

BOTANICAL BOOTCAMP

FERTILITY: FEMALE FACTOR INFERTILITY

INDICATION	PRODUCT	DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES	
LOW FOLLICLES OR THIN LINING, LOW ESTROGEN, OVULATION SUPPORT IN PCOS, DIMINISHED OVARIAN RESERVE	WILD YAM COMPLEX	1 - 2 TABS BID - TID	4mo to build follicles in diminished ovarian reserve	CI: Cyst on ultrasound or estrogen sensitive cancers; has estrogenic effects; Discontinue when pregnant d/t Black Cohosh	
			CD3 to IUI, retrieval, or transfer		
ADRENAL FATIGUE, HYPERPROLACTINEMIA	ADRENOCO	1 - 2 TABS BID	3 - 4 months	Complimentary: Chaste Tree in hyperprolactinemia; CI: hypertension; watch low potassium with long term use	
AUTOIMMUNE INFERTILITY	REHMANNIA COMPLEX	2 - 4 TABS QD	3-6 months	Complimentary: Boswellia Complex for anti-inflammation; Take with food; watch for decreased innate immunity in long term use	
IRREGULAR MENSTRUAL CYCLES, LOW PROGESTERONE, PMS, HORMONAL ACNE	CHASTE TREE TABLET & 1:2 LIQUID	LIQUID 5-40ml/week 1 - 2 TABS BID	3 months	1 ml of 1:2 liquid = 1 tablet; CI: OCP and spasmodic dysmenorrhea	
PCOS			6 months to decrease androgens	Complimentary: Echinacea Premium for acne	
HYPERPROLACTINEMIA			1 month minimum and up to 3 months	Complimentary: AdrenoCo in hyperprolactinemia	
ENDOMETRIOSIS AND FIBROIDS			2 TABS BID - TID	3 - 6 months	Complimentary: Rehmannia Complex, LivCo
LOW LIBIDO			TRIBULUS FORTE	1 TAB TID - QID	libido: 3 - 6 months
ANOVLUTION CAUSING OLIGOMENORRHEA, EARLY OVULATION	ovulation support: CD3 - ovulation				
AMENORRHEA	amenorrhea: 3 months, then lower dose				
PCOS	FEMCO	5 TABS or 2 TABS QID	2 wks: lower prolactin; 1 mo: lower androgens; 2 mos: ovulation + cycle length normalization; 3mo: decreased acne; 6mo: LH:FSH ratio normalize	Complimentary: 2-3 tabs AdrenoCo or 2.5-3.5ml 1:1 Licorice	
PMS, HORMONAL ACNE, LOW LIBIDO, ENDOMETRIOSIS		1 TAB TID	3 months	Contraindicated in pregnancy d/t Chinese Peony	