

Nutra-Ception™ – Natural Fertility Support for Men

About Nutra-Ception

- Between 30% and 80% of male subfertility cases are considered to be due to the damaging effects of oxidative stress on sperm, which may be remedied by oral supplementation with antioxidants.¹
- Provides a unique combination of biologically active antioxidant vitamins and minerals that support healthy sperm including zinc, selenium, and folic acid plus vitamins C, D, E.³⁻⁸
- Includes specialized accessory nutrients, CoQ10 and N-acetyl cysteine, shown to improve the volume, motility, and viscosity of semen.^{9,10}
- Contains acetyl-L-carnitine, which has been shown to improve pregnancy rate and sperm motility in infertile men.¹¹
- Created in part with the Regional Fertility Program in Calgary, Alberta.
- Each packet contains: 3 tablets of BioFoundation-G, a multivitamin and mineral, 2 capsules of acetyl-L-carnitine, and 1 tablet of zinc chelate.

How To Use Nutra-Ception

- Take contents of 1 packet 2 times daily or as directed by a health care practitioner.

Cautions and Contraindications

- For adult use only. Zinc supplementation can cause copper deficiency, particularly with use greater than 10 weeks at 50 mg per day.^{12,13} Copper supplementation at 2000 mcg daily may be required.¹² Vitamin D supplementation requires caution in those with hypercalcemia or granulomatous diseases, such as sarcoidosis.¹⁴ Avoid use in individuals with a history of hypersensitivity to any ingredient in this product. Not intended for use during pregnancy and lactation. Keep out of reach of children.

Drug Interactions

- May be additive with antidiabetic and/or antihypertensive medications. Vitamin K supplementation may decrease the efficacy of warfarin, or require closer monitoring of its administration.¹⁵ Zinc may reduce absorption of quinolone and tetracycline antibiotics if take at the same time. Take zinc 2 hours before or 4-6 hours after these antibiotics.^{16,17}

Quick Tips

- Avoid activities that raise testicular or scrotal temperature such as saunas, hot tubs, extended hot baths, prolonged sitting, or overly tight underwear or pants, as heat may damage sperm.^{18,19}
- Eliminate lifestyle habits that can reduce sperm motility, volume and quality, such as smoking, excessive alcohol consumption and recreational drug use.¹⁸
- Stay clear of organic solvents (i.e. paint, household cleaners, dry cleaning fluid, spot removers, adhesives, nail polish remover, microelectronics, automotive products, metal and vapor degreasers, paint strippers and thinners) as they are strongly linked to a reduced sperm count.²⁰
- Don't carry your cell phone on your belt-line or in the hip area. Radiofrequency electromagnetic waves (RFEMW) are linked to lower sperm motility, quality and volume.¹⁸
- Discuss your medications with your health care practitioner or pharmacist, as some may adversely affect sperm quality and quantity.¹⁸
- Consuming a diet rich in fruits, vegetables, complex carbohydrates, fibre, folate, and lycopene (rich in red, pink fruits and veggies, like tomatoes) improves semen quality.^{18, 21}
- Maintain healthy weight. A reduction in body weight (of about 15%) is linked to an increase in total sperm count, semen volume, and testosterone.²²
- Consume healthy dietary fats from sources such as nuts, seeds, avocado, olive oil, flax oil and fish and reduce saturated fats to improve sperm quality and quantity.²³⁻²⁵
- Taking a fish oil supplement providing about 2 grams of EPA and DHA per day may help increase sperm count.²⁵
- Stay active! Moderate physical activity improves sperm motility, quality, and quantity.¹⁸

PATIENT NAME: _____

PRACTITIONER NOTES

PRACTITIONER CONTACT INFORMATION:

References

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