

Fertilovit® M^{plus}

For the dietetic treatment of male fertility issues
related to limited semen quality

Consumer Information

Micronutrient support for healthy sperm development. Contains zinc, selenium, citrulline and vitamin C with sustained release.

What is Fertilovit® M^{plus} and what are its effects?

Fertilovit® M^{plus} is a dietetic food for special medical purposes and is used for the management of male fertility issues related to limited semen quality.

As has been shown by a considerable number of studies, male fertility is declining all over the world. One in ten couples experience problems conceiving and in 30 % these can be assigned to male fertility issues. Assisted reproductive techniques (ART) offer a range of possibilities to support people with fertility issues. Clomiphene cycles, insemination, IVF or ICSI are very effective to support the fusion of oocyte and spermatozoa. However, sperms with severe oxidative damage will substantially lower success rates of any fertility treatment.

Diminished sperm count and quality can be caused by a variety of factors. Pollution, hormones in the environment, poor eating habits and others have been claimed to be responsible. More and more research has focused on oxidative stress and its detrimental effects on sperm health.

Oxidative stress occurs in our bodies as a result of exposure to environmental factors such as smoking, alcohol consumption, pollution, pesticides and other chemicals, stress and/or trauma. The term oxidative stress refers to damage that is inflicted on the body's cells and tissues by reactive oxygen species. Oocytes and spermatozoa are particularly susceptible to this kind of damage. Normally the body has its own powerful range of defence mechanisms, the body's own antioxidants, however, these are not always available in sufficient quantity.

Fertility benefits from a healthy lifestyle and well-balanced nutrition

The good news first: Because spermatozoa are continually formed anew, a healthy man can always make a difference regarding sperm count and motility by making healthy lifestyle choices. A well-balanced diet with abundant antioxidants and other micronutrients important for cell division and spermatogenesis plays an important role. It can support reproductive health effectively. However, if you find it hard to stick to a healthy diet in everyday life with all its demands in job and leisure, taking a specific supplement might prove a valuable amendment.

Antioxidants

Antioxidants are vital substances that safeguard the DNA, proteins and lipids of all the body's cells (including spermatozoa) from oxidative stress. Wellknown antioxidants include vitamins C and E as well as lycopene, a carotenoid from tomatoes. Vitamin C is the main antioxidant in seminal plasma, however is quickly eliminated from the body. Therefore the majority of vitamin C usually cannot exert its positive effects. Hence **Fertilovit® M^{plus}** contains vitamin C with sustained release, making the most of its protective capacity. Vitamin E, being a lipid-soluble antioxidant, is important for safeguarding the cell membranes in particular.

Selenium and zinc for healthy fertility

It is generally acknowledged that the trace elements selenium and zinc are necessary for male fertility.

Zinc is an essential trace element which is crucial for many biochemical pathways within the body. It supports normal immune system function, growth and protein synthesis, simultaneously being vital for normal cell division and DNA synthesis. In addition to that it is essential for normal male fertility and reproduction and helps to maintain healthy testosterone levels.

Selenium is an essential trace element as well and is involved in many key pathways of metabolism. Being part of so-called selenoproteins it plays a major role as part of protective enzymes, safeguarding cells from reactive oxygen species. Other selenoproteins are involved in thyroid hormone metabolism, which is vitally important for healthy reproduction and fertility. Thus it is no surprise that the thyroid is the body organ richest in selenium (except the brain). In addition to that selenium is needed for spermatogenesis.

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Amino acids

Healthy sperm development requires a sufficient supply with a variety of micronutrients. Amongst others, certain amino acids play a vital role for sperm health. Arginine, for example, is vitally needed for the production of protamines, which help to package and thus stabilize sperm DNA. Arginine, however, has a very limited bioavailability. Yet it has been shown that supplementation of its precursor, the amino acid L-citrulline, can effectively boost arginine levels.

An additional effect of both amino acids is that they can produce the mediator nitric oxide (NO).

