

Supplements May Have Surprising Benefits

(NAPSA)—When women consider starting a family, they often talk to their doctor about what to eat and which nutritional supplements to take. However, what many couples fail to realize is that a similar conversation should be taking place between the prospective father and *his* health care provider.

That's because men can improve their overall health, as well as the likelihood of conceiving a healthy child, through diet and, in some cases, dietary supplements.

Between 20 to 30 percent of all couples, at least once in their lives, experience what is known as subfertility. Subfertile couples are healthy couples who take longer than expected to conceive; studies show that sperm quality—a major component of male reproductive health—may be a factor for as many as 40 percent of these couples.

“Statistically speaking, infertility is as likely to be a reproductive glitch in the male as it is in the female,” said Pamela Madsen, executive director of the American Infertility Association (AIA).

A dietary supplement, such as Proxceed™, helps support male reproductive health by providing essential nutrients, including L-



Fatherhood may begin by making some healthy lifestyle changes.

carnitine (LC) fumarate, acetyl-L-carnitine (ALC) HCl, fructose and citric acid. Both LC and ALC play a role in the maintenance of optimum sperm quality.

Fructose is one of the major energy-yielding substances present in human seminal fluid and citric acid is a key intermediary in the major energy producing pathways used by body tissues.

Proxceed is available without a prescription. For best results, two packets of the citrus-flavored supplement should be taken each day, mixed in a cold beverage, apple-sauce or yogurt.

For more information, visit www.proxceed.com or call toll-free 1-888-PROXCEED (776-9333).