

NUTRITIONAL SUPPLEMENTS

# for Reproductive Health



# Why Theralogix?

## Evidence-Based

Your healthcare provider recommends Theralogix nutritional supplements because they are based on the most recently published scientific evidence. The Theralogix Medical Advisory Board (MAB) is comprised of physicians, nationally reputed scientists and faculty members from leading U.S. medical schools. Each product formulation has been approved by the MAB after detailed review of the scientific data. The MAB meets regularly to conduct extensive reviews of the scientific research and to offer guidance on improving existing formulations or developing new products.

## Physician-Trusted

Your healthcare provider trusts Theralogix, which has been working directly with physicians nationwide since its start in 2003.

Theralogix supplements are not sold in stores. Purchasing directly from the company helps assure that you receive the highest-quality supplements at the best price.

Theralogix supplements are recommended for use under the supervision of a healthcare provider, as one component of an overall health maintenance program.

## Content-Certified

Theralogix supplements undergo more rigorous testing than the Food and Drug Administration (FDA) regulations require. All Theralogix supplements are manufactured in a GMP-compliant facility and have been tested for disintegration, content accuracy, and purity by NSF® International.



NSF® International is an independent, not-for-profit organization that is the world leader in standards development, product certification, education, and risk management for public health and safety. NSF testing guarantees that each Theralogix supplement contains exactly what is stated on its label, that there are no contaminants or other ingredients that are not listed on the label, and that current Good Manufacturing Practices (cGMP) established by the FDA have been met during the production of the product.

TherOmega fish oil and the omega-3s in TheraNatal products are sourced from 100% sustainable, wild-caught Alaska Pollock from the Bering Sea and the Gulf of Alaska. They are certified Sustainable by the Marine Stewardship Council (MSC), and each lot is tested for freedom from contaminants such as mercury, lead, and PCBs by the IFOS (International Fish Oil Standards) Program.



Theralogix products are artificial dye-free and gluten-free.

**CORE NUTRIENTS**

**CORE NUTRIENTS + COQ<sub>10</sub> FOR EGG QUALITY**



**TheraNatal<sup>®</sup> Core**

A daily preconception tablet for any woman trying to conceive.\*

One easy-to-swallow tablet provides essential nutrients, including:

- 1,334 mcg DFE of Methylated Folate
- 50 mcg (2,000 IU) of Vitamin D<sub>3</sub>
- 100 mg of Choline (as VitaCholine<sup>®</sup>)
- 18 mg of Iron
- 220 mcg of Iodine
- 30 mg of Vitamin B<sub>6</sub>

Once you are pregnant, switch to TheraNatal One or TheraNatal Complete by the end of your first trimester, for the extra iron and DHA recommended during the second and third trimesters of pregnancy.

\*This statement has not been reviewed by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**TheraNatal<sup>®</sup> OvaVite<sup>®</sup>**

A daily preconception tablet plus coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>) for women in their mid-30s and beyond.\*

Contains all the same nutrients as Core, plus 250 mg of CoQ<sub>10</sub> formulated with VESIsorb<sup>®</sup> technology, which improves CoQ<sub>10</sub> absorption by approximately 300-600% compared to standard oil-based CoQ<sub>10</sub> supplements. This means that OvaVite provides the same absorbed dose of CoQ<sub>10</sub> as 750-1,500 mg from other CoQ<sub>10</sub> supplements.

Emerging research shows that CoQ<sub>10</sub> supports healthy egg and embryo quality and potentially leads to a better chance of achieving a healthy pregnancy.\*

Once you are pregnant, continue taking the TheraNatal Core (white) tablet. By the end of your first trimester, switch to TheraNatal One or TheraNatal Complete for the extra iron and DHA recommended during the second and third trimesters of pregnancy.

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**VITAMIN D AND FERTILITY**

Achieving a normal vitamin D blood level is important for fertility.\* If your vitamin D level is low (<30 ng/ml), your healthcare provider may recommend taking 50-100 mcg (2,000-4,000 IU) of vitamin D<sub>3</sub> each day. If your vitamin D level is normal, 50 mcg (2,000 IU) per day is recommended to maintain that level.

