



What Is Each Thing Actually For?

A supplement and treatment review — the sheet that turns twenty half-finished ideas into a plan.

Most people at this stage are taking a long list nobody has reviewed as a whole. This is not a sheet for stopping things behind your doctor's back — it is the sheet you fill in and take to them, so every item either has a job or comes off the list. Bring your actual bottles; labels beat memory.

Everything I am currently taking

ITEM & DOSE	WHO TOLD ME TO TAKE IT	WHAT JOB IS IT DOING?	HOW WOULD WE KNOW IT IS WORKING?	KEEP / ASK / STOP

Stage 2 labs — the wider map

- ☐ Fasting insulin, fasting glucose, HbA1c — the metabolic dial
- ☐ Full thyroid including antibodies
- ☐ hs-CRP and other inflammatory markers — the immune and inflammatory dial
- ☐ Ferritin, vitamin D, B12, folate — raw materials
- ☐ Clotting history and markers where your history warrants it — discuss with your physician
- ☐ Advanced semen analysis including DNA fragmentation — usually the most under-tested half

The three questions that end patchwork care

In one sentence: what do we think is driving this?

What order are we fixing things in, and what is first?

How will we know in three months whether it is working — which markers, symptoms or cycle changes?

Nothing on this sheet gets started or stopped without the person who prescribes for you. The goal is that every item has a reason, not that the list is short.

Free 10-minute call, or the Metabolic & Immune Fertility Evaluation (\$100 — \$50 to reserve, \$50 at your visit) at easttowestfertility.com