



Diet remedies for
Infertility

Your Guide to Infertility

Diet Remedies for Infertility

** Ajuwain + Jeera + Coriander Seed Water – a digestive herbal drink; useful for hydration and digestive comfort, but not proven to increase fertility.*

** Maca Root Powder – commonly used as a fertility/wellness supplement; evidence for improving fertility is limited.*

** Raspberry Leaf Tea – traditionally used for women's reproductive wellness, but it is not proven to improve conception and should be discussed with a clinician when trying to conceive or during pregnancy.*

Diet Remedies for Infertility

** Soaked Black Raisins + Walnuts – provides iron, healthy fats and micronutrients.*

** Flaxseed Powder – a source of fibre and plant omega-3 (ALA).*

** Pumpkin + Sunflower Seed Mix – provides zinc, vitamin E and other micronutrients involved in normal reproductive function.*

** Amla + Beetroot Juice – provides vitamin C, folate and antioxidants; avoid treating it as a fertility cure.*

Diet Remedies for Infertility

** Dates + Nuts – nutrient- and energy-dense addition to the diet.*

** Chia Seed Water – provides fibre and plant omega-3s.*

** Pomegranate – a nutritious antioxidant-rich fruit, though claims that it directly boosts fertility are not established.*





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