



Male Vitamin Cocktail

1. Multi vitamin with minerals, like Centrum one tablet daily as recommended on the container.
2. Vitamin E 400 IU daily
3. Vitamin C 1000mg daily
4. L-Carnitine 500mg daily
5. DHA (Omega 3 fatty Acids) 1000IU daily
6. Vitamin D 400-800 IU daily
7. Co Enzyme Q10 200mg twice daily

Action of Medications:

Vitamin E: Studies have shown vitamin E can increase sperm potency by 2 ½ times. Two studies found that vitamin E supplementation lead to a 20% pregnancy rate in previously infertile men.

Vitamin C: Vitamin C helps to combat the pollution we are surrounded with. Pollution particularly agricultural chemicals have been shown to cause much lower sperm counts. Vitamin C has been shown to reduce DNA damage in sperm by 91%. It is also shown to reduce agglutination and abnormalities. Raised sperm counts by 140% in the first week in one study and 200 mg increased sperm counts by 112% in the first week.

L-Carnitine: An Italian study found that 2 grams a day of carnitine for 3 months dramatically improved sperm counts and mobility.

Co Enzyme Q10: Increases sperm counts and anti-oxidant.

Do's

Eat Healthy.

Vitamins may be helpful.

Abstain 2-5 days prior to retrieval day for ICSI freeze sample.

Talk with your nurse if you may have difficulty with collection.

Tell your physician/nurse what medications you are taking.



CCRM Minneapolis

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Don't

No body building or over the counter herbal supplements.

Avoid high protein diets (Atkins Diet).

Avoid heat exposure to testicles (hot tubs, biking).

Avoid smoking, chewing tobacco, marijuana and street drugs.

Important to understand that men over the age of 45 have increased risk of genetic abnormalities (may want to consult physician or genetic counselor).