

Fertilichron® male

Chronobiological mixture of medicinal plants for increasing the vitality and mobility of sperms and the sperm count.

Basic Facts

When one in every 29 newborn children in Germany is a twin, triplet or quadruplet, the desire to find natural solutions to the problem of impaired fertility is particularly understandable.

Up to fifty percent of reproduction disorders are attributable to physical causes in the man, and in up to another twenty percent of all cases the combined causes are to be found in both women and men – or there are no concrete causes.

While originally only women with tubal dysfunction could be helped with in vitro fertilization (IVF), numerous approaches to improve fertility in a natural way are now available today. Each has its place. This is because various factors – influenced by the actual or the biological age of the man – determine the quality of his sperm in terms of the number of sperm, their motility and their physical form during their maturation that extends over months.

On the basis of these findings, a comprehensive medicinal plant mixture of vitamins, amino acids, enzymes, phyto-materials, trace elements and metals in chronobiological form has been developed for the natural treatment of fertility disorders for the man wishing to start a family.

The statistics are clear. Since 2001, the number of babies has declined by about one tenth. Unfortunately, this is also as a result of health-related infertility. Subfertility, infertility and pregnancy disorders have become a huge problem for every third couple wishing to start a family. A couple is considered infertile if no conception occurs after a year of regular sexual intercourse without contraceptive measures despite the desire to conceive. Fertility declines with increasing age.

Disorders of sperm production, called spermatogenesis, are not the only causes of infertility that can be favorably improved by nutritional supplements. Often, the transport in the seminal passages is the decisive factor.

The improvement of all the prerequisites for successful fertilization is then the order of the day.

A biological clock is ticking not just for would-be mothers, but also for would-be fathers as they get older.

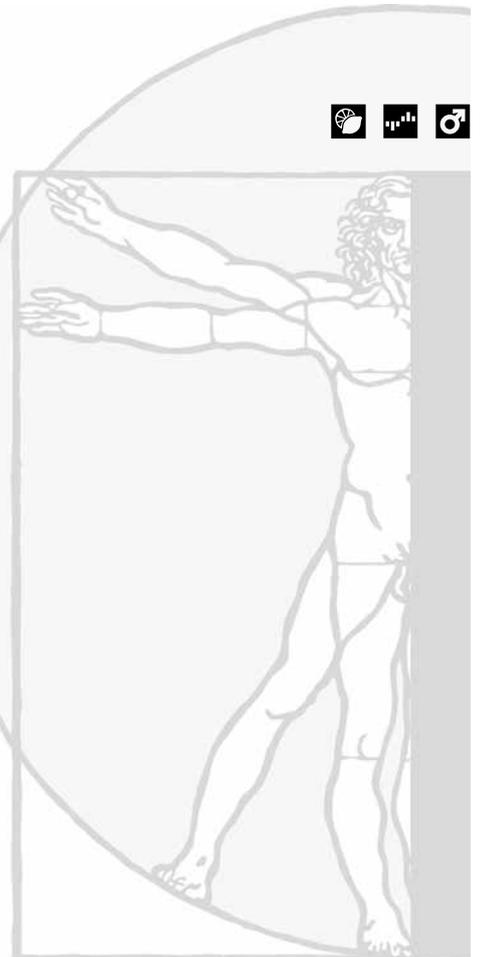
The resulting problems are not limited to difficulties in attempting to procreate, as studies with titles such as “Paternal age and the risk of diseases in the child” indicate. The older a father is, the more divisions his individual stem cells have already undergone – 840 in a 50-year man and only 35 cell divisions in a 15-year-old boy. With each division, the probability of an unwanted mutation grows.

Studies specifically show that decreasing semen quality may be associated with both the so-called OAT syndrome as well as with azoospermia. The three letters OAT stand for oligo (too few), astheno (with reduced mobility) and terato (with abnormal morphology) sperm cells caused by pathological changes in the sperm. Azoospermia denotes the lack of sufficiently mobile sperm in the semen.