TheraNatal Core and OvaVite each contain 50 mcg (2,000 IU) of vitamin D<sub>3</sub> per daily dose. If you need additional vitamin D, Thera-D (vitamin D<sub>3</sub> tablets) is available in three different doses

1 tablet a day  
**90-Day Supply**

**\$30** with preferred pricing

1 Core tablet + 2 NeoQ<sub>10</sub> (CoQ<sub>10</sub>) softgels a day  
**13-Week Supply**

**\$120** with preferred pricing

**ONE SOFTGEL A DAY**

**COMPREHENSIVE FORMULA**



**VITAMIN D AND PREGNANCY**

Maintaining a healthy vitamin D level (>30 ng/ml) is important for pregnancy. Low vitamin D levels are common among pregnant women, and most prenatal vitamins do not contain enough vitamin D.

Only TheraNatal prenats provide 75 mcg (3,000 IU) of vitamin D per daily dose. Recent research has shown that doses of 50 mcg (2,000 IU) and 100 mcg (4,000 IU) per day are safe and effective in achieving a normal vitamin D level during pregnancy.

**TheraNatal® One**

**A once-daily, easy-to-swallow softgel with DHA for women during pregnancy.\***

One softgel a day provides the most essential nutrients during pregnancy, including:

- 1,334 mcg DFE of Methylated Folate
- 75 mcg (3,000 IU) of Vitamin D<sub>3</sub>
- 27 mg of Iron
- 220 mcg of Iodine
- 300 mg of DHA

TheraNatal One provides essential nutrients that you and your baby need during pregnancy in one small, easy-to-swallow softgel for less than the cost of a typical co-pay.\*

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**TheraNatal® Complete**

**The most comprehensive prenatal for women during pregnancy.\***

Two tablets and one softgel a day provide all the essential nutrients recommended during pregnancy, including:

- 1,334 mcg DFE of Methylated Folate
- 75 mcg (3,000 IU) of Vitamin D<sub>3</sub>
- 27 mg of Iron
- 220 mcg of Iodine
- 300 mg of DHA
- 250 mg of Choline (as VitaCholine®)
- 48 mg of Vitamin B<sub>6</sub>

TheraNatal Complete provides all the essential nutrients that you and your baby need during pregnancy in a convenient 13-week package for less than the cost of a typical co-pay.\*

The DHA used in TheraNatal One and Complete is certified sustainable by the Marine Stewardship Council (MSC), considered by many the gold standard for sustainability certification.

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1 softgel a day  
**90-Day Supply**

**\$45** with preferred pricing

2 tablets + 1 DHA softgel a day  
**13-Week Supply**

**\$68** with preferred pricing

SUPPORTS EGG QUALITY\*

PROMOTES HEALTHY OVULATION\*



## DHEA 25

Plant-derived, micronized DHEA to support ovarian health and healthy egg quality.\*

Each capsule provides 25 mg of DHEA. Research shows that 75 mg of DHEA a day promotes ovarian health and healthy egg quality.\*

It is recommended to start taking DHEA 25 at least six weeks prior to egg retrieval. DHEA 25 can be taken consistently for up to four months.

Discontinue taking DHEA 25 once pregnancy is confirmed.

\*Theralogix DHEA 25 is licensed under US Patent number 8,067,400

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1 capsule, 3 times a day  
**90-Day Supply**  
**\$115 with preferred pricing**

## Theratonin

Pharmaceutical-grade melatonin supplement formulated to promote healthy egg quality.\*

Each quick-dissolving, chewable tablet contains 3 mg of melatonin. Studies show that melatonin supports healthy egg and embryo quality.\*

It is recommended to start taking Theratonin at least six weeks prior to egg retrieval. Theratonin should be taken 30 minutes to one hour before bedtime.

Discontinue taking Theratonin once pregnancy is confirmed.

1 tablet a day at bedtime  
**90-Day Supply**  
**\$14 with preferred pricing**

## Ovasitol®

Inositol supplement formulated to promote menstrual regularity and ovarian health.\*

Each serving contains 100% pure inositol powder:

- 2,000 mg of myo-inositol
- 50 mg of D-chiro-inositol

Ovasitol contains a combination of myo-inositol and D-chiro-inositol, in the body's normal ratio of 40:1. Studies have shown that taking a combination of these two forms, in this ratio, is more beneficial than taking myo-inositol or D-chiro-inositol alone.\*

Research has shown that inositol improves the way the body uses insulin.\* This helps support healthy menstrual cycles, ovulatory function, and hormone levels.\*

Inositol also promotes healthy egg quality.\* Inositol and melatonin may work together to support healthy egg and embryo quality.\*

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2 doses a day  
**90-Day Supply** | **\$65 or \$78** with preferred pricing

## ADDITIONAL FERTILITY SUPPLEMENTS FOR MEN AND WOMEN

Theralogix offers NeoQ<sub>10</sub><sup>®</sup> (coenzyme Q<sub>10</sub>), Thera-D (vitamin D<sub>3</sub>), and TherOmega (omega-3 fish oil) to support both male and female fertility.\* Consult with your doctor to determine if these products would benefit you.



