FH PRO™ for men
Clinical-Grade Fertility Supplement

TECHNICAL DATA

FH PRO™ for Men is a premium clinical-grade fertility supplement designed to promote male fertility by decreasing oxidative stress, improving sperm function, and enhancing overall nutritional status. Oxidative stress leads to decreased sperm count and motility, and causes damage to sperm DNA. The comprehensive antioxidant formula in FH PRO™ for Men reflects the latest research in this area, and is designed to reduce the deleterious effects of oxidative stress on male reproductive health. Comprised of a scientifically proven array of vitamins, minerals, and antioxidants, this formula is designed to improve all major sperm parameters including count, concentration, motility, and morphology as well as DNA integrity. FH PRO™ for Men is intended to complement Assisted Reproductive Technology (ART). However, all men who are actively trying to conceive can use the formula.

INDICATIONS FOR USE

• Designed to improve ART outcomes by optimizing sperm health and overall male reproductive health.
• Supports sperm health (count, concentration, motility, morphology and DNA integrity) by protecting sperm from the damaging effects of oxidative stress.
• Provides comprehensive multivitamin and mineral support. Enhances general health, which promotes fertility.

RECOMMENDED DOSAGE

Take 6 capsules daily or as recommended by a healthcare professional.

INGREDIENT HIGHLIGHTS

Zinc
Zinc is well-studied for its ability to enhance reproductive function. It shields sperm from damage caused by bacteria, is important for normal testicular growth, spermatogenesis, and sperm physiology, and protects the genomic integrity of sperm. Zinc deficiency is associated with a weakened ability of sperm to fertilize eggs and a decline in testosterone levels. In rat studies, deficiency of this mineral resulted in atrophy of the seminiferous tubules, leading to malfunctioning spermatogenesis and impotence. In men with asthenozoospermia, zinc supplementation improved sperm motility through preventing oxidative stress, apoptosis, and sperm DNA fragmentation.

Selenium
Selenium is included in FH PRO™ for Men because it works alone and together with other antioxidants to improve sperm quality and pregnancy outcomes. In a study of men with impaired fertility and low selenium levels, selenium supplementation enhanced sperm motility and improved pregnancy rate. In another trial, infertile men with idiopathic asthenoteratospermia given selenium plus vitamin E experienced improved sperm motility and morphology and an increased rate of spontaneous pregnancy. Similar results were achieved in a trial of infertile men where selenium and vitamin E supplementation resulted in improved sperm motility and reduced spermatozoa oxidative stress.

L-Carnitine Tartrate
Supplementation with the amino acid L-carnitine is associated with improved sperm motility and increased sperm count. Lab studies have shown that L-carnitine can protect against spermatozoa damage in semen samples from both men with asthenozoospermia and men with normal sperm. A systematic review of the medical literature found that L-carnitine can increase spontaneous pregnancy rates and sperm quality in men with idiopathic oligoasthenozoospermia (low sperm count).
Arginine
Another amino acid included in FH PRO™ for Men is arginine, a precursor for nitric oxide, which is required for sperm quality and erectile function. In infertile men, arginine has been shown to enhance sperm motility. 1

Coenzyme Q10
Low levels of coenzyme Q10 play a role in reduced sperm motility. 10 CoQ10 is important in sperm mitochondrial energy synthesis and quenching of reactive oxygen species, indicating it can alleviate the oxidative stress involved in oligoasthenozoospermia. 10 In 169 infertile men with oligoasthenozoospermia, 120 mg/day of coenzyme Q10 together with 80 mg/day of vitamin C, and 40 mg/day vitamin E, resulted in pronounced improvement in sperm counts and motility. 11 After supplementation with CoQ10 and the vitamins, 48 (28.4%) of the men’s partners became pregnant and 16 (9.5%) of those pregnancies were spontaneous.

Lycopene
Infertile men have lower levels of lycopene compared to normal subjects. Cell culture studies have revealed that lycopene may reduce oxidative damage to sperm mitochondria and sperm plasma membrane and enhance anti-apoptosis mechanisms of sperm. 12 In a human study of 30 men with idiopathic non-obstructive oligoteratozoospermia and asthenoteratozoospermia, 20 of the subjects (53%) given lycopene experienced improved sperm count, 16 (53%) had enhanced motility, and 14 (46%) demonstrated enhanced sperm morphology. 13 In men who had higher baseline levels of lycopene, improvement was significant and led to six partner pregnancies in 26 patients (23%).

Synergistic Effect of Multiple Ingredients
FH PRO™ for Men includes more than 25 ingredients including more than 10 different nutrients such as beta-carotene, vitamin C, Quatrefolic®, natural vitamin E, zinc, selenium, L-carnitine, grape seed extract, coQ10, lycopene, and N-acetyl-cysteine that participate in antioxidant systems to provide broad spectrum antioxidant support. Many of the nutrients have been shown in human studies to work synergistically to improve reproductive health. For example, 20 infertile males with grade I varicocele consumed a combination of L-carnitine, vitamin C, coenzyme Q10, vitamin E, vitamin B9, vitamin B12, zinc, and selenium daily for three months. Sperm DNA fragmentation was reduced by an average of 22.1% and total numbers of sperm cells increased after supplementation with the antioxidants. 14 In infertile men taking a combination of antioxidants, there is a pronounced increase in both live birth rates and pregnancy rates. 15 Antioxidant use in infertile men undergoing assisted reproduction results in a 4.85-fold improvement in live birth rate. 15

REFERENCES

Patent pending.