



Men's Foundational Vitamins

Men's Prenatal

A good quality multivitamin from a reputable company that preferably has methylfolate in it. If you can't handle methylated vitamins then taking a multivitamin with folinic acid is an alternate (see Master Fertility Supplement Book folate section for more).

Recommended Products:

- Beli Men
- · Optimal Man by Seeking Health

Magnesium - see Master Fertility Supplement Book

Probiotic -see Master Fertility Supplement Book

DHA - see Master Fertility Supplement Book

Vitamin D3 - see Master Fertility Supplement Book

OPTIONAL:

- Coenzyme Q10 (Beli vitamin has this included, but CoQ10 can be added in separately if desired at 200mg per day)
- Vitamin B12 and/or zinc if not eating meat products

Herbal Therapies:

 Begin one at a time after other supplements and diet are in place

Ashwaganda

Ashwaganda is an extremely interesting root extract that is used in ayurveda medicine. There are many studies with this herb but the majority of them are in animals. The human studies performed were mostly done in men with a few in women.

Ashwaganda has been shown to help protect the body from stress. It can decrease cortisol levels in people under chronic stress, restore healthy adrenal function, and help regulate parts of the nervous system. It is possibly through its nervous system effects that it is able to help with erectile dysfunction, low libido in men and women, and other areas of sexual dysfunction. One study trial in women found that ashwaganda supplementation helped increase sexual function like arousal, lubrication, and satisfaction. This double blind study did not show an increase in sexual desire for women, however.

Ashwaganda can also help regulate thyroid hormones, which greatly impacts fertility.

There was also an animal study done suggesting that ashwaganda could be used to help detoxify the reproductive organs from lead.

For men, ashwaganda has been shown to improve count and quality of sperm significantly. It was also found to increase quality and nutritional status of semen. This is most likely through its anti-inflammatory and antioxidant effects as well as its ability to help regulate hormones and stress levels.

Dose and Type To Take:

Start with 600-650 mg daily, split into 2 or 3 doses. This means a 200-225mg capsule taken 3 times daily or a 300-325 mg capsule taken twice daily.

The dose of ashwaganda varies significantly with the human studies performed having a range of anywhere from 600-1000mg of ashwaganda taken daily. Safe dosages of up to 6,000mg have been found.

You can take ashwaganda in either a root powder or root extract form. You want to make sure that whatever form you take has at least 0.3% withanolides for root powder, and 1.5% withanolides in root extract. The studies used root extract so I would suggest using that.

Damiana (turnera diffusa)

This herbal aphrodisiac has been used by herbalists for over 100 years to help stimulate sexual desire and increase libido in men and women. Damiana is a small plant and the medicinal portion used is found in the leaves. Similar to other ayurveda herbs, damiana also helps ease stress and anxiety, calms and restores the nervous system, and helps regulate hormones.

This herb may be useful in instances where a couple is suffering from the stress and anxiety of having to plan intercourse. When baby making is more of a stressful chore that you dread rather than an enjoyable time with you partner, damiana may be able to help. It can take several weeks of taking damiana before seeing results.

Dose:

• Approximately 2000–4000mg, with the maximum dose being 4000mg (or 4grams) per day.

You can take it in either liquid, powder, or capsule form.

Damiana has a glucose lowering effect and should be taken cautiously in those with diabetes. It should also be avoided once pregnant.

Ginseng (panax ginseng)

Ginseng is referred to as the "King of all herbs" because of its effects on general well being. There are actually many studies regarding its use in fertility, specifically male fertility. Benefits for male fertility include its ability to increase in sperm count and quality, raise testosterone levels, boost libido, regulate blood glucose levels, and enhance the immune system. There is some great randomized control trial data showing its ability to improve moderate to severe erectile dysfunction through its ability to increase blood flow.

One study in Brazil compared a group of men taking 3,000mg of red ginseng versus a group of men taking a placebo. The placebo group saw no improvement in their erections, while 66% of the red ginseng group reported a significant improvement.

Most studies involving ginseng are to do with men but some studies on female animals have been done. Those studies have shown possible positive effects on anovulation from PCOS, and premature ovarian failure. More studies on humans have been done regarding Dong Quai, which is regarded as the "female ginseng".

Type:

There are at least 9 types of ginseng that are primarily named by their location of origin. Asian ginseng is commonly referred to as panax ginseng, and is one of the most commonly used forms. Panax, meaning "all healing", has a diverse range of effects.

There's white panax ginseng and red panax ginseng. White is good for boosting energy and in traditional chinese medicine is considered "warming". However, red ginseng has an even larger warming effect and is great for people who have very low energy or libido. Many studies used both kinds with good results for increasing libido, sperm count and quality, hormonal balance, and more.

American ginseng (panax quinquefolium) has been shown to be effective in helping regulate hormones and is considered a cooling herb. This can be great for men who don't necessarily have a decreased sex drive or low testosterone but may have other hormonal imbalance.

Dose:

• Capsules: 500mg 2-3 times per day

• Tincture: 20-30 drops up to 3 times per day, depending on tincture you get

The doses used in studies varied from 100-200 mg per day all the way up to 3,000mg per day so there is a wide dosage range with proven safety.

Tribulus terrestris

This is an annual plant used for centuries to energize and improve sexual performance in men. It has other proven pharmacological effects and is even used in prevention and treatment of cardiovascular disease and diabetes. Its made of bioactive phytochemical that have liver protective, antioxidant, anti-inflammatory, antibacterial, antiaging, and antitumour activities.

There are a multitude of studies done over a variety of different ailments using this plant as medicine.

For men, both animal and human studies show it can:

- improve erectile dysfunction
- increase testosterone
- increase sperm count and motility
- increases libido

For women:

- may be useful in management of PCOS
- promotes normal ovulation
- increases libido

One important use for this plant is with couples experiencing problems with immunity related fertility issues like antiserum antibodies. One Bulgarian study used tribulus terrestris in couples that tested positive for antiserum antibodies with the results showing a 61% increase in conception after use. The men in the study took 250mg tribulus 3 times per day while the women took 250mg tribulus 3 times per day for 7 days in the beginning of her cycle.

Dose:

• 500 mg per day (split into two doses) to begin with, and can then increase dosage as needed up to 1500mg per day (split into 3 doses).

Tribulus can effect the efficacy of diuretics, blood pressure medications, and blood thinning medications so consult your physician or an herbalist. It can also lower blood glucose so use with caution with diabetes.