



## **How to Improve Male Fertility**

Adapted from It Starts With the Egg by Rebecca Fett

### **Supplements**

- Take a daily multivitamin for men. Starting several months before conception is best. Choose a brand that contains methylfolate rather than synthetic folic acid
- CoQ10 (as ubiquinol or Bio-Quinon): 200 mg per day with breakfast. Consider increasing to 400 mg a day for serious difficulties trying to conceive
- Fish oil: two capsules of Nordic Naturals DHA Xtra or equivalent to provide at least 90 mg of DHA
- R-alpha lipoic acid: 200- 300 mg per day, preferably on an empty stomach
- L-carnitine (especially for low motility): 1,000 mg, with or without food

### **Food**

- Boosts your vitamins and antioxidant levels with a diet rich in brightly colored fruits and vegetables
- Limit sugar and red meat intake, while eating more fish and unrefined whole grains
- Reduce alcohol consumption

### **Environmental Changes**

- Take steps to reduce your exposure to toxins known to damage sperm: phthalates, BPA, lead, and the *chemicals in commercial lubricants* (Pre-Seed lubricant is fertility friendly)
- Keep your cell phone out of your pocket when you can
- Stay cool where it counts

Research the Sperm Chromatin Structure Assay test available through SCSA for a more thorough sperm analysis. This test may be covered by insurance.

You can find supplement brand suggestions here: <https://itstartswiththeegg.com/male-supplements/>

*Feel free to email us ANYTIME with questions. We are always here to help.*  
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