



Male Fertility Supplements

Explanation: Oxidative Stress occurs when the level of reactive oxygen species (ROS or “free radicals”) exceeds the total antioxidant capacity in the seminal plasma.

Increased Oxidative Stress has been correlated with abnormal sperm morphology, low sperm motility, increased time to pregnancy, and decreased ART success.

How can we reduce or correct oxidative stress?

- Stop smoking.
- Avoid environmental toxins.
- Increase antioxidant capacity.

Supplement Options:

1. Coenzyme Q 10 200mg three times a day
2. Folic acid 400mcg once a day
3. Vitamin C 1000mg once a day
4. Vitamin E 400 IU once a day
5. Daily Centrum vitamin with minerals once a day
6. Pycnogenol 100mg once a day.
7. L-arginine 1000mg twice a day.

L-arginine is an amino acid needed to produce sperm (l-arginine assists with cell division and immune function). Preliminary research has shown increase in sperm counts, quality and fertility; however, no benefit has been shown when the initial sperm count is quite low (<10million).

Dietary sources of antioxidants include kidney beans, pinto beans, blueberries, cranberries, artichoke, blackberries, prunes, raspberries, strawberries, Red Delicious, Granny and Gala apples, pecans, cherries, plums, and dried black beans.

Dietary sources of l-arginine include nuts, lentils, kidney beans, fresh soybeans. Other sources: egg yolk, meats and dairy products.



*Recommended duration of supplementation: minimum of 10-12 weeks (reflecting the life cycle of sperm maturation).

What about other supplements or herbal products I have been told to take by other providers?

Although often marketed as "natural," this doesn't mean that herbal products are always safe. Consider these important issues about fertility herbs and supplements:

- **They have limited Food and Drug Administration regulation.** Herbal and nutritional supplements are subjected to limited regulation by the Food and Drug Administration and are only now starting to be held to higher purity and quality standards.
- **They have a potential for drug interaction.** Conventional hormone and drug treatments for infertility are complex regimens. It's not known how herbs or supplements may interact with such treatments.
- **They may have side effects.** Herbal and nutritional supplements may have side effects, especially when taken in larger doses. For example, too much vitamin C can cause significant gastrointestinal problems, and high doses of vitamins may be toxic rather than therapeutic.

References:

1. Ross c, Morriss A, Khairy M, et al. A Systematic Review of the effect of oral antioxidants on male infertility. Reproductive Biomedicine Online (2010) 20, 711-23.
2. Showell M, Brown J, Yazdani A, et al. Antioxidants for male subfertility. The Cochrane Collaboration 2012.