In the middle of the last century, young men of reproductive age typically had 100 million sperm per milliliter of semen, as confirmed by the examination of the ejaculate. Today, men can be happy if they have 60 million. Increasingly, there are reports of apparently healthy men between 20 and 30 years of age who have only less than 20 million sperm per milliliter.

And this low number is also of poor quality. Often, only a presumed five to fifteen percent of them are able to make their way to the egg.

For successful insemination, the criteria influencing sperm transport are also of vital importance. The key requirement is always the introduction of a sufficient amount of sperm into the muscular organ of the uterus. The most common related disorders stem from erectile dysfunction, which is also perceived as impotence.



In the course of his life, a healthy man produces an estimated 400 billion sperm cells, each taking about ten weeks to reach maturity. They then survive up to a month in the sperm depot.

An intelligently designed way to improve male fertility aims to optimize the production of sperm with regard to all major functions during this overall development time. Between 120 and 600 million sperm cells will then be released at every successful ejaculation. Every single spermatozoon has 2682-2686 genetic information molecules and various mini-power plants that generate the energy required for the flagellation of the tail.

If it is not possible to have the children one wants, investigation into the presumed causes of any infertility should, therefore, be carried out in both the woman and the man in parallel. Compared to the investigations carried out on the woman, a useful analysis of the seminal fluid in a laboratory is quick, painless and easy. A semen analysis of several ejaculates over a threemonth period can determine whether and which functions of the sperm are impaired. The determination of the ejaculate values by the technical personnel is very extensive and includes not only the volume of semen and the sperm concentration, its total count and motility but also the pH value and specific constituents such as acid, fructose or metals. Particular attention is paid to the ability to move forward (motility) – ideally more than 50 percent of the sperm in the categories A and B, to the desired sperm shape (morphology) – more than 20 percent of unremarkable and normal sperm, and to the issue of whether at least three quarters of the sperm are sufficiently vital.

Effects

There are two principles in the foreground: Since sperm cells require a lot of energy, they also cause oxidation. This immediate threat to cell membranes and genetic components must be countered by antioxidants. Men with increased exposure to oxidative stress have a lower sperm count and more damaged sperm cells.

Fertility phytochemicals for men improve the functionality of the sexual organs, stimulate the sperm count and their motility, and boost sexual drive and erectile function.

Since reduced sperm production can have several causes, a wide variety of plant extracts, amino acids, vitamins, trace elements and minerals are specifically administered in these supplements.

Vitamin C is a water-soluble vitamin that is an indispensable factor in the production of essential substances. In the aqueous body structures, it is the most important radical scavenger to protect tissue structures, cell membranes and cell components as well as the genetic information from oxidative damage. The sperm cell carries 50 percent of the DNA. Healthy seminal fluid has a high level of vitamin C.

Vitamin E (tocopherol) is the most important fat-soluble antioxidant with a highly protective effect on the fat constituents of cell membranes, as well as on blood lipids. In this regard, it is particularly important for the brain, the immune system and the reproductive system.

Carotenoids are a further class of fat-soluble antioxidants active in lipids. They are especially credited with the neutralization of certain toxins from cigarette smoke and environmental chemicals. Tissues communicate with each other via gap junctions, and carotenoids prevent the collapse of such information paths.

Vitamin A is the main vitamin for growth and development, resulting in the improvement of skin problems such as psoriasis and acne. The chief organ targeted by this vitamin is the thymus gland, the gland that regulates the immune system.

As co-enzymes, the various water-soluble substances of the vitamin B complex – **B1, B2, B6, B12, folic acid, pantothenic acid, biotin, niacinamide** – essentially fulfill protective functions in relation to mental abilities, the functions of the nervous system, in the production of energy as well as in relation to the processes of regeneration and detoxification.

