

NUTRACEUTICAL SUPPLEMENTATION AND SUBFERTILITY

BY

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PREFACE

These are a series of articles on the relationship between nutraceutical supplementation and sexual dysfunction, male's sperm parameters and subfertility. The essays summarize the most recent clinical trials that conducted on antioxidant supplementation (such as Coenzyme Q10, Lycopene, Royal Jelly and few vitamins & minerals) and sperm parameters & pregnancy rates. It also, addresses the role of Arginine, Carnitine and few herbal ingredients such as Maca, Tribulus, Tongkat Ali, Horny Goat Weed and others, which are associated to men sexual health and fertility. The value of these articles is not only to confirm the efficacy of these ingredients, but to draw Health Care Professionals attention to the adequate (recommended) daily dose of these ingredients to ensure efficacy and to warrant a truthful medical claim.

Therefore, our goal is to provide health care professionals with a practical guide on the relationship between nutraceutical supplementation and subfertility. We assume that such work will save specialists time, and efforts.

We searched PubMed, and Google scholar database to find the most related and strongest evidence (such as systematic reviews and double-blind, placebo, controlled, randomized studies). We also relied on the full text and peer-reviewed publications to ensure solid conclusions and convincing recommendation.

As these articles are written as a guidance document for clinicians, lay men and women might find them useful. However, the author should not be accountable or responsible for adopting the data presented in this website.

Please, click on [Preface](#) for additional info on Dr. J.'s articles

Article (1): Antioxidants Supplementation and Sperm Parameters

Article (2): Arginine (Nitric Oxide)

Article (3): L-Carnitine

Article (4): Coenzyme Q10

Article (5): Lycopene

Article (6): Royal Jelly

Article (7): Single Micronutrients (Zinc, Selenium, Vitamin E and Folate)

Article (8): Multi Micronutrients

Article (9): Herbal Ingredients; Maca (*Lepidium Meyenii*)

Article (10): Herbal Ingredients; Tribulus Terrestris

Article (11): Herbal Ingredients; Tongkat Ali (*Eurycoma Longifolia*)

Article (12): Herbal Ingredients; Horny Goat Weed (*Herba Epimedii*)

Article (13): Herbal Ingredients; Ginseng, Panax

Article (14): Herbal Ingredients; *Ginkgo Biloba*

Article (15): Herbal Ingredients; *Cordyceps Sinensis (Ophiocordyceps)*

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