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A nutritional supplement for improving fertility in women: a pilot study.

[Westphal LM](#), [Polan ML](#), [Trant AS](#), [Mooney SB](#).

Department of Obstetrics and Gynecology, Stanford University School of Medicine, Stanford, California 94305, USA. lynnw@stanford.edu

OBJECTIVE: To determine the impact of nutritional supplementation on optimization of reproductive health in women. **STUDY DESIGN:** A double-blind, placebo-controlled pilot study was initiated to determine the effects of FertilityBlend (Daily Wellness Co., Sunnyvale, California), a proprietary nutritional supplement containing chasteberry and green tea extracts, L-arginine, vitamins (including folate) and minerals. Changes in progesterone level, basal body temperature, menstrual cycle, pregnancy rate and side effects were monitored. **RESULTS:** Thirty women aged 24-46 years who had tried unsuccessfully to conceive for 6-36 months completed the study. After 3 months, the supplement group (n = 15) demonstrated a trend toward an increase in mean midluteal phase progesterone level (from 8.2 to 12.8 ng/mL, P = .08) and a significant increase in the average number of days in the cycle with basal temperatures >37 degrees C during the luteal phase (6.8-9.7 days, P = .04). The placebo group (n = 15) did not show any notable changes after treatment in any of the parameters studied. After 5 months, 5 of the 15 women in the supplement group were pregnant (33%), and none of the 15 women in the placebo group were (P <.01). No significant side effects were noted. **CONCLUSION:** Nutritional supplementation may provide an attractive alternative or complement to conventional fertility therapy.

Publication Types:

- [Clinical Trial](#)
- [Randomized Controlled Trial](#)

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