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What Most Fertility Supplements Miss: The Ultimate Supplement Comparison Checklist

REJOOVA @



Not all fertility supplements are created equal, especially when you're actively TTC or over 35.

This guide compares the most popular options on the market so you can cut through the noise and choose a supplement that actually supports your fertility goals.

Fertility Supplement Checklist



= Fully true / core to the product



= Partially true, varies by product or not the core focus



= Not true / not featured

FEATURE / BENEFIT	REJOOVA	GENERIC PRENATALS (AMAZON, BIG BOX)	TRENDY BUNDLES (PERELEL, NEEDED)	CLINIC-BACKED (WENATAL, THERALOGIX PROGYNY)
Formulated for Fertility Health (not just TTC)	✓	✗	⚠	✓
Targets Egg & Sperm Quality in Tandem	✓	✗	⚠	⚠
Clinically Used by Licensed Practitioners	✓	✗	✗	✓
Optimized for 30s & 40s TTC Journeys	✓	✗	⚠	⚠
Rooted in Cellular Repair (Mitochondria, Inflammation, Oxidative Stress)	✓	✗	⚠	✓
No Fillers, Additives, or Gimmicky Ingredients	✓	✗	⚠	✓
Prescribed by the Founders in Clinical Practice	✓	✗	✗	⚠
Crafted for TTC couples facing infertility issues	✓	✗	⚠	⚠
Evidence based dosages	✓	✗	✗	✗
High-Antioxidant Formulation	✓	✗	⚠	⚠

Five red flags to watch out for when purchasing fertility supplements



FAIRY DUSTING INSTEAD OF EVIDENCE-BASED DOSES

Some brands sprinkle in trendy ingredients, but not in the amounts shown to actually support fertility. Always check for real dosages, not just buzzwords. Real dosages will have an actual impact, otherwise it's a waste of your time and money.

MISSING KEY NUTRIENTS FOR TTC

Many popular prenatsals leave out essential fertility-focused ingredients, like antioxidants.

ONE-SIZE-FITS-ALL FORMULAS

Most supplements are built for general wellness or pregnancy, not for those actively trying to conceive. Fertility requires a more targeted approach, especially when you're over 35.

FILLERS, DYES, AND QUESTIONABLE ADDITIVES

If you wouldn't eat it, why take it in a daily supplement? Look out for artificial colors, synthetic binders, and cheap additives that don't belong in your body. These can contribute to inflammation that worsens egg and sperm quality.

NO EXPERT BEHIND THE FORMULA

You'd be surprised how many formulas are developed by marketers, not practitioners. Look for supplements created by fertility professionals, who know what your body actually needs. Even better? They prescribe their supplements to their own TTC clients in clinic.



Ready to choose a supplement that *actually* supports your fertility?

Learn more about Rejoova and how it was designed by fertility experts for real results.

[CLICK HERE FOR MORE](#) →