BioPQQ™ Pyrroloquinoline quinone disodium salt is a highly antioxidant enzyme molecule found in many kinds of foods (spinach, green peppers, parsley, green tea, potatoes, nattokinase) with vitamin B properties. In 2003, the Journal of Nature classified **BioPQQ™** as a new member of the vitamin B family, making it the first new vitamin discovered since 1948. **BioPQQ™** acts directly in the mini-power plants of cells, including the sperm cells. In particular, it protects the brain from oxidative damage; it also exerts beneficial effects on the nervous system and cell health in general. Studies performed in mice and rats have shown that a diet lacking in **BioPQQ™** results in disorders of reproduction, development and the immune defense.

B vitamins play key roles in balancing the hormone system, especially before and during conception. For example, vitamin B6 is required to produce the hormone serotonin and other neurotransmitters. Folic acid regulates the blood count and cell growth in the male reproductive system.

Vitamin K is necessary for the formation of several coagulation factors in the liver, may protect against insulin resistance, and promotes bone health.

Vitamin D levels are positively associated with increased sperm motility and a healthy cell structure. As recently as 2006, a special docking point for this vitamin was discovered on the surface of the sperm cell. A deficiency is considered a serious factor of sperm deterioration. In animals, the fertility of vitamin D-deficient male rats decreased by 45 percent. In the laboratory, doses of vitamin D increased various activity patterns of human sperm cells, including their ability to attach to the egg.

Fertilichron® male contains the patented mineral mix **Coral Calcium®**, containing dozens of trace minerals, especially calcium. Calcium, a highly reactive alkaline earth metal, gives the sperm cell the decisive help it needs precisely when it has to penetrate the outer layer of the egg. That is why the calcium level within the sperm increases shortly before this moment. Without this support, the sperm lacks the power for a union, for example in case of a shortage of calcium or a fault in the delivery system from certain channels. Calcium activates a special reproductive gene, and animal studies in mice have shown that once this mechanism is blocked the mice become infertile.

The oceanic calcium mineral is a product of the digestion of marine animals, which means it is organic and easily absorbable in this form. A further key effect is that it causes an increase in the pH value as compensation against harmful chronic acidosis.

Important minerals and trace elements such as **magnesium, copper, zinc, iodine, iron, selenium, manganese, boron, potassium, chromium** and **molybdenum** support the effectiveness of amino acids. Two details: Zinc measurably increases the number of sperm cells; while selenium improves their motility. Selenium deficiency is common due to depleted arable soils.

L-carnitine supports the delivery of fatty acids into the mini-power plants of the sperm cell, where they are metabolized into energy. A high-fat diet or a lack of co-substances leads to a deficiency of this amino acid. In endurance trials, L-carnitine leads to better results. Studies have shown that this substance from the meat of cattle, pigs and chickens, or from plants such as avocados and asparagus, increases energy performance and the vitality of the sperm.

L-arginine, on the one hand, supports the athletic effects of L-carnitine and, on the other, has established itself as a substance that supports vascular health and boosts sexual capacities in males. L-arginine is a precursor of nitric oxide and is, therefore, directly involved in penile erection.

L-glutathione, synthesized from three amino acids, enhances the liver's detoxification functions. In a double-blind trial of infertile men, this highly active antioxidant significantly improves the number and motility of sperm.

The sweet potato extract maca was already used by the Inca kings to boost sexual energy, stamina and appetite. Macaplex®, the patented mixture of active substances developed on the basis of maca, contains a wide variety of minerals, essential amino acids, and trace elements. It can enhance the libido and has a regulatory effect on the entire sexual hormone system. Stabilizing these hormonal cycles is the first prerequisite for the healthy maturation of a sufficient number of sperm. In addition, Macaplex® enhances physical and mental energy, stamina, as well as the activity of the immune system.

