



# Pointers For Parents-To-Be

## How Dads Meet Early Challenge Of Parenthood

(NAPSA)—Today's dads are involved in every aspect of parenthood—from warming up the baby bottle to shopping for school supplies—and that growing involvement may start with learning more about conception.

Research has shown that at least half of the time couples have difficulty conceiving, a male component is involved.

A man's efforts to obtain optimal health, combined with any steps undertaken by his partner, may further increase a couple's likelihood of achieving pregnancy.

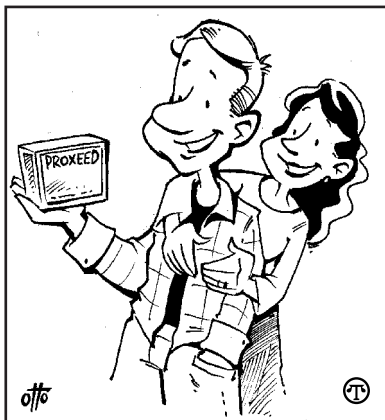
Men can take the following steps to promote optimum sperm quality, which is a contributing factor when nearly 40 percent of all healthy couples have difficulty conceiving:

- Maintain a healthy lifestyle. Personal health habits such as nutrition, exercise, smoking, drug and alcohol use all may impact the ability to conceive.

- Monitor medications. A number of medications can influence a man's sperm count. Men should consult their physician about the potential side-effects of any prescription/over-the-counter medication.

- Avoid drugs. Marijuana, anabolic steroids and cocaine may adversely impact sperm production and count.

- Avoid lubricants. Petroleum jelly and certain creams have been shown to harm sperm quality.



**The ingredients in Proxeed have been safely used in millions of people worldwide.**

- See a doctor. Because conception is a complex process involving a variety of factors, it is important for both partners to receive a medical evaluation and to discuss conception issues with a physician.

- Consider a supplement such as Proxeed™. Proxeed's ingredients provide nutritional support for sperm maturation and the development and maintenance of sperm quality. Considered to be a safe and effective dietary supplement, it has been shown to optimize sperm count, concentration, motility and speed.

For additional information on Proxeed, visit [www.proxeed.com](http://www.proxeed.com) or call toll-free 1-888-PROCEED (776-9333).