

PROFERTIL

# PROFILE

The magazine about male desire for children

❁ **From the desire for a child to the desired child**

*Suggestions and tricks towards family bliss*

❁ **Speed for Sperm**

*Sperm Work-Out in only three months*

❁ **Sperm cells and quality**

*Facts about male fertility*

An unfulfilled desire for children should not be left in the hands of fate

## From desire for children to the desired child

What turns tired sperm cells into fit ones?

Male infertility has many causes. Genetics, stress, changing lifestyles, but also dietary habits result in dramatic reductions in sperm cell production and quality in industrialized countries.

editorial



Dear readers!

The desire for children is a topic of extreme social relevance. Longing for a child is deeply rooted in human beings. The largest part of human beings has a great desire for a family, for a family life and therefore for children. If the desire for a child is not met the wish turns into despair as time goes by.

My experience shows: the more men are able to contribute actively to the achievement of the common objective - conception of a child - the better it is. Thanks to a medical innovation men now have the opportunity to specifically improve the quality of their sperm. PROFertil® delivers on the one hand excellent results from the point of view of medical studies, since all other attempts to improve sperm quality have clearly failed so far. From my point of view this therapy is on the other hand an import opportunity for men to fulfil their desire for children and therefore to support their partners also from a psychological viewpoint even more than it has been the case so far.

University Professor  
**Dr Heinz Strohmer**  
Fertility Centre  
Hospital Goldenes Kreuz, Vienna

However, inadequate sperm production is not the fate of a minority. For almost 6% of all men remain their desire for children unfulfilled even after one year of unprotected sexual activity. This may seem a small percentage, yet for 300,000 couples in Austria all attempts to have a baby are in vain. But against popular belief this problem may be attributed in surprising many cases to inadequate male fertility! In fact, a long process takes place in the testicles while sperms are produced. It takes two to three months for a sperm cell to fully develop. This is a long period of time during which disruptions may have a fatal effect.

### Speed for Sperm

As a response to these developments PROFertil® was developed in Vienna. Folic acid and Zinc are deemed to have a positive influence on sperm quality. Both are contained in the unique combination of eight active substances that make up the product. But also L-Carnitine, a substance that is self-produced by the body and improves sperm cell mobility, along with the amino acid L-Arginine and the coenzyme Q10, Vitamin E and the radical scavengers Glutathione and Selenium increase fertilisation chances.

The therapeutic idea behind PROFertil® is as easy as logical. Since sperm production disorders may have many causes they must all be fought against simultaneously. Especially in a couple the whole is always more than just a sum of its components. This philosophy is also adopted by the product that contributes towards a finally fulfilled and happy relationship - PROFertil®.

## The Spermogram test

What does the semen analysis tell?

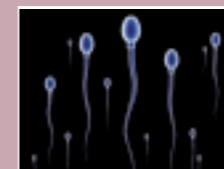
Several medical examinations have to be carried out at the beginning of an infertility treatment. In women ultrasound examinations, blood tests and classification of specific hormones are carried out. The range of possible examinations is slightly larger in women than in men: For them the search for the causes of infertility is basically limited to the spermogram. There the quality of sperm cells and the chances of a successful fertilisation process is analysed under the mi-

croscope. Experts mainly consider the number, motility and appearance of sperm cells. The result is recorded in the so-called spermogram. The World Health Organisation provides the definition shown below. Regrettably, in the event of male fer-

tility disorders the spermogram often detects several deviations. In many cases there is not only the number of sperm cells reduced, but also their motility is disrupted or cells present too many morphological variations.

### Normal sperm quality

Ejaculate volume:	<b>2-5 ml</b>
Number of sperm cells:	<b>at least 20 million/ml</b>
Motility:	<b>higher than 50%</b>
Progressive motility:	<b>higher than 25%</b>
Morphologically normal:	<b>higher than 30%</b>



Various quality standards for sperm cells



Did you know that.....

## 3 facts about fertility

### Unmanly? Not at all!

Sperm quality disorders have got nothing to do with impotence or lover's skills. Let us be clear: A man that has an ejaculation is not automatically fertile. On the other hand, an impotent man may be able to father a child.



Potency: has got nothing to do with fertility

### It is the men's fault

If no pregnancy arises in most of the cases it is the man's fault: In Austria infertility causes are related to women in only 28% of cases and to men in 60% of cases or to both partners together (12%).

