



## FERTIL-PRO FOR MEN + L-CARNITINE

<b>NPN</b>	80040821	<b>FORMAT</b>	90 tablets
<b>INDICATIONS</b>	FERTIL -PRO MEN + L- Carnitine is our basic formula for male fertility. It improves production and sperm quality by reducing damage related to oxidative stress. Taking this dietary supplement increase sperm quality and protects the integrity of the genetic information of sperm. To combine with FERTIL-PRO MTL intake for best results.	<b>DOSAGE</b>	1 tablet per day, for 3 to 6 months
<b>CAUTION</b>	Low incidences of seizures have been reported with oral doses of L-carnitine in individuals, with or without pre-existing seizure disorders. Some people may experience gastrointestinal symptoms, nausea, vomiting, abdominal cramps, and diarrhea. Zinc supplementation can cause a copper deficiency. Keep product out of reach of children.		

### COMPOSITION

Acetyl-L-Carnitine.....	400 mg	Vitamin B12 .....	50 mcg
Vitamin C.....	300 mg	Zinc .....	30 mg
Vitamin E .....	100 IU/ 67 mg AT	Selenium.....	80 mcg
Folic acid.....	1 mg		

### DOCUMENTATION

Several clinical studies indicate that vitamins and minerals are essential for sperm health <sup>1</sup>. Low dietary intake of antioxidants is associated with sperm oxidative stress and an increased risk of male infertility. Specifically, oxidative stress (i.e. due to environmental or lifestyle factors) may cause genetic and functional alterations in sperm <sup>1-4</sup>. L-Carnitine is a potent antioxidant and a key source of energy for sperm motility <sup>5-10</sup>. The daily intake of nutrients such as L-Carnitine has been shown to increase the chances of conception in a couple<sup>11</sup>. These nutrients and minerals have been carefully selected in the final formulation of FERTIL –PRO FOR MEN + L- Carnitine.

### ACÉTYL-L-CARNITINE (ACETYL-L-CARNITINE HCL)

Acetyl -L-Carnitine is an essential amino acid and an antioxidant, which is involved in energy production and protection against oxidative stress. There is a positive correlation between the seminal concentration of L- Carnitine and motility, vitality and sperm count. L- Carnitine is also important for sperm maturation in the epididymis <sup>5-10</sup>.

### **VITAMIN C (ASCORBIC ACID)**

Vitamin C is an antioxidant that has been shown to protect sperm DNA from oxidative injury <sup>12</sup>. Clinical studies show that vitamin C also improves motility and sperm morphology <sup>13,14</sup>.

### **VITAMIN E (SUCCINATE)**

Vitamin E is an antioxidant that maintains the viability of immature sperm and contributes to their maturation along the epididymis <sup>15,16</sup>. In addition, clinical studies have shown that vitamin E improves the ability of sperm to fertilize the egg <sup>17</sup>.

### **FOLIC ACID (FOLATE, VITAMIN B9):**

Zinc and folic acid are involved in the production of functional sperm <sup>18</sup>. Folic acid is an essential B group vitamin, necessary for the synthesis and repair of nucleic acid (DNA base). The incorporation of folate in the diet of sub-fertile men has been shown to improve sperm counts <sup>19</sup>.

### **VITAMIN B12 (METHYLCOBALAMIN)**

Vitamin B12 is an important co-factor in cellular metabolism and DNA synthesis. Vitamin B12 plays an important role in spermatogenesis <sup>20</sup>.

### **ZINC (GLUCONATE)**

In addition to being involved in the production of sperm, zinc is an important stabilizer of the sperm DNA structure. Zinc may also play a vital role in the activity of enzymes responsible for fertilization <sup>21</sup>.

### **SELENIUM (YEAST EXTRACT)**

Selenium is a cofactor (component) of one of the most important antioxidant enzymes in sperm <sup>15</sup>. Selenium is also a structural component of the sperm.

## **RÉFÉRENCES**

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