

# Herbal Ways To Boost Fertility

## Herbs To Increase Sperm Count And Mobility In Men

American Ginseng (*Panax quinquefolius*)  
**Caution:** Don't have it while on blood-thinning medications.



Saw Palmetto (*Serenoa repens*)  
**Caution:** Don't have it while on any fertility medications.

Astragalus (*Astragalus propinquus*)  
**Caution:** It may cause diarrhea as a side effect.



Yohimbe (*Pausinystalia yohimbe*)  
**Caution:** Don't have it if you have low blood pressure.

## Herbs To Improve Pregnancy Hormones Function In Women

Red Raspberry (*Rubus idaeus*)  
**Caution:** It may cause loose stool and nausea.



Dong Quai (*Angelica Sinensis*)  
**Caution:** Don't have it while on blood-thinning medications.

Vitex (Chaste tree)  
**Caution:** Don't use it along with prescribed hormone medications.



Black cohosh (*Cimicifuga spp*)  
**Caution:** Its overdose may cause stomach issues and vomiting.