### Seek expert's opinion

Sperm cell self-tests are often misleading and do not provide any conclusive information on ejaculate quality. All men who have a desire for children should approach a urologist. The sooner information about ejaculate quality is acquired the sooner steps can be taken with the help of modern therapeutic possibilities.

# Millions of sperm cells in three months

The happiness of your relationship ... being clinically tested

PROfertil® acts as a fitness centre for your sperm cells. Thanks to a combination of eight separate substances the product addresses and eliminates all those issues that disrupt sperm cell quality.



Sometimes a minor change in your living habits may already narrow the gap between you and your desire for children. But however, should no fertilisation take place after these changes, the dream of family bliss must not be abandoned. Because a remarkable study highlights the effectiveness of a regular intake of PROfertil®. In this study University Professor Dr Martin Imhof tested the effectiveness of the fertility treatment: 82 males with an unfulfilled child wish for many years took 2 capsules of PROfertil®

daily for three months. Remarkable results were recorded already after these first three months: not only did the ejaculate volume increase by 24% (from 2.91 to 3.61 millilitre), but also an 80% sperm cell density increase was recorded. The sperm cell density per millilitre was 23.73 millions and sperm cells were motile and fertile. Furthermore, the number of motile sperm cells increased on average from 8.95% up to 19.27% (+115.3%) and sperm cell motility in general increased from

33.13% to 49.27% (+48.7%). Far more important than the scientific data are, is the meaning of all this for men with an unfulfilled desire for children. After three-month intake 21 normal results were observed by Dr. Imhof. In other words: A normal spermiogram was observed in one study participant out of four. 14 males with normal spermiogram have become fathers after natural conception. The possibility to set up a family is therefore enhanced by PROfertil®. P

The road towards the desired child:



The road towards PROfertil®:

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Patent no.: 503.219

„Profertil Profile, the magazine about the male desire for children“ is a tool suitable for doctors and patients alike providing information about the medical basics of male fertility, fertility disorders and improvement possibilities. PROfertil® is available without prescription. No side-effects were observed in PROfertil® clinical trials. The minimum intake period for

PROfertil® is 3 months in order to optimise every step of the spermatogenesis process. PROfertil® can and should be taken until the beginning of a pregnancy. PROfertil® comes in packages containing

- 60 capsules (1-month's serving) and
- 180 capsules (3-month's serving) as well as
- dissolvable powder/granulate (1-month's and 3-month's serving).

## One disorder, many causes

Sperm cells are sensitive to stress and similar factors

Many different factors are acting together in order to have a normal and healthy spermatogenesis. Deficiencies detected in the spermiogram can therefore be related to several causes. The main causes are:

### Medical causes

Congenital diseases, pelvis surgery, but also hormone disorders, mumps,

as well as inflammations on the outer area of the penis or varicose veins in the testicles area.

### Lifestyle related causes

Continuous stress, deficiency symptoms due to eating habits, smoking, intake of alcohol and drugs may limit fertility.

### Other causes

Environment-based hormone disorders, pollution, changes in eating habits and food components, but also age plays a role (after the age of 40 fertility starts decreasing at the latest). Therefore the spermiogram should not be postponed for too long. Waiting does not increase fertility. P



Dietary habits may also have an influence on child conception.

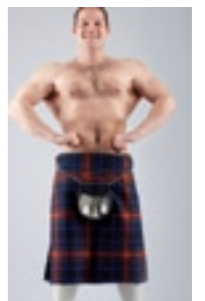
Did you know that

## 3 facts about fertility

### Testicles: a power-unit

The spermatogenesis is controlled by the hormone system and takes place in the seminal ducts. The whole process lasts about 72 days. Around 1,000 sperm cells are produced every second, about 3-4 millions every hour. On average between 20 and 64 million sperm cells are present in every millilitre of ejaculate.

### Scottish sperm cells



Are sperm cells stingy?

In a large Scottish study 16,000 sperm cell samples were examined. The result was disappointing: According to this study, the average "normal" sperm cell number decreased by almost 30% since 1989.

### Decreasing chances

The large number of studies and analyses carried out indicate that sperm cell quality is worsening throughout the world. It is assumed, that around 40% of the global male population has impaired sperm cells.



Increasing the chances to have children with an intake that is a child's play

## 180 capsules which may change your (family) life

Taking the new fertility pill is as easy as that

When males are diagnosed with "infertility" the magic number is "three".

It takes several months for a sperm cell to fully develop. Therefore PROfert<sup>il</sup>® should be taken for at least three months and until the start of pregnancy.

