



Cervical Mucus Enhancers

- **Creighton Model System Vitamin B₆ Protocol** – Take daily as directed.
- **Mucinex Protocol** – Take only on pre-peak mucus days through cycle day P+2.
- **Fairhaven Health FertileCM** – Take daily as directed.
- **Fairhaven Health Evening Primrose Oil** – Take only in pre-ovulatory phase of the cycle.
- **Amoxicillin (antibiotic)** – Take only on pre-peak mucus days through cycle day P+2.

Recommended Cervical Mucus Enhancer

Fairhaven Health FertileCM – Take 3 capsules daily (i.e. take 1 capsule with each meal of the day – breakfast, lunch, and dinner – to spread it out across the day) as directed on the bottle. Begin taking right away, there is no need to wait for a particular time within your cycle.

FertileCM = The “CM” in the name stands for “cervical mucus.”

Website: <https://www.fairhavenhealth.com/fertilecm>

May also be purchased on Amazon: <https://www.amazon.com/FertileCM-for-Fertile-Cervical-Mucus/dp/B000GQSMOE/>

FertileCM can be taken every day, throughout the entire cycle.

FertileCM can be taken along with (or instead of) the Vitamin B6 protocol.

Mucinex Protocol

Mucinex (guaifenesin 1200 mg extended release) is an expectorant medication (cough syrup) sold over the counter that is taken orally usually to assist the bringing up (expectoration) of phlegm from the airways in acute respiratory tract infections.

Indications

Mucinex is indicated in those individuals who are having trouble conceiving to help improve cervical mucus quality.

Dosage

Important: Use only the plain kind of Mucinex with no letters after it (do not use Mucinex D, which is a decongestant, or DM, which contains the cough suppressant dextromethorphan). Make sure that the only active ingredient is guaifenesin.

Take the dosage recommended on the box only on pre-peak mucus days through cycle day P+2.

Side Effects

Please see the medication bottle for side effects.

Effectiveness

Mucinex (guaifenesin) has proven effective in thinning cervical mucus, making it more fluid and productive for sperm travel. Some women have had similar results with Robitussin.