

Supreme Fertility

**Program**



**4 in 1 Fertility program for patients planning on starting a family, struggling with unexplained infertility, PCOS, recurrent miscarriages, ovarian insufficiency, or in preparation of IVF and assisted reproductive techniques.**

# CONSIDERATIONS FOR THE SUPREME FERTILITY PROGRAM

Irrespective if patients are planning to fall pregnant naturally, pursuing IVF, or trying to fall pregnant again after a miscarriage the quality of the egg and sperm is crucial. It takes approximately three months for an egg to reach maturity and 74 days for the spermatogenic cycle to reach completion. This is a crucial window of time.

An embryo’s potential to develop into a pregnancy is dependent on many different factors, having the correct number and quantity of chromosomes is essential. Chromosomal abnormalities have a profound impact on fertility. Embryo’s formed from chromosomally abnormal eggs have low potential for continued development.

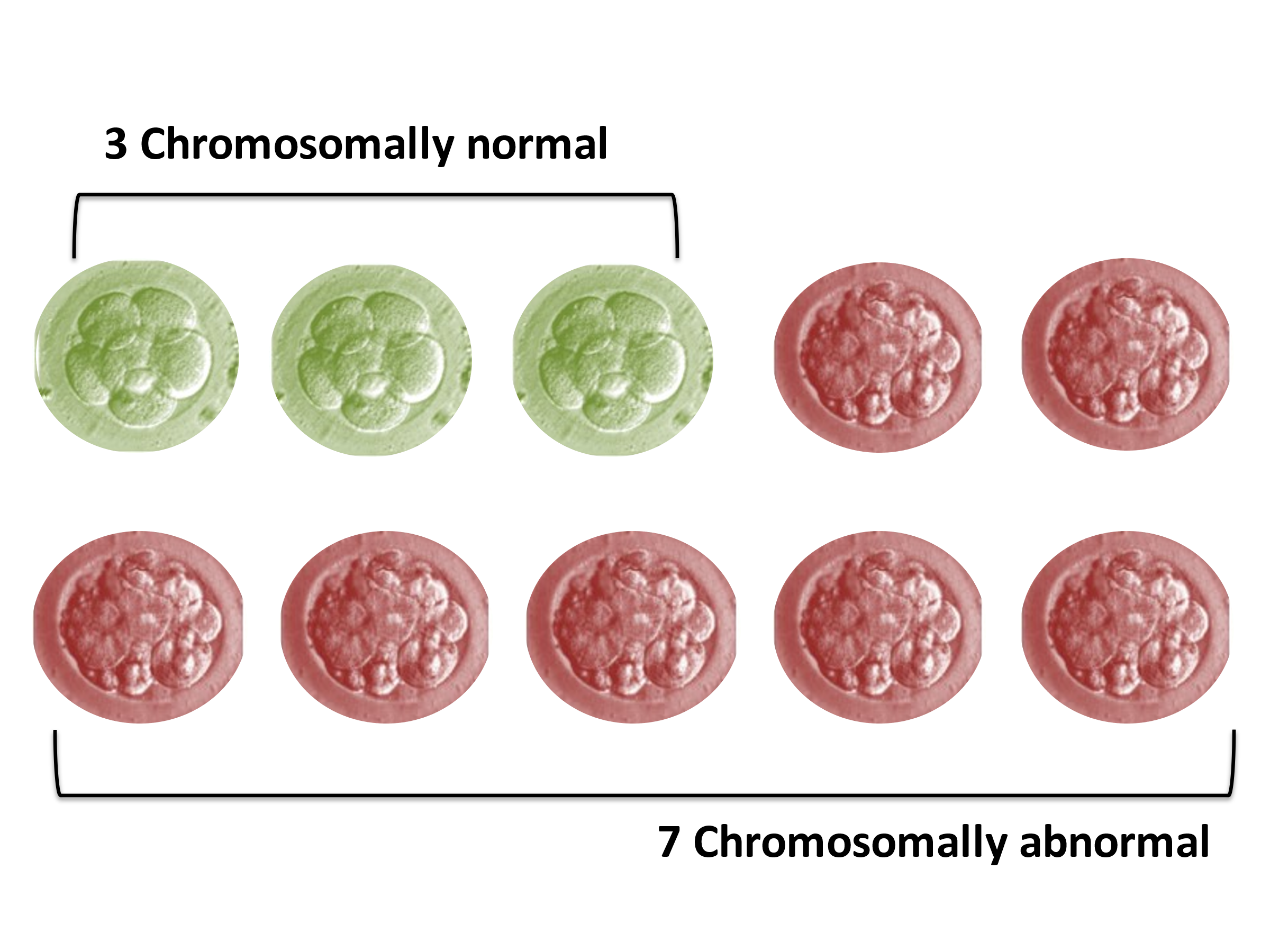


Figure : Chromosomally normal and abnormal embryo's

**Women >40: more than 50% of eggs may be chromosomally abnormal**

**Women <35: 25% of eggs may be chromosomally abnormal**

Studies have shown that dietary and supplement intervention, and removal of environmental toxins in this time may improve embryo quality, impact embryo development, and translate into improved clinical outcomes.