In medical terms: This is the "dietary management of diet-related subfertility in men". From the point of view of patients, only two decisions need to be taken: Size of the package and administration form. The ideal pack size can be selected according to the desired treatment duration.

### Formula "once daily two"

PROfert<sup>il</sup>® is available in 1-month's packages containing 60 capsules as well as in 3-month's packages (180 capsules). Please consult your doctor before taking this product and before

modifying the intake scheme.

### Capsules or granulate

As an alternative to capsules, PROfert<sup>il</sup>® is also available as **dissolvable powder** (granulate) in 1-month's packages (30 sachets) or in 3-month's packages (90 sachets) in your pharmacy. The granulate should be taken once a day, diluted and stirred in 0.25 litre water.

For both, capsules or granulate: the minimum intake period of three months ensures that every phase of the spermatogenesis is improved. No side-effects were reported.

Please consult your doctor before taking this product and before modifying the intake scheme.



## Concentrated powers

PROfert<sup>il</sup>® contains particularly substances that are produced by the body. As confirmed by clinical studies, the specific concentration and combination of the nutrients contained in PROfert<sup>il</sup>® improves sperm cell quality.

Every capsule contains a mixture of the following elements:

**L-Carnitine:** is an important substance for highly active cells which are used by sperm cells as energy substrate. L-Carnitine may improve sperm cell motility and number.

**L-Arginine:** is an amino acid that the body needs in large quantities. In studies a significant improvement of sperm cell number and motility was observed.

**Coenzyme Q10:** may result in an improvement of the fertilisation rate, an increase of the sperm cell number and an improvement of sperm cell motility.

**Vitamin E:** may improve sperm cell motility and stimulates the ability of the sperm cell to merge with the ovum.

**Zinc:** Apart from its function as an antioxidant (substance which binds free radicals or hinders the creation of new radicals) and its contribution to many biochemical processes, the trace element Zinc also improves sperm cell density, the number of fast moving sperm cells and increases the testosterone level which is impor-

tant for sperm cell maturation.

**Folic acid:** is essential for cell growth, for cell division (blood formation) as well as for nerve metabolism and contributes to protection of the cardiovascular system.

The positive effect of this vitamin on sperm cell quality has long been known, has been extensively investigated and is advised a supporting element.

**Glutathione and Selenium:** Two highly effective radical scavengers, which considerably improved the motility of sperm cells in various studies.

## Excerpt from the press conference of 6.06.2006

### The last option is "in vitro"

Natural conception gets better along with the relationship

The time factor plays a vital role when a couple does not manage to have children. If no conception takes place after one year of unprotected sexual activity, it is mainly the male that should take actions.

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children. If no conception takes place after one year of unprotected sexual activity it should mainly be the men to take actions.

In practical terms the male partner should accompany the examinations on his female partner with a visit to an urologist. "Unfortunately many

men wait far too long before consulting the urologist basically because it is generally assumed that the problem usually lies with the woman" - points out University Professor Dr Eugen Plas, well-known andrologist and thus specialist for male fertility. The problem is that on the one hand sperm cell quality decreases as age increases and on the other hand the lower the age of the woman the higher the success rate of in vitro fertilisation.

### Together to fulfill the desire for children

However, in-vitro fertilisation (IVF) is not an easy treatment. Worldwide success rates are currently around 40-50% per every attempt. But from a psychological viewpoint an IVF treatment often means "a roller-coaster of feelings between hope and despair if it is not successful". This is the drastic description by University Professor Dr Heinz Strohmmer, of the burden that

may be placed on the relationship. According to his opinion the women bear the heaviest burden since they have to go through hormone therapy and are subject to psychological stress. Before "inactive" men start to feel unconsciously guilty they should react. And according to Dr Gerti Senger, a renowned specialist for couple counselling, PROfert<sup>il</sup>® is more than only a

"fertility pill": it is also beneficial for the couple's relationship as it gives the man the feeling to contribute to the desired pregnancy also.

With this, men are also playing an active role and the female partner is no longer the only one bearing the burden. And said among us: the natural conception method is much more entertaining!

**CLINICALLY  
TESTED**



### **Vital substances in support of male fertility**

Improves volume, concentration and motility of sperm cells.  
Further information can be found at [www.profertil.eu](http://www.profertil.eu)  
or at your doctor of confidence.

*When desire to have children  
remains unfulfilled.*