

## PROfertil®

### Vitamin Complex for optimising fertility of men wanting to have children.

#### For the dietary management of diet-related subfertility in men.

The treatment of fertility deficiencies in couples with desire to have children is gaining an increasing role in practical medicine in recent years. Reasons for this impediment to conception may be found in impaired fertility of both women and men. In contrast to women, where a range of therapeutic options is available, possibilities for men are very limited to improve the only crucial factor, in particular sperm quality.

Both, quality and quantity of the male semen are affected by numerous factors. Environmental pollution (toxic waste, heavy metal, pollutants, harmful substances, etc but also environmental factors such as extreme, continuous sun exposure), various lifestyle factors (e.g.: nicotine and alcohol abuse, etc) and changes in living habits (intense stress, nutritional deficits) are impeding nowadays not only the whole process of spermatogenesis but also mobility, morphology and number of the individual sperm. The process of semen production is a very complex and biologically complicated procedure that lasts for a couple of weeks and that can be influenced negatively very easy. During the spermatogenesis the human body needs special agents (substances) to support the various steps of the development such as, amino-acids, trace

elements, vitamins, and vitamin-kind substances. Only these specific nutrients provide an optimal precondition for normal and healthy spermatogenesis.

Various living habits and negative life styles factors may lead very quickly to deficiencies in these substances which however, often remain unnoticed by the persons concerned. In this view a regular and balanced intake of sufficient amounts of these nutrients seems to be inevitable.

Numerous substances which are vital for optimal spermatogenesis have already been individually analysed and described by distinguished scientists. The effectiveness of each single nutrient analysed remains unquestioned as their positive effect on spermatogenesis was demonstrated in a variety of clinical studies and experiments.

The unique formulation of the individual substances contained in PROFertil® is following these scientific results and the specific composition of PROFertil® has already been clinically proven. PROFertil® is a specifically developed preparation which improves sperm quality and thus male fertility.

#### Information on individual ingredients

PROfertil® is a food supplement and is intended for the dietary management of diet-related subfertility in men.

The specific and study proven composition of PROFertil® is adjusted to the special nutritional needs in the indicated area of application and meets particularly the increased nutrient requirements of men with diet-related subfertility.

Study results showed that the effects of an administration of the ingredients contained in PROFertil® ranged from significant improvement in the quality of semen to complete normal sperm analyses.

**L-Carnitine:** is produced naturally in the body and serves the sperm cell as energy substrate. L-Carnitine can cause an improvement in sperm mobility and quantity.

**L-Arginine:** is an amino acid which is needed by the human body in large quantity and which has been shown in studies to improve quantity and mobility of the sperms.

**Coenzyme Q 10:** increases fertilization rate and sperm quantity as well as sperm mobility.

**Vitamin E:** improves sperm mobility and enhances the ability of the sperm cell to unite with the ovum.

**Zinc:** apart from its properties as antioxidant and its contribution to numerous biochemical processes in the human organism, the trace element Zinc effects an improvement in sperm cell density, a rise in the number of fast moving sperm cells, and an increase in the testosterone level which is crucial for spermatogenesis.

**Folic Acid:** is vital for cell development and cell division (hematogenesis) as well as for nerve metabolism. It is also involved in protection of the coronary system. The positive effects of this vitamin are known for a long time. Extensive research has been carried out since and its supplementation is highly recommended.

**Glutathione and Selenium:** both are highly effective free radical scavenger. Both nutrients demonstrated in various studies significant improvements in sperm mobility.

#### Directions for use

**Capsules:** Take two capsules per day with or after a meal and together with something to drink.

**Granulate (dissolvable powder):** Dissolve once a day the content of one sachet in a glass of water, stir well and drink together with or after a meal.

PROfertil® should be taken for a period of at least three months in order to optimise each individual phase of the spermatogenesis. However, PROFertil® can and should be continued until pregnancy. For further questions, please consult your physician or pharmacist.

#### Adverse effects

No events were reported in clinical studies with PROFertil®.

#### Important notice

Please consult your physician before first use or when changing the recommended directions for use.

Not a complete food, not intended as the sole source of nutrition.

Keep out of reach of children.

Store in a cool and dry place.

#### Application Forms & Pack sizes

**PROfertil® capsules** are available in packs of 60 capsules (one month serving) and 180 capsules (three months serving).

**PROfertil® granulates** is available in packs of 30 sachets (one month serving) and 90 sachets (three months serving).

#### Import/Distribution

Ibra Hadad & Fils  
Beirut - Lebanon  
www.ibrahadad.com  
www.profertil.eu

#### Manufacturer

Lenus Pharma GesmbH  
Vienna / Austria  
Made in the EU

Patent registration number (AT): 503.219

#### Composition of PROFertil®

Ingredients	per day (2 capsules / 1 sachet)
L-Carnitine	440 mg
L-Arginine	250 mg
Coenzyme Q10	15 mg
Vitamin E	120 mg
Zinc	40 mg
Folic acid	800 mcg
Glutathione	80 mg
Selenium	60 mcg