

# DHEA and CoQ10

DHEA and CoQ10 are supplements typically recommended for women with diminished ovarian reserve or age  $\geq 40$ . This handout reviews these supplements prior to pregnancy. Ideally, look for supplements that have been certified by an independent 3<sup>rd</sup> party for purity and content.

## What is DHEA?

DHEA is a hormone which occurs naturally in the body and is known to help improve cognitive skills as people age and to slow the progression of Alzheimer's disease. Recent studies found that DHEA may also benefit women trying to get pregnant. The studies have used micronized DHEA 25 mg three times a day. Some patients have had difficulty sleeping, so they have skipped the evening dose. This is fine if you experience any difficulties. Other side effects of this weak steroid include oily skin, acne, or excess face or body hair. If you have side effects, we recommend discontinuing the supplement as its benefit is not firmly established. Please let us know if you have any side effects.

## What is CoQ10?

Co-enzyme Q10 (CoQ10) is an antioxidant supplement that helps to better produce energy in the mitochondria of cells. Recent studies show that CoQ10 may improve the quality of eggs by correcting their energy which improves the division of chromosomes during fertilization. The recommended dose is 200-300 mg of the ubiquinol soft gels three times per day. CoQ10 may cause an increase in energy and/or difficulty sleeping. If you have other side effects, we recommend discontinuing the supplement as its benefit is not firmly established. Please let us know if you have any side effects. B complex vitamin is recommended to help with absorption of the CoQ10.

## When to stop?

It is recommended to STOP these medications with pregnancy.

## How long do I need to take it before seeing any improvements?

Most studies recommend a minimum of 2-3 months of these supplements before benefit is obtained.