

### 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, but it may also be a good idea to bring the prospective father to the doctor.

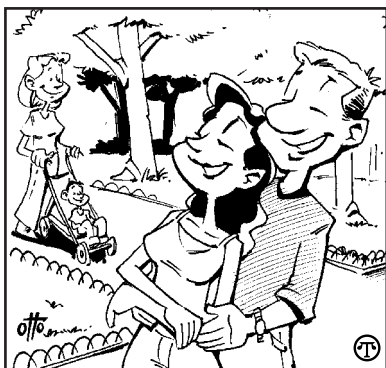
What men eat and which supplements they take can help improve their overall health as well as the likelihood of conceiving.

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 may be a factor for as many as 40 percent of these couples.

Five main factors contribute to sperm quality, a major component of male reproductive health—sperm count, concentration, motility, speed and morphology (shape). A weakness in any of these areas can affect the chances of conception.

“Statistically speaking, infertility is as likely to be a reproductive glitch in the male as it is in the female,” said Pamela Madson, executive director of the American Infertility Association (AIA). “The AIA’s ‘It’s In The Male’ fact sheet outlines analysis and treatment of male infertility, however prevention and preventative methods remain at the top of the list of important steps men should take when thinking about family building.”

A dietary supplement, such as Proxceed™, can support male reproductive health and sperm quality by providing the nutrients needed



**Fatherhood may begin by making some healthy lifestyle changes.**

for developing sperm. For example, the ingredients in Proxceed have been clinically proven to optimize sperm count, concentration, motility, and speed.

The supplement contains the active ingredients L-carnitine (LC) fumarate, 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.

Two packets of the citrus-flavored powder are taken each day, mixed in a cold beverage, apple-sauce or yogurt. No prescription is required.

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

**Note to Editors:** October 17<sup>th</sup> through the 23<sup>rd</sup> is National Infertility Week. This article is especially relevant during that time, but is evergreen and can be used throughout the year.