Tribulus is a non-hormonal food supplement and obtained from the medicinal plant *Tribulus terrestris*. Its active ingredients are among the water-soluble natural products of the saponins group frequently occurring in plants. In the past 20 years, various studies in humans and animals have demonstrated that tribulus increases the release of the luteinizing hormone (LH) (up to 72 percent), thus sending signals to the body to send more testosterone (up to 42 percent) into the bloodstream. An increase in the free testosterone level in men leads, among other things, to increased sperm production. Other positive effects of tribulus are better general wellbeing as well as lower cholesterol levels.

Muirapuama is a sandalwood tree with stone fruits, called the 'potency wood' in Brazil. An extract promotes testosterone production, supports erectile function and increases sexual desire.

Ginger was originally valued for its relaxing effects, while its aphrodisiac effects increase male fertility and boost the sperm count.

With its medicinal powers, the **ginseng** plant stimulates testosterone levels and supports the normalizing effects of stress hormones from the adrenal glands. With regard to male subfertility, it improves the number and motility of sperm, while at the same time increasing the libido and relieving potency problems.

Damiana is more than just an herbal aphrodisiac from South America. In addition to appetite, it boosts the provision of energy and stamina with benefits that extend beyond the sexual organs. The substances in damiana act as an antidepressant. They also have psychoactive and anti-anxiety qualities and contribute to mental wellbeing.

Resveratrol is a natural, highly effective antioxidant from red grapes that, thanks to its benefits to vascular structures, may be able to prevent erectile dysfunction (ED) and low sperm counts. Its anti-inflammatory properties protect the vascular structures and muscle tissue in the penis. Like L-glutathione, this polyphenol reduces oxidative stress, thereby increasing in turn the nitric oxide content of the tissue. The blood vessels then dilate and, thanks to their expansion, blood flow increases. In animal studies in diabetic rats, erectile function, sexual interest and satisfaction were increased with the dose of resveratrol. The number of sperm was measurably increased.

Co-enzyme Q10 is a vital component of the cells' power plants – the mitochondria – and offers a variety of beneficial effects. Above all, it intensifies blood flow and increases the function of the respective organ. Coenzyme Q10 also improves oxygen transport and the endurance capacity in people with sedentary lifestyles. With regard to testicular function, it has been demonstrated that this fat-soluble antioxidative nutrient significantly improves the quality of sperm and increases their vitality.

By protecting nerve cells from environmental toxins, **choline** supports the function of neurotransmitters in general and boosts mental capacity.

Sarsaparilla (Smilax extract) increases energy through plant-based saponins that have a mild hormonal effect. It is an anti-inflammatory and antibacterial aphrodisiac in various folk medicines.

Omega 3 fatty acids are essential for the formation of nerve cells and are an important component of the cell walls. In addition, omega 3 fatty acids improve blood flow properties and thus also blood pressure. They also have a positive influence on the levels of blood lipids – extremely important nutrients for a healthy cardiovascular system. Among the most important essential fatty acids are DHA, docosahexaenoic acid, and EPA, eicosapentaenoic acid.

Citrus bioflavonoids are powerful antioxidants and, like the black pepper extract **Bioperine®**, improve vitamin absorption, thus increasing the bioavailability of nearly all active substances.

One particularly promising factor to achieve the objective of good-quality semen is the consideration of the chronobiological needs of the male body, deliberately harmonized by different active substances being administered in the morning or in the evening.

With all supporting micronutrients, selecting the optimal dose identified in scientific studies is a decisive factor.

Composition

Fertilichron® male AM (morning)

Content morning packet: 3 caps. Fertiliplex® male AM (yellow/white), 1 caps. co-enzyme Q10 (orange), 1 caps. Vitachron® male AM (yellow).

