

JOURNAL OF
Women's Health

EDITOR-IN-CHIEF

Susan G. Kornstein, M.D.

DEPUTY EDITOR

Wendy S. Klein, M.D.

**Abstracts from the 13th Annual
Congress on Women's Health**

Mary Ann Liebert, Inc.  publishers

www.liebertpub.com

Nutritional Supplement Improves Fertility in Women

Lynn M. Westphal, MD¹,
Mary Lake Polan, MD, PhD, MPH²,
and Aileen Sontag Trant, PhD³

¹Assistant Professor, and ²Chair and Professor,
(respectively,) Dept of Gynecology/Obstetrics, Stanford
University School of Medicine, Stanford, CA

³Director, Research & Development, The Daily Wellness
Company, Sunnyvale, CA

Objective: To determine the impact of nutritional supplementation on the optimization of female fertility.

Design: A double-blind, placebo-controlled study was initiated to determine the effects of FertilityBlend™ for Women, 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: Ninety-three (93) women, age 24–42 years, who had tried unsuccessfully to conceive for six to 36 months, completed the study. After three months, the FertilityBlend™ (FB) supplement group (N = 53 vs. 40 in placebo group) demonstrated a strong trend toward an increase in mean mid-luteal phase progesterone (from 8.2 to 10.4 ng/ml, $p = 0.06$). Among women initially low in progesterone (<12 ng/ml, N = 34 in FB and 23 in placebo group), the increase in the FB group with low progesterone was highly significant (4.9 to 9.3 ng/ml; $p = 0.005$). The average number of days in cycle with basal temperatures over 98°F during luteal phase also increased significantly in the overall FB group (5.5 to 8.1 days, $p = 0.006$). Among women starting with short cycles (<27 days, N = 15 in FB and N = 9 in placebo group), mean cycle length increased significantly in the FB group (from 24.2 to 27.6 days; $p < 0.001$). Among women with longer cycles (>32 days, N = 11 in FB and 6 in placebo group), cycles tended to shorten in the FB group (from 41.6 to 31.7; $p = 0.02$). The placebo group overall (N = 40) did not show any notable changes after treatment, in any of the parameters studied. After six months, 17 of the 53 women in the FB group were pregnant (32%), and four of the 40 women in the placebo group were pregnant (10%; $p < 0.01$). No significant side effects were noted.

Conclusion: Nutritional supplementation may provide an attractive alternative or complement to conventional fertility therapies.