

Zinc contributes to normal fertility and selenium contributes to normal sperm development. In combination with taurine and antioxidants.

What is Fertilovit® MT?

Fertilovit® MT is a dietary supplement for men with micronutrients supporting normal fertility and spermatogenesis.

Male fertility is closely linked to the quantity and quality of spermatozoa. These are continually formed anew, and 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, vitamins, minerals and other micronutrients 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. Well-known 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® MT** 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.

Taurine is appreciated as an antioxidant as well, even though it has gained some kind of celebrity as an ingredient in so-called energy-drinks. However, it actually is a natural component of food and also the human body. In fact it is one of the amino acid derivatives most frequently found in the male reproductive tract and has been found to be a part of the body's own antioxidant system.

Immune system

Another important protective factor is a fully-functional immune system. It is known that oxidative stress in the male reproductive tract is particularly high during inflammation. Therefore, sperms benefit from micronutrients that support the immune system. Among these micronutrients are vitamin C, zinc and selenium, as well as vitamin D. Even though vitamin D is mainly acknowledged for its importance in calcium metabolism and bone formation, it is also vital for the immune system. The „killer“-cells of the immune system need it to fight off germs effectively. Cholecalciferol or vitamin D is often referred to as the “sun-vitamin” because 90 % of the vitamin D required is formed in the skin when it is exposed to sunlight. Especially in winter or when spending a lot of time indoors, people can suffer from a lack of natural sunlight.

Folic acid

Folic acid belongs to the B-group of vitamins and is abundant in fruit and vegetable. However, it is sensitive to heat and light, thus being easily destroyed. Each woman planning for pregnancy is advised to make sure to take up a sufficient amount of folic acid and it is important for men, too. Folic acid is needed for blood formation as well as the immune system. In addition to this it is involved in amino acid metabolism (including homocysteine metabolism) and normal cell division. This is particularly important regarding spermatogenesis, a process throughout which a vast number of cells is formed within a comparatively short period of time.

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.

Energy metabolism

A man's sperms have to face quite a challenge on their quest to reach the oocyte: The distance they have to swim is enormous! Effective energy metabolism therefore is crucial for them and can be supported by micronutrients involved in energy metabolism, such as L-carnitine and coenzyme Q10. Both are needed for energy production in the mitochondria, with L-carnitine being particularly important when long-chain fatty acids are being used for energy production.

In summary, **Fertilovit® MT** contains a combination of micronutrients that are important for healthy sperm development and hormonal balance. In addition to that antioxidants provide protection from oxidative stress and other vital substances support a healthy immune system and energy production.

Please visit www.fertilovit.com to learn more!



Fertilovit® MT

Consumer Information

Dietary supplement for men.

Administration form:

Capsules

Packaging size:

90 capsules, Three month pack

Net quantity:

82.4 g

Ingredients:

L-carnitine-L-tartrate, taurine, hydroxypropyl methyl cellulose, L-ascorbic acid, D-alpha-tocopheryl acetate, coenzyme Q10, zinc oxide, lycopene, colours titanium dioxide and ammonia caramel, pteroylmonoglutamic acid, sodium selenite, cholecalciferol, glazing agent ethyl cellulose.

Supplement facts :

Fertilovit® MT contains a combination of micronutrients that are important for maintaining normal male fertility.

	Daily dose (1 capsule)	% NRV*
Vitamin C	80 mg	100
Vitamin E	36 mg	300
Folic acid	200 µg	100
Zinc	10 mg	100
Selenium	55 µg	100
Vitamin D	5 µg	100
L-carnitine	200 mg	-
Taurine	200 mg	-
Lycopene	4 mg	-
Coenzyme Q10	15 mg	-

* Nutrient reference values according to EU regulation

Fertilovit® MT is suitable for vegans, gluten-free and lactose-free.

Directions:

With a full cycle of spermatogenesis taking 74-78 days, it is recommended to start taking **Fertilovit® MT** 3 months prior to conception. Take one capsule daily.

Fertilovit® MT is a dietary supplement. It cannot and must not replace a healthy lifestyle and a balanced diet.

Please read the instructions prior to use. Do not exceed the recommended dosage. Store capsules out of reach of children.

Best-before end:

The best-before date is printed on the packaging.

Made in Germany

Sales and distribution:

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