

Tips for Increasing Sperm Count and Viability

1) Eat a healthy diet rich in fresh fruits, vegetables, and whole grains. Replace animal fats with monounsaturated oils, such as olive oil. Certain specific nutrients and vitamins have been studied for their effects on male infertility and sperm health. While there is no conclusive evidence that they are effective, antioxidant vitamins (vitamin C, vitamin E) and the dietary supplements L-carnitine and L-acetylcarnitine, are known to help increase sperm count.

2) Avoid cigarettes and any drugs that may affect sperm count or reduce sexual function.

3) There's a direct correlation between waist size and testosterone levels. The bigger the waist, the lower the testosterone. Overweight men should try to reduce their weight as obesity may be associated with infertility. Men with a body mass index (BMI) over 25 have a 20% increased chance of infertility. Being too thin is also bad; it has been shown a BMI of less than 20 can lower sperm count. Ideal BMI is between 20 and 25.

4) Get sufficient rest

5) Exercise moderately, but regularly (excessive exercise can impair fertility).

6) Although studies indicate that tight underwear is no threat to male fertility, there is no harm in wearing looser clothing (switch from briefs to boxers).

7) To prevent overheating of the testes, men should avoid hot baths, Jacuzzis, steam rooms and using a laptop computer directly on their lap for a long length of time.

8) Avoid use of sexual lubricants as they may affect sperm motility.

9) Reduce stress. It is not known if stress reduction techniques can improve fertility, but they may help couples endure the difficult processes involved in dealing with infertility issues.

The image shows the packaging for SpermCheck FERTILITY, a home test for men. The box is primarily blue and yellow. At the top, it says "NEW" and "Trying to get PREGNANT?". The product name "SpermCheck FERTILITY" is prominently displayed with a green checkmark. Below that, it says "HOME TEST FOR MEN" and "Indicates Normal or Low Sperm Count". A circular inset shows a smiling couple with a baby. To the right, it states "OVER 98% ACCURATE". Below the couple, there are two test strips: one labeled "Normal" with a red line and one labeled "Low" with a red line. The packaging also features several bullet points: "Results in 10 Minutes", "Convenient & Private", and "Accurate as a Lab Test". A yellow banner at the bottom right says "Easy to Read Results!". The bottom right corner of the box indicates "1 Test".

Available Online at

Walgreens

CVS/pharmacy

To Learn more, visit <http://www.spermcheck.com>