My husband and I have been in the process of trying to conceive for 6 months and while I was charting and using OPKs I didn’t really use any products that would help improve my chances of conception. Then I was introduced to Fairhaven Fertility products and they have opened my eyes to so many fertility resources! Fairhaven Fertility has a range of products and supplements that will assist couples in their quest of conceiving naturally.

If you and your partner have tried to conceive but found that you are having trouble because of an irregular cycle or not having the right charting resources I recommend looking into Fairhaven Fertility before beginning any extensive medical procedures or testing. Read on to find out why Fairhaven might just be the resource you need!

Ovaboost

You may think that your eggs are something you have no need to worry about until you are older. Not true! You should not only be concerned with the number of eggs you have, but also with the quality of your eggs. Ovaboost contains ingredients such as folate acid, melatonin and a laundry list of amazing antioxidants. As you know from our Our Vitamins: Explained article, folate acid is the must-take of prenatal vitamin supplements. Did you know, however, that recent research indicates that when folate acid is in combination with two powerful antioxidants, myo-inositol and melatonin, egg quality is significantly improved in women undergoing IVF treatments. Recent research also confirms that myo-inositol works to improve insulin sensitivity, thereby helping to promote optimal ovarian function and cycle regularity in women with PCOS.¹ (source) These three ingredients can all be found in Ovaboost and will promote optimal ovarian function.

I cannot express how much of a difference the Fairhaven Fertility products have made in my TTC journey. It is not just the beginning and I am already feeling at ease that these resources are boosting my chances of conception. With a fertility monitor that does the charting for me, and supplements that are easy to take (or mix into a smoothie), and a yoga DVD that is not only improving my mind, but also my body – these products are truly the support I've been missing from other supplements and resources.

If you are looking into Fairhaven Fertility as your TTC resource I highly recommend logging onto their website: Ovagraph. Not only is it a website, but it is also an app that you can download to your iPhone or iPad! You are able to key in all of your charting data on the website and app as well as connect with other members who are TTCing in their forums. It is very simple to create an account and start logging in all of your information, such as your IBT, oral reading, vaginal reading and what supplements you are taking.

Fairhaven Fertility is also offering a 10% off code for Daily Mom readers! Just use the code dailymom when checking out at http://www.fairhavenhealth.com/!