

**Folio<sup>®</sup>men**



**Folio<sup>®</sup>men** contains the vitamins folic acid (B<sub>9</sub>), B<sub>6</sub>, B<sub>12</sub>, D<sub>3</sub>, A, C, E and the micronutrients Selenium and Zinc.

It is well known that the women's diet plays an important role in the desire to have children, but men can also positively influence their fertility through a healthy diet and the targeted intake of micro- and macro-nutrients.<sup>1,2</sup>

In order to fertilize an egg, it requires a sufficient number of healthy sperm. In case of limited quality of sperm, normal conception is possible, but the man should actively work to improve sperm quality.

With the minerals zinc and selenium contained in **Folio<sup>®</sup>men**, male fertility and normal sperm production can actively be supported. Selenium<sup>1</sup> supports sperm formation and zinc<sup>2</sup> supports fertility and reproduction.

For a successful fertilization and a healthy baby, the quality of sperm is particularly important.

This includes:

- mobility of the sperm
- sperm density (amount of sperm in the ejaculate)
- the shape of the sperm (normal appearance)
- the amount (or volume) of ejaculate (provided that the sperm is healthy and present in sufficient concentration).<sup>3</sup>

The period of spermatogenesis, in which the sperm is produced and matures in the testicles, is approximately three months.<sup>3</sup> Thereafter, this process starts again. The diet should be supported with **Folio<sup>®</sup>men** three months before the desired start of pregnancy and for as long as the partner is pregnant.

## PACKAGE SIZE AND PRICES

**Folio<sup>®</sup>men** 30 tablets (blister) = 13,50 €\*

\*Recommended Retail Price (RRR)

## COMPOSITION

Nutrients	Per Tablet
Folic acid B <sub>9</sub>	300 µg
Vitamin B <sub>6</sub>	3 mg
Vitamin B <sub>12</sub>	9 µg
Vitamin D <sub>3</sub>	20 µg **
Vitamin C	100 mg
Vitamin A	167 µg RE *
Vitamin E	400 mg -TE
Zinc	10 mg
Selenium	90 µg
Copper	1000 µg
Lycopene	0,5 mg

**Ingredients:**  
Filler: cellulose, ascorbic acid (vitamin C), fillers : calcium phosphate, DL- tocopheryl acetate(vitamin E), coating agents: hydroxypropylmethylcellulose, hydroxypropylcellulose, polyethylene glycol, fatty acids, release agents: Magnesium salts of fatty acids, talcum, modified starch, zinc oxide, pyridoxine hydrochloride (vitamin B<sub>6</sub>), copper sulphate, beta-carotene, lycopene, pteroyl monoglutamic acid (folic acid), sodium selenite, cholecalciferol (vitamin D<sub>3</sub>), cyanocobalamin (vitamin B<sub>12</sub>), colorants: calcium carbonate, vegetable charcoal, stabiliser: soya lecithin, riboflavin (vitamin B<sub>2</sub>)

### Dietary supplements. Made in Germany.

The **Folio®men** tablets contain vitamins, minerals and phytochemicals. They are gluten-free and free of nanoparticles, lactose, fructose, flavorings, artificial colors and preservatives.

### APPLICATION:

One tablet of **Folio®men** should be taken daily with some liquid during a meal.

### STORAGE:

Please keep the tablets dry, not above 25°C and inaccessible to young children.

Visit [www.steripharm-export.com](http://www.steripharm-export.com) for more information and free services.

## Literature

- 1 Mossa M Morbat, Azzawi M Hadi and Dekhel H Hadri.: Effect of Selenium in Treatment of Male Infertility. Crimson Publishers 2018. Volume 1- Issue-5.
- 2 Ali Fallah, A Mohammad- Hasani, A.B. Cologar.: Zinc is a Essential Element for Male Fertility: A Review of Zn Roles in Men 's Health, Germination, Sperm Quality, and Fertilization. J Reprod Infertil 2018; 19(2): 69-81
- 3 Ahmad Majzoub, Ashok Agarwal.: Systematic review of antioxidant types and doses in male infertility: Benefits on semen parameters, advanced sperm function, assisted reproduction and Live-birth rate. Arab Journal of Urology 2018. 16, 113-124.