

Male Fertility Supplement Improves Sperm Quality & Motility in Clinical Study

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Bellingham, WA (Vocus/PRWEB) July 28, 2009 -- A clinical study for the male fertility supplement, FertilAid for Men, was recently presented at the American Society of Andrology's annual meeting. Study results showed marked improvement in sperm parameters, particularly with respect to the overall number of normally shaped, motile sperm in the ejaculate.

Results from a recent clinical study indicate that the male fertility supplement, FertilAid for Men, provides significant improvements in sperm quality for men with abnormal sperm parameters. In particular, results of the 90-day, double blind, placebo-controlled study suggest that FertilAid for Men supports significant increases in the total number of normal motile sperm in the ejaculate.

Previous clinical studies have suggested a strong relationship between the "total normal-motile sperm count" in an ejaculate and the fertility of the man. Specifically, the greater the number of normally shaped sperm that are able to swim (motile), the higher the incidence of pregnancy among trying-to-conceive couples. FertilAid for Men is a dietary supplement from Fairhaven Health, formulated by recognized fertility expert, Amos Grunebaum, MD, and based on recent studies showing improvements in sperm function following supplementation of men with various antioxidant compounds.

Conducted by the internationally recognized andrologist, Dr. J.E Ellington, the double-blind FertilAid for Men study was designed to determine the impact of FertilAid on sperm function for men with "abnormal sperm parameters", as defined by the World Health Organization. Results of the study showed significant improvement in the total number of motile sperm for men taking FertilAid for Men, versus those taking a placebo. According to Dr. Ellington, "men with higher levels of motile, normally shaped sperm have shown better pregnancy outcomes in several studies."

Sperm motility is defined as the ability of sperm to swim in a sustained, forward-moving manner. Healthy, motile sperm show an increased capacity to fertilize an egg and initiate a pregnancy, while non-motile or abnormally-motile sperm will not, under most circumstances, be able to cause fertilization. In evaluating sperm function in humans, "total normal sperm motility" is a fundamental parameter for determining male fertility health. According to Dr. Ellington, "Most of the men that had increased sperm counts while taking FertilAid for Men also showed improvements of 20% or more in the number of healthy sperm."

Formulated by fertility expert, Amos Grunebaum, MD, FertilAid for Men is a male fertility

supplement that integrates an array of vitamins, potent antioxidants, and a proprietary blend of select herbal ingredients, as well as the amino acid, l-carnitine. Along with this recent FertilAid for Men clinical study, other independent reports suggest that the ingredients in FertilAid support sperm health in several key areas - including sperm motility, sperm count, and normal sperm shape (morphology).

Scientific literature suggests that antioxidants can improve male fertility by reducing oxidative stress and damage to spermatozoa, while supporting fundamental protective functions of the seminal plasma which insulate and nourish sperm. In independent studies, antioxidants reduce "free-radical" damage, in particular to the sperm's DNA or genetic material, resulting in better pregnancy outcomes.

Research on the amino acid, l-carnitine, yields similarly impressive findings: L-carnitine supports "sperm metabolism", or the ability for sperm to break down complex molecules to produce energy. L-carnitine has been shown in a number of clinical studies to enhance several fundamental sperm parameters, including sperm concentration, motility, and normal morphology.

As Dr. Amos Grunebaum suggests, "The recent FertilAid for Men study verifies and bolsters evidence from previous independent studies on nutrition and sperm health. The FertilAid for Men formula is based on previous clinical evidence, and we are pleased to see that this new FertilAid study both confirms and advances research on male fertility health."

For couples who are trying to conceive a baby, the recent FertilAid for Men study is good news. More than 15% of couples who are trying-to-conceive will face some infertility obstacles or delays in successfully achieving a pregnancy - particularly today, as couples are having babies later in life. While the FertilAid for Men study revealed improvements in sperm health for men with documented "abnormal" sperm parameters, Dr. Grunebaum emphasizes that FertilAid for Men is designed for all men seeking to improve or ensure optimum sperm health while trying to conceive.

According to Ethan Lynette, a representative for Fairhaven Health, "We get overwhelmingly positive feedback from men who have taken FertilAid. Time after time we hear from men who tested low with respect to count or motility who then see dramatic improvement when re-tested after only a few months of taking FertilAid." Says Lynette, "Male fertility specialists generally recommend taking these very same ingredients; we've simply combined them all into an effective and affordable supplement."