

# SEE YOUR DOCTOR

## Doctors Recommend Nutritional Support

(NAPSA)—Timing can be everything—especially when a couple is trying to have a baby.

There are many levels of fertility and couples may experience various degrees of it over time. Between 20 and 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.

Even before a couple starts timing cycles, they may be wise to think about sperm quality. That's because sperm count, concentration, motility, and speed can affect the chances of a pregnancy occurring.

A man's ability to produce quality sperm starts to decline around the age of 25. It can vary from month to month and is affected by diet, smoking, drinking, stress and body temperature.

Some doctors recommend that men pay attention to their diet, eliminate habits such as smoking and drinking and improve their overall health by taking supplements. Some nutritional supplements are designed to provide the nutritional support needed for sperm maturation, production of energy and optimum sperm quality, specifically motility, rapid linear progression and count. A noteworthy example is



**Talk to your doctor about the importance of nutritional supplements and starting a family.**

Proxceed, which is now recommended by leading doctors.

Clinical trials have shown that the ingredients in Proxceed optimize sperm count, concentration, motility and speed.

"Proxceed is a well tolerated, non-invasive option which can potentially improve sperm motility and count, both of which contribute to a man's ability to successfully conceive," said Jon Pryor, MD, Department of Urology at the University of Minnesota.

Proxceed, available without a prescription, has been taken by 10 million men worldwide.

If you are trying to get pregnant, talk to your doctor.

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

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*Note to Editor: 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.*