

Successful In Vitro Fertilization (IVF) after prior failed IVF utilizing a proprietary blend of supplements

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Background: To date, little is known about the effect of supplements on the outcome of in vitro fertilization (IVF). The data on this matter is limited to measuring the overall pregnancy rate on a population of women who took a specific supplement, (Total Fertility™, Coast Science, San Diego California) and not on IVF patients.

Objectives: To demonstrate the positive role of an investigated supplement in the outcome of patients undergoing IVF.

Method: 18 women undergoing IVF treatment were placed on a proprietary combination of vitamins and antioxidants designed to encourage blood flow and improve egg quality. The women were selected for this protocol mostly due to prior poor egg quality and/or large amount of embryo fragmentation. The women took supplementation twice daily for 4 – 12 weeks prior to transfer. The charts of the patients who used the supplements were used to obtain data. Previous failed IVF was defined as negative pregnancy. Successful IVF outcome was determined by positive chemical pregnancy and clinical pregnancy after one attempt. Range and mean was calculated for patient's age and number of failed previous IVF attempts. The previous IVF attempts were performed in different centers without using this supplement in all patients.

Results: Eighteen patients used the supplement before and during their IVF cycles. Patient's age ranged from 28 to 44 with mean of 36.4 years. They had on average, 2 prior failed IVF attempts. Seventeen of 18 patients had successful IVF outcome. The failed patient required frozen testicular extraction of sperm (TESE), prior to IVF.

Summary: Seventeen of 18 patients who used Total Fertility™ supplements had successful IVF. These patients failed an average of 2 previous IVF attempts without using our supplements.

Conclusion: Usage of Total Fertility™ supplements are associated with improved rates of success in patients undergoing IVF with a history of prior failed IVF attempts. Larger studies need to be conducted.