

FACTS *and* FIGURES

What You Should Know When Planning A Family

(NAPSA)—Before adding on to your family, you may want to add some facts to your knowledge of conception.

Conception is a complex process and the time it takes to conceive varies widely from couple to couple. These facts may help:

- 40 percent of the delays in conception are due to a male factor, 40 percent to a female factor, and 20 percent to a combination of factors from both partners.

- Prior successful conception is not an accurate indicator of present or future fertility.

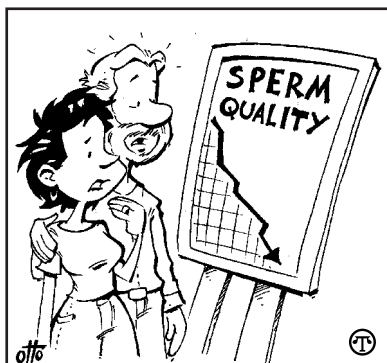
- Among all healthy couples taking longer than expected to conceive, sperm quality is a contributing factor in 40 percent of the cases.

- Sperm quality is determined by motility, rapid linear progression (speed), count, concentration and morphology (shape).

- While it has long been thought that women starting a family should eat well and get adequate nutrients, it is now thought that men should also watch what they eat and, if necessary, take nutritional supplements.

- Dietary supplements have been shown to optimize sperm quality by supplying the nutrients necessary for developing sperm. A supplement such as Proxeed™ is specifically formulated to optimize sperm quality.

Proxeed contains the active ingredients L-carnitine (LC) fu-



Many couples need more information about the role of sperm quality in conception.

marate, acetyl-L-carnitine (ALC) HCl, fructose, and citric acid. Both LC and ALC play a role in the process of sperm maturation and the development and 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 sperm and other body tissues.

- Optimization of sperm quality is a long process because it takes sperm a long time to mature. Sperm take 74 days to mature and an additional 20 days to become capable of fertilization.

For more information on Proxeed, visit www.proxeed.com or call toll-free 1-888-PROXEED (776-9333).