

## Natural, Fertility-Friendly Lubricants\*

- Unrefined coconut oil
- Extra virgin olive oil
- Other oils: canola oil, grape seed oil, vegetable oil
- Crisco
- Vitamin E capsules (broken and used as a suppository)
- Water

## Other Fertility-Friendly Lubricants\*

- Good Clean Love BioGenesis
- Fairhaven Health BabyDance
- Aloe Cadabra
- YES Lubricants
- Conceive Plus (not natural - contains parabens)
- Pre-Seed (not natural – contains parabens)

\*Note: The water-based lubricants are best used only during the fertile time (i.e. during the mucus cycle) when trying to conceive due to being expensive and also having a pH that matches the pH specifically during that time of the cycle. The oils and oil-based lubricants are best used during the infertile days of the cycle. Other lubricants on the market may be silicon-based. Make sure to look at the ingredients and choose the best one for your needs (organic, paraben-free, etc.)! For natural lubricants, do not use: saliva, petroleum jelly, mineral oil, baby oil, etc.