3 caps. Fertiliplex® male AM (yellow/white)

	Per capsule	Daily dose
Vitamin C	84 mg	252 mg
Vitamin E	15 mg	45 mg
Vitamin B6	1,5 mg	4,5 mg
Natural carotenoids (beta-carotene, lutein, lycopene)	3,5 mg	10,5 mg
Vitamin D	1,5 mcg	4,5 mcg
L-carnitine	165 mg	495 mg
L-arginine HCl	84 mg	252 mg
Selenium (Se)	15 mcg	45 mcg
BioPQQ™ Pyrroloquinoline Quinone		
Disodium Salt	1 mg	3 mg
Muiru puama extract	34 mg	102 mg

1 capsule Coenzyme Q10 (orange)

	Per capsule
Coenzyme Q10	200 mg

1 capsule Vitachron® male AM (yellow)

	Per capsule
Vitamin A	300 mcg
Natural carotenoids (betacarotene, lutein, lycopene)	3,5 mg
Vitamin D	5 mcg
Vitamin E	50 mg
Choline (bitartrate)	22 mg
Vitamin B6	5 mg
Inositol	22 mg
Vitamin C	175 mg
Vitamin K	50 mcg
Citrus bioflavonoids	50 mg
Calcium (Ca)	150 mg
Magnesium (Mg)	40 mg
Manganese (Mn)	1,5 mg
Boron (B)	0,5 mg
Chromium (Cr)	100 mcg
Selenium (Se)	50 mcg
Molybdenum (Mo)	50 mcg
Iodine (I)	100 mcg
Muiru puama extract	37,5 mg
Damiana extract	37,5 mg
Bioperine®	1,25 mg
Coral Calcium®	12,5 mg

All ingredients in pharmaceutical grade. Other ingredients: rice flour, SiO₂, magnesium stearate

Composition

Fertilichron® male PM (evening)

Content evening packet: 2 caps. Fertiliplex® male PM (blue/white), 1 caps. Vitachron® male PM (blue), 1 caps. Redwine Complex (red/white), 1 softgel Omega 3.

2 caps. Fertiliplex® male PM (blue / white)

	Per capsule	Daily dose
Vitamin B12	5 mcg	10 mcg
Folic acid	200 mcg	400 mcg
Copper (Cu)	0,25 mg	0,5 mg
L-glutathione	40 mg	80 mg
Macaplex®	100 mg	200 mg
Tribulus terrestris extract	200 mg	400 mg
BioPQQ™ Pyrroloquinoline Quinone		
Disodium Salt	1 mg	2 mg

1 capsule Vitachron® male PM (blue)

	Per capsule
Vitamin B1	7,5 mg
Vitamin B2	7,5 mg
Niacinamide	20 mg
Pantothenic acid	30 mg
Biotin	150 mcg
Folic acid	400 mcg
PABA	15 mg
Vitamin B12	50 mcg
Magnesium (Mg)	100 mg
Potassium (K)	35 mg
Zinc (Zn)	15 mg
Iron (Fe)	9 mg
Copper (Cu)	0,5 mg
Smilax extract	37,5 mg
Ginger extract	37,5 mg
Ginseng extract	37,5 mg
Bioperine®	1,25 mg
Coral Calcium®	12,5 mg

1 capsule Redwine Complex (red / white)

	Per capsule
Resveratrol	120 mg
Quercetin	50 mg
Catechins	30 mg
OPC	30 mg

1 Softgel Omega 3

	Per Softgel
Fish oil concentrate (contains EPA 500 mg, DHA 250 mg)	1000 mg

All ingredients in pharmaceutical grade. Other ingredients: rice flour, SiO₂, magnesium stearate, stearic acid, calcium carbon-

ate, tricalcium phosphate, glycerin, water and vitamin E as natural D-alpha tocopherol.

The omega 3 softgel contains gelatin, traces of anchovies and vitamin E (from soy). The fish oil is a product from Chile and Peru.

Dosage

In normal cases, take the entire content of the morning packet (AM) in the morning and the entire content of the evening packet (PM) in the evening, with plenty of fluid, at meals.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

Store in a cool and dry environment, out of reach for children.

Fertilichron® male Product Groups

Fertilichron® male can be found in the following product groups (www.vitabasix.com):

-  Vitamins & Food Supplements
-  Chronobiology
-  Men's Health

Manufacturer:



VitaBasix®

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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version: May 2020