



# DRINKS FOR FERTILITY

Please note, this is not medical advice — just recommendations from a fertility coach who is also on the journey.

Here's an overview of suggested drinks for fertility. I hope it's not too overwhelming! I am super happy to walk through which of these are most important for you based on your case and what is accessible to you, so it feels more manageable. Also, not all changes are necessary to have a successful pregnancy.

These are just evidence based things that are proven to strengthen fertility!

Note: All of these things are for males and females unless otherwise specified

## What to Drink

### The Hydration Foundation

- **Pure & Filtered:** Always use a high-quality water filter. Fluoride can interfere with thyroid function, which is a key regulator for fertility. [Berkey](#), [RO](#), or ones that filter out fluoride.
- **The 4x24 Rule:** Aim for four 24oz glasses of filtered water daily.
- **Morning Ritual:** Start your day with hot water and lemon or a splash of Apple Cider Vinegar to wake up your digestion and stabilize blood sugar.

### Nutrient-Dense Liquids

- **The Electrolyte Boost:** Hydrate deeper than just water. Use sugar (and stevia) free electrolytes like Hi-Lyte or Fast Lyte.
  - **DIY:** Coconut water, sea salt or Celtic salt, lime/lemon, and trace minerals. Order [NUUN tablets](#), [LMNT](#) (only one daily).
- **The Liquid Gold (Bone Broth):** Drink bone broth daily to repair gut health and provide essential nutrients for egg quality. (Try [Kettle and Fire](#)/ [Paradise Naturals 100% Grass Fed Powder](#)). Or [make it your own!](#)
- **Circulation Support:** Add beetroot powder and fresh ginger to your warm water to drive oxygenated blood flow directly to the reproductive organs.

### The Caffeine & Tea Filter

- **The 200mg Limit:** Keep caffeine under 200mg per day.
  - **For Women:** High caffeine constricts blood vessels, reducing vital blood flow to the womb and increasing implantation and pregnancy loss risk.
  - **For Men:** Excessive caffeine is linked to DNA fragmentation in sperm, insulin resistance, and pregnancy loss in women.
- **Best Blends:** [Wisdom of the Womb teas](#), [guava leaf](#), [mint](#), [decaf green tea](#)
- **Use loose leaf tea** and a [glass infuser](#) or small [infuser](#) whenever possible: Most tea bags release billions of microplastics and nanoplastics into hot water.



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## Extras

**Mix it Up - Can be taken powder, supplemental, or liposomal (liquid) form (depending on the extra) and mixed in water, smoothies etc.**

- **Antioxidant greens:** For mitochondrial support and cellular detox. Many different types available!
- **Ashwaganda** (*Withania somnifera*): May improve fertility by lowering cortisol (stress), balancing reproductive hormones, and increasing antioxidant activity. It significantly enhances male semen quality, including sperm count and motility, and may support female reproductive health by improving ovulation and follicular development.
- **Collagen Peptides:** Support fertility by maintaining the structural integrity of reproductive tissues (uterus and ovaries), supporting hormonal balance through improved metabolic health, and providing amino acids crucial for egg quality and implantation. Rich in glycine, collagen peptides aid in creating a healthy, nutrient-dense environment for conception, pregnancy, and postpartum recovery
  - Most studies on collagen peptides use a range of 2.5–15 g/day, making a daily scoop (often 10-20g)
- **Creatine:** Supports fertility by enhancing cellular energy (ATP) production in reproductive tissues, crucial for oocyte (egg) quality and sperm motility.
  - Research suggests 3–5g of daily creatine monohydrate is safe.
  - 300 mg to 600 mg of standardized ashwagandha root extract twice daily (600–1200 mg total daily).
- **Maca:** Impact on fertility is generally attributed to its high concentration of bioactive compounds like macamides and glucosinolates, which influence the endocrine system). It can improve sexual function, reduce stress, and potentially balance reproductive hormones, especially in men.
  - Recommended dosage of Maca root is 1.5 to 3 grams (1,500–3,000 mg) per day.
- **Pomegranate juice** (or powder) - Super antioxidant to help reduce oxidative stress on eggs and sperm.
  - One glass a day for men and women
- **Spirulina:** Can help fertility by reducing FSH levels, combating oxidative stress, and providing high folic acid, plus provides essential nutrients, including iron and chlorophyll.
  - Recommended daily intake is generally 10-15 grams (roughly 1 to 2 tablespoons).

## Additional Considerations

It's important to note that these drink suggestions are never "one size fits all." The specific drink recommendations important for you depend on your unique medical history, lifestyle factors, and previous testing and treatment outcomes.

My goal as a Fertility Coach and Educator is to help you learn about options that are available which may improve your chances of a successful pregnancy. While I provide the suggestions and research to empower your journey, a thorough consultation with your medical team—including your RE, endocrinologist, naturopathic doctor, reproductive immunologist, etc.—is crucial to finalizing your clinical plan.

I am here to help you prep for those appointments, make sense of the results, and assist with next steps. Please reach out with any questions!



Hi, I'm Mariah Tuffy Joseph, MSW — a Fertility Coach and Educator. I offer personalized support, guidance, education, tools and resources to help you navigate the practical, physical, emotional and relational challenges of fertility, pregnancy loss, and sexual health. I specialize in helping clients uncover and address root causes of fertility challenges and recurrent pregnancy loss, as well as providing guidance for natural and IVF conception, especially for women over 35.

I lead One on One and Couples Sessions. I also hold Online and In Person Support Groups for women (South Florida, USA).

I am on this intense life changing fertility journey with you—after 3 years, 3 losses, multiple fertility programs, and 3+ IVF cycles, we still don't have our baby...



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