

Lifestyle and Dietary Recommendations for Men

You can have some control over your reproductive function by living a healthy lifestyle. Negative habits may contribute to infertility.

Lifestyle choices that help improve your fertility:

1. Avoid excessive heat (saunas, hot tubs, etc).
2. Limit coffee to 1 to 2 cups per day.
3. Do not smoke.
4. Do not use marijuana, cocaine, or other recreational drugs. (Marijuana stays in the testes for over 2 weeks; so even using it once every 2 weeks will have a negative effect).
5. Antidepressants may decrease sperm counts.
6. Exercise regularly and moderately. Aim to maintain a healthy body weight.
7. Drink no more than 2 ounces of alcohol twice per week. Alcohol is a male reproductive tract toxin, and is associated with a decrease in the percentage of normal sperm.
8. Maintain good nutritional habits, especially a diet rich in fresh fruits and leafy vegetables. If possible, include red meat.
9. Be aware of sexual problems and do not hesitate to ask for medical help.
10. Educate yourself about health and reproduction.
11. Seek emotional and/or psychological support if necessary.

Certain vitamins may help improve your fertility. This is how they work:

1. The breakdown of oxygen as it passes through the cells in our body results in substances called free radicals.
2. Infertile men have a higher concentration of free radicals in their semen than fertile men.
3. Free radicals attack and destroy the membrane that surrounds sperm.
4. Anti-oxidants may help limit free-radical damage:
 - Vitamin E (400 IUS/day)
 - Multi-Vitamin containing Zinc (60 mg/day)
 - Selenium (250 mcgs/day): A double-blind study shows that Selenium supplements can significantly increase sperm motility
 - Folic Acid (5 mg/day)
 - Vitamin C (500 mg/day): Vitamin C improves quality of sperm in smokers and reduces sperm agglutination (a condition in which sperm stick together, and fertility is reduced).
 - CoQ10 (200mg once daily)

If you wish to find an easy all-in-one solution, we generally recommend Male Fertility Supplement (MFS), available from our office. We suggest 4 tablets per day. Alternatively, you can purchase the supplements through iherb.com.