



FERTIL- PRO MTL (for men)

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| NPN | 80031912 | FORMAT | 90 capsules |
| INDICATIONS | FERTIL-PRO MTL is a complementary formula to FERTIL-PRO FOR MEN + L-CARNITINE. It is specifically designed to improve sperm motility in men with asthenozoospermia (low sperm motility) | DOSAGE | 1 capsule per day for 3 to 6 months |
| CAUTION | Consult a health care practitioner before use if you are taking medication to lower blood pressure or if you are taking blood thinners. | | |

COMPOSITION

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| β- carotene | 3 mg (5000 IU) |
| Coenzyme Q10 | 100 mg |
| Lycopene | 2 mg |
| Vitamin D | 25 mcg (1000 IU) |

DOCUMENTATION

Low dietary intake of antioxidants is associated with sperm oxidative stress¹. Semen oxidative stress affects sperm motility and the capacity of sperm to recognize the egg and fuse with it². A positive correlation exists between the levels of Vitamin A, CoQ10, Lycopene and Vitamin D in seminal fluid, and, sperm motility^{3,4}. FERTIL PRO - MTL is a supplement specially designed for men with low sperm motility that is to be used in combination with FERTIL-PRO FOR MEN + L-CARNITINE.

β-CAROTENE: PROVITAMIN A, RETINOL

The β -carotene is a precursor nutrient of vitamin A. It belongs to the carotenoid family. The different stages of sperm maturation require vitamin A⁵. It plays an essential role in normal sperm production in the testicles. A deficiency in vitamin A, has been observed in men with low sperm motility^{6,7}. It is important to note that carotenoids work in synergy with Vitamin E, present in our basic formula for male fertility (FERTIL-PRO FOR MEN + L-CARNITINE).

COENZYME Q10: UBIQUINONE – 10, UBIDECARENONE

Coenzyme Q10 is a powerful and important antioxidant molecule for male fertility. It is recognized that CoQ10 deficiency is correlated with low sperm motility³. Clinical trials have validated that dietary supplementation with CoQ10 can restore its levels in the seminal fluid and sperm of infertile patients, whose low sperm motility was detected. Restoration of CoQ10 levels in semen is accompanied by a significant increase in sperm motility^{3,4}.

LYCOPENE

Lycopene is a powerful antioxidant found in plants. It also belongs to the carotenoid family, whose synergistic action with the Vitamin E is recognized. Lycopene plays an important role in protecting sperm against oxidative stress⁸. Normally present in large quantities in the testicles and seminal fluid, it appears that its content is reduced in men with infertility of unknown origin^{1,9-11}. In addition, a clinical study has validated that the Lycopene dietary supplementation could improve sperm motility and increase the fertility potential in humans¹².

VITAMINE D: CHOLECALCIFEROL (VITAMINE D3) OR ERGOCALCIFEROL (VITAMIN D2)

Vitamin D is a non-essential dietary vitamin important for maintaining bone and overall health. However, in men, the vitamin D status is associated with the quantity, motility and morphology of spermatozoa^{13,14}. It is recognized that vitamin D supplementation is beneficial in improving sperm quality, thus increasing the chances of conception^{15,16}.

RÉFÉRENCES

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