Diagram

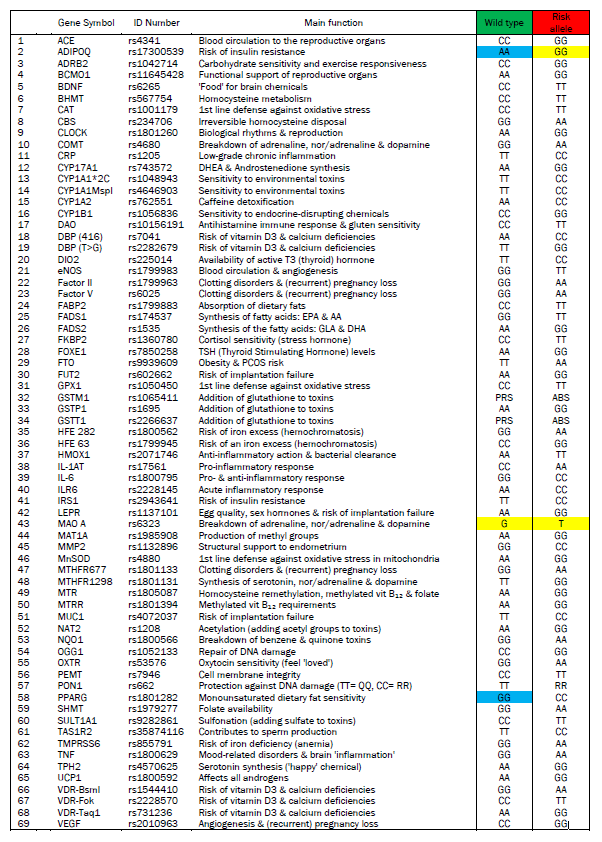
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**ACTIVE VS INACTIVE**

Providing the male and female with the right supplementation, dietary and lifestyle recommendations in this critical window is of utmost importance. Many of them may have genetic variations that may hinder effective bioavailability in the system. For example, B vitamins found in supplements are supplied in their inactive form, requiring methylation by the liver to convert them into their active form which can be used by the body. This requires an enzyme called methylenetetrahydrofolate reductase (MTHFR). A large percentage of the population is affected by a mutation in the MTHFR gene which instructs the body to produce this enzyme. As much as 50% of the population may be affected. MTHFR mutations affect the body’s ability to metabolise unmethylated forms of B vitamins namely folate and B12. The Supreme Wellness multivitamin contains the active forms of both folate and vitamin B12 which are immediately bioavailable for use by the body.

**SUPREME FERTILITY DNA PANEL LOOKS AT THE FOLLOWING GENE VARIANTS:**

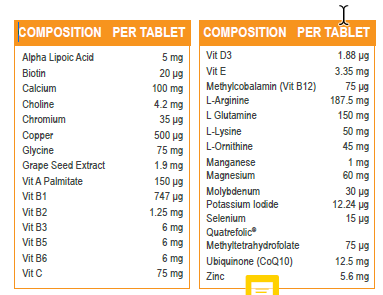
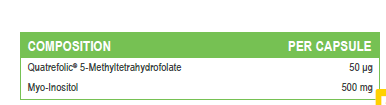
There is a growing awareness amongst healthcare practitioners to ensure that patients receive quality supplements in the active forms because of MTHFR variations. The MTHFR gene is not the only one affecting male and female fertility. Studies have highlighted many other important genes that can play a role and affect methylation, hormone balance, oxidative stress, inflammation, and other key areas. As a result the Supreme Fertility DNA panel provides insight into the following gene variants:

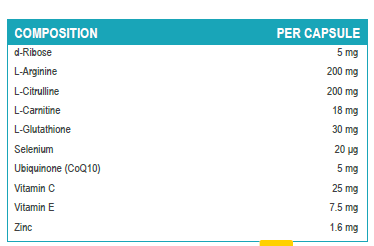


**SUPREME FERTILITY PANEL INVESTIGATES GENE VARIANTS AFFECTING THE FOLLOWING:**

* Blood Clotting
* Thyroid Function
* General Sub-fertility
* Endometriosis
* PCOS
* Stress
* Iron homeostasis
* Vitamin D and Calcium
* Omega 3 & 6 Levels
* Methylation
* Hormone Balance
* Detoxification
* Oxidative Stress

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**THE SUPREME FERTILITY PROGRAM CONSISTS OF:**

* **Male and female DNA testing for genetic variants**
* **Customised supplement intervention**
* **Dietary optimisation**
* **Lifestyle modification**

**WHO IS THE PROGRAM RECOMMENDED FOR?**

* **Couples planning on starting a family**
* **PCOS**
* **Endometriosis**
* **Unexplained infertility**
* **Recurrent miscarriages**
* **Before IVF or other assisted reproductive procedures**
* **Premature ovarian insufficiency**
* **Older couples**

**Supreme Wellness (PTY) Ltd**

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