Orthomol® Fertil plus

Contains antioxidants and other micronutrients which contribute to the improvement of sperm quality.

Oxidative stress
- Vitamin C
- Selenium
- Carotenoids
- L-Acetylcysteine
- As antioxidants or components of antioxidant enzymes, they protect the sperm DNA and cell membrane against oxidative stress*

Energy metabolism
- L-Carnitine
- Coenzyme Q10
- Are essential for energy supply to the sperm mitochondria*

Homocysteine degradation
- Vitamin B6
- Vitamin B12
- Folic Acid
- Promote the degradation of homocysteine which is associated with disturbances of the reproductive function in spermatogenesis*

Membrane fluidity
- Omega-3 fatty acids
- Improve the fluidity of the sperm membrane which is important for fertilization*

The high-quality nutritional therapy with Orthomol® Fertil plus improves the following sperm quality parameters through specific micronutrients:

• Sperm motility
• Sperm density
• Normal sperm form

Orthomol® Fertil plus
Hope for men with the desire to have a child

Orthomol® Fertil plus is a dietary food for special medical purposes. Orthomol® Fertil plus is suitable for the dietary management of male fertility disorders.

Composition Orthomol® Fertil plus

<table>
<thead>
<tr>
<th></th>
<th>per daily serving</th>
<th>per 100 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>22 kJ (5.1 kcal)</td>
<td>720 kJ (171 kcal)</td>
</tr>
<tr>
<td>Protein</td>
<td>0.2 g</td>
<td>5.5 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>0.4 g</td>
<td>14 g</td>
</tr>
<tr>
<td>Fat</td>
<td>0.4 g</td>
<td>13 g</td>
</tr>
</tbody>
</table>

Orthomol® Natal
The recommendation for mother and child

Orthomol® Natal is a food supplement for women before, during and after pregnancy. It contains vitamins, minerals, trace elements and antioxidants such as folic acid, iodine, iron, magnesium and calcium as well as special omega-3 fatty acids, especially DHