

Cervical Mucus Enhancers

- **Hydrate!!** Make sure to drink enough water every day! Cervical mucus is a hydrogel.
- **Creighton Model System Vitamin B₆ Protocol** – Take daily as directed.
- **Pyridoxal 5-Phosphate (P-5-P)** – Take 50 mg/day (as an alternative to Vitamin B₆).
- **Fairhaven Health FertileCM** – Take daily as directed.
- **Fairhaven Health Evening Primrose Oil** – Take only in pre-ovulatory phase of the cycle.
- **Borage Seed Oil** – Take only on pre-peak mucus days through cycle day P+2.
- **Mucinex Protocol** – Take only on pre-peak mucus days through cycle day P+2.
- **Amoxicillin (antibiotic)** – Take only in pre-ovulatory phase of the cycle.
- **Cefaclor (antibiotic)** – Alternative to Amoxicillin. Take only in pre-ovulatory phase.
- **Prednisone** – Low dose. Take only in pre-ovulatory phase of the cycle.
- **Herbs** – Includes shatavari, dandelion, licorice, marshmallow root. Take only as directed.