Fertility

Description

To Jesus:

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You can save this to a â??Healthâ?• folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on
prescription & herbal drugs possible side & interaction effects. Typing in the name of two
medications or a medication & an herb in a search bar of most browsers will bring up results
with their interaction effects.

Saving this to a â??Healthâ?• email folder may make access easier.

You can use this as an aide to your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Hereâ??s some certifications or registrations to look for on supplements & herbs:

USP may be best because they buy products in stores & test 6x a year

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http://www.usp.org/usp-verification-services/usp-verified-dietary-supplements/verified-supplements/participating-companies

Quality Supplements

GMP includes testing for professional sports banned lists

Certifications

NSF

Listing Category Search Page

UL

Consumerlab has testing available to review by prescription

ConsumerLab.com â?? independent tests and reviews of vitamin, mineral, and herbal supplements | Consumerlab.com

Pharmaceutical grade is a higher level of purity & review in manufacturing as well.

US manufacturing & processing may have better supervision even of pharmaceutical grade

https://www.consumerreports.org/supplements/how-to-choose-supplements-wisely

Fertility

IVF costs tens of thousands of dollars, with 25-20% success rate. Side effects- hormone imbalances, ectopic pregnancy, overian hyperstimulation syndrome.

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In the study below all the women with unexplained infertility got pregnant & delivered health babies. They were given 600mg magnesium then tested for low RBC levels & given 200mg selenium if low RBC.

R. F. Picciano et al., â??Magnesium and selenium in unexplained female infertility: a pilot study,â?• *Magnesium Research*, vol. 7, no. 1, pp. 49â??57, 1994. https://pubmed.ncbi.nlm.nih.gov/8054261/

Category

1. Uncategorized

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