Based on these findings a new generation of dietary supplements for men has been developed: **Fertilovit® M^{plus}**.

The preparation has been tested in one of Europe's biggest ART clinics. Men who wish to conceive are recommended to take it from at least three months prior to conception.

Please visit www.fertilovit.com to learn more!

Administration form:

Capsules.

Packaging size:

90 capsules, for a 6-week course of treatment

Net quantity:

71,9 g

Nutrition facts:

Fertilovit® M^{plus}'s composition accounts for the special requirements of men with limited semen quality.

Two capsules of **Fertilovit® M^{plus}** (daily dose) contain:

	Daily dose (2 capsules)	% NRV*	per 100 g
Energy	27,4 kJ (6,4 kcal)	-	1.714 kJ (405 kcal)
Fat	0,07 g	-	4,70 g
saturated fatty acids	0,06 g	-	3,90 g
Carbohydrates	0,70 g	-	42,60 g
sugar	0,09 g	-	5,70 g
Fibre	0,03 g	-	1,80 g
Protein	0,75 g	-	47,20 g
Salt	< 0,01 g	-	0,04 g
Vitamin C	100 mg	125	6.250 mg
Vitamin E	100 mg	833	6.250 mg
Folic acid	500 µg	250	31.250 mg
Selenium	100 µg	182	6.250 µg
Zinc	25 mg	250	1.562 mg
Glutathione	50 mg	-	3.125 mg
N-acetyl-L-cysteine	50 mg	-	3.125 mg
L - carnitine	300 mg	-	18.750 mg
L - citrulline	300 mg	-	18.750 mg
Coenzyme Q10	15 mg	-	937 mg
Lycopene	4 mg	-	250 mg

*] Nutrient reference values according to EU regulation

Fertilovit® M^{plus} does not contain gluten, lactose and gelatine and is the first supplement for the management of male fertility issues featuring an antioxidant with sustained release!

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Application:

Fertilovit® M^{plus} is a suitable dietary supplement for every man who would like to support healthy sperm development. **Fertilovit® M^{plus}** can contribute to sperm quality and fertility. Use upon consultation with your doctor. **Fertilovit® M^{plus}** is particularly effective in men who smoke, who suffer from stress or experience nutrition-related impairment of sperm quality.

Precautions and storage:

Fertilovit® M^{plus} is a nutritionally incomplete dietary food for special medical purposes. It cannot and must not replace a healthy lifestyle and well-balanced diet. Harmful effects have been found for some of the ingredients when taken in extremely high doses. Therefore it is important not to exceed the recommended dosage. Please see your doctor before you start to use **Fertilovit® M^{plus}**. Keep **Fertilovit® M^{plus}** capsules in a cool, dry place where the temperature stays below 25°C. Please store the capsules out of reach of children.

How to use Fertilovit® M^{plus}:

Take two **Fertilovit® M^{plus}** capsules daily, one in the morning and one in the evening. Do not exceed the recommended dose. Swallow the capsules whole with plenty of water. It is recommended that the capsules be taken with food.

Preferably, to achieve optimal sperm health, you should start taking **Fertilovit® M^{plus}** for at least 90 days before trying for pregnancy, as the sperm production cycle (spermatogenesis) takes 74 – 78 days. However, taking **Fertilovit® M^{plus}** can be started at any time.

Side effects:

Normally **Fertilovit® M^{plus}** is tolerated very well. No side effects have been described so far. Do not use **Fertilovit® M^{plus}** if you have an allergy to any of the active or inactive ingredients listed on this leaflet.

Best-before date:

The best-before date is printed on the packaging. Please do not use **Fertilovit® M^{plus}** after this date or if the packaging is torn or shows signs of tampering.

Made in EU by order of:

Gonadosan AG
Zollstrasse 34, FL - 9490 Vaduz
Principality of Liechtenstein
www.gonadosan.com

Sales and distribution:

PKA-Vertriebs-GmbH
Römerstrasse 2, A - 6900 Bregenz
Austria
www.fertilovit.com

