega-3 Fatty Acids	Improves egg quality and reduces inflammation.	<ul style="list-style-type: none"> - Salmon - Flaxseeds - Chia seeds - Walnuts - Sardines - Herring - Soybeans - Canola oil - Mackerel - Hemp seeds - Algae oil

		<ul style="list-style-type: none"> - Anchovies - Tuna - Trout - Brussels sprouts - Seaweed
Coenzyme Q10	Boosts egg quality and energy production.	<ul style="list-style-type: none"> - Organ meats - Oily fish - Spinach - Peanuts - Sesame seeds - Soybeans - Broccoli - Pistachios - Chicken - Eggs - Mushrooms - Whole grains - Olive oil - Avocado
Choline	Essential for embryo development.	<ul style="list-style-type: none"> - Eggs - Chicken - Beef liver - Soybeans - Fish - Peanuts - Cauliflower - Broccoli - Almonds - Turkey - Lentils - Sunflower seeds
Iodine	Supports thyroid function and hormone production.	<ul style="list-style-type: none"> - Seaweed - Iodized salt - Fish - Shrimp - Milk - Eggs - Prunes - Yogurt - Cranberries - Cod - Shellfish - Kelp
Fiber	Regulates blood sugar and hormone balance.	<ul style="list-style-type: none"> - Lentils - Beans - Oats - Flaxseeds - Apples - Bananas - Oranges - Broccoli - Spinach - Chickpeas - Barley - Sweet potatoes
Probiotics	Improves gut health and reduces inflammation.	<ul style="list-style-type: none"> - Yogurt - Kefir - Miso - Sauerkraut - Kimchi - Pickles - Kombucha - Tempeh

Explore a world of fertility resources and support at source www.cradleon.com

		<ul style="list-style-type: none">- Cottage cheese- Sourdough bread- Lassi- Idli- Vegan yogurt
Antioxidants	Reduces oxidative stress and improves egg and sperm health.	<ul style="list-style-type: none">- Berries- Green tea- Dark chocolate- Spinach- Artichokes- Pomegranate- Kale- Red beans- Nuts- Turmeric- Tomatoes

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