

## **Fairhaven Health Introduces New Line of Fertility Supplements for Trying-to-Conceive Couples**

*Fairhaven Health recently launched a new line of standalone fertility supplements for trying-to-conceive men and women. Now couples can enhance their fertility naturally with herbs and antioxidants such as Maca, Royal Jelly, and Coenzyme Q10.*

Bellingham, Washington ([PRWEB](#)) June 26, 2013 -- Non-prescription fertility supplements like FertilAid for Men and Women have become very popular within the trying-to-conceive community, offering couples a natural alternative to invasive and expensive fertility treatments. Now couples can enhance their fertility naturally with [Fairhaven Health](#)'s new line of individual fertility supplements, including Maca, Royal Jelly, and Coenzyme Q10. Couples can take these fertility-enhancing supplements alone or integrate them into their daily vitamin regimen to help improve reproductive health, and increase energy and libido levels.

Couples have used [Maca](#) to enhance fertility for centuries. Many believe that the potent fertility-enhancing cruciferous plant helps improve libido and increase energy levels for both men and women. One study showed that Maca helps increase sperm count, motility, and semen volume in men. This herbal supplement also helps restore hormonal balance in women, suppressing overproduction of the hormone estrogen.

Trying-to-conceive women hoping to improve hormonal balance have consumed [Royal Jelly](#) for centuries. The milky substance secreted from the glands of worker bees is the only food ever eaten by the queen bee and is extremely high in nutritional content. Many believe that Royal Jelly helps enhance ovarian development, allowing the queen bee to lay approximately 2,000 eggs per day. Women and men consume Royal Jelly to stay healthy, reverse the aging process, and optimize reproductive health.

The powerful fertility-enhancing antioxidant [Coenzyme Q10](#) (CoQ10) is also popular in the trying-to-conceive community, and has recently made headlines for its role in reproductive health. CoQ10 is present in each cell of the human body, and plays a vital role in energy production. CoQ10 levels tend to diminish with age, resulting in reduced cellular energy, which comes with fertility implications.

Studies indicate that daily CoQ10 supplementation can help improve reproductive health in both women and men. One study published in the *Journal of Fertility and Sterility* showed that women taking up to 600 mg of CoQ10 daily saw improved egg quality and fertilization rates. Another study published in the *Journal of Andrology* showed that men supplementing with 300 mg of CoQ10 daily saw an increase in sperm motility, count, and morphology.

### About Fairhaven Health

Fairhaven Health manufactures safe, natural, doctor-designed products to promote fertility, pregnancy, and nursing health. They provide ovulation prediction tools, fertility supplements, prenatal vitamins, and breastfeeding support products, all of which are manufactured in U.S. GMP-certified and FDA regulated facilities.



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