

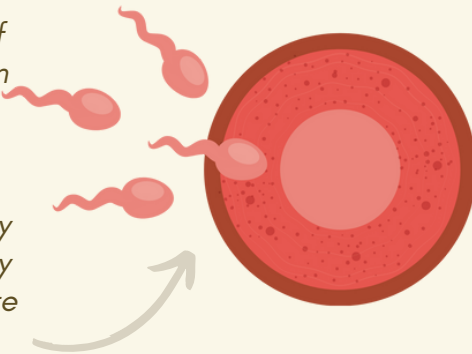
Male Fertility

THE INVESTMENT OF PREGNANCY

In nature, males do not have to be as selective as females about when (and with whom) they become pregnant. They are always producing an abundance of sperm and are fertile throughout the month. Pregnancy is an investment for a man insofar as he has an invaluable role to support the mother of their child. A male's body is designed to maximize the chances of successful fertilization by maximizing the amount of sperm he produces (and number of times he has sex). However, male fertility is not only about sperm *quantity*, but also sperm *quality*. Because he produces billions of sperm throughout his lifetime, a man has a unique opportunity to improve the success and health of a pregnancy.



The first moment of a child's life is when the father's sperm penetrates the mother's ovum (or egg). Sperm motility refers to their ability to reach & penetrate the egg (the strongest one "wins").



LIFESTYLE MATTERS

Fertility is intricately connected to nutritional status. The food a man eats (and doesn't eat) can have a profound influence on the success of the pregnancy. Exercise and stress management are two key lifestyle factors that improve healthy testosterone and libido levels.



Pumpkin seeds, tomatoes, and bananas are particularly nourishing for male fertility.

SUPPORT FERTILITY

- PRIORITIZE NUTRITIONAL WEALTH
nutrient levels impact not only sperm quality & quantity but also libido
- REDUCE TOXINS
alcohol, smoking, chemicals, electromagnetic radiation, and processed soy are all connected to impaired sperm production
- SUPPLEMENT HERBS & NUTRIENTS
zinc, vitamin C, maca root, fenugreek, ashwaganda