### NeoQ<sub>10</sub><sup>®</sup>

A highly bioavailable coenzyme Q<sub>10</sub> supplement formulated with patented VESIsorb<sup>®</sup> technology. Promotes sperm motility in men and egg quality in women.\*

1-2 softgels a day | 90 softgels per bottle  
**\$60 with preferred pricing**



### Thera-D<sup>®</sup>

A high-quality, independently tested and certified vitamin D<sub>3</sub> supplement, available in 50 mcg (2,000 IU), 100 mcg (4,000 IU) and 150 mcg (6,000 IU) tablets.

1 tablet a day | 90 or 180 capsules per bottle  
**\$21 or \$23 with preferred pricing**



### TherOmega<sup>®</sup>

A highly concentrated omega-3 fish oil supplement with 700 mg of EPA and DHA per softgel. Certified sustainable by the Marine Stewardship Council (MSC).

1 softgel a day | 90 or 270 capsules per bottle  
**\$35 or \$63 with preferred pricing**

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## BASE ANTIOXIDANT FORMULA

## BASE ANTIOXIDANT FORMULA + L-CARNITINE & EXTRA VITAMIN D



## ConceptionXR<sup>®</sup>

ConceptionXR contains nutrients that promote healthy male fertility by decreasing oxidative stress, promoting healthy sperm function, and protecting sperm DNA.\*

**Reproductive Health Formula** is recommended for any man trying to father a pregnancy and may also benefit couples going through in vitro fertilization (IVF).\* It contains the base formula of antioxidants and other nutrients, including (per two tablets):

- 500 mg of Vitamin C
- 67 mg (100 IU) of Vitamin E (as mixed tocopherols)
- 200 mcg of Selenium
- 25 mcg (1,000 IU) of Vitamin D<sub>3</sub>
- 1,000 mcg DFE of Methylated Folate
- 20 mg of Zinc

**Motility Support Formula** contains the same nutrients as Reproductive Health Formula, plus 1,000 mg of L-carnitine and an additional 25 mcg (1,000 IU) of vitamin D<sub>3</sub> to promote healthy sperm motility.\* It is recommended for men trying to father a pregnancy through natural conception or intrauterine insemination (IUI).\*

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### Reproductive Health Formula

2 tablets a day  
90-Day Supply  
**\$60 with preferred pricing**

### Motility Support Formula

2 tablets + 2 capsules a day  
30-Day Supply  
**\$80 with preferred pricing**  
90-Day Supply  
**\$210 with preferred pricing**

# NUTRITIONAL SUPPLEMENT PROGRAM

## Products for Women

### TheraNatal®

#### Preconception

- Core (1 tablet)
- OvaVite®  
(1 tablet + 2 CoQ<sub>10</sub> softgels)

#### During Pregnancy

- One (1 softgel)
- Complete (2 tablets + 1 DHA softgel)
  
- DHEA 25** (1 capsule, 3 times a day)
  
- Ovasitol®** (inositol)  
1 dose, 2 times per day
  
- Theratonin®** (melatonin)  
1 chewable tablet at bedtime

## Products for Men & Women

### Thera-D® (vitamin D<sub>3</sub>)

- 2000
- 4000
- 6000

- TherOmega®** (omega-3 fish oil)  
\_\_\_\_\_ softgel(s) per day

- NeoQ<sub>10</sub>®** (coenzyme Q<sub>10</sub>)  
\_\_\_\_\_ softgel(s) per day

## Products for Men

### ConceptionXR®

- Reproductive Health Formula  
(2 antioxidant tablets)
- Motility Support Formula  
(two antioxidant tablets + two capsules with L-carnitine and extra vitamin D<sub>3</sub>)

Use the Provider Referral Code (PRC) below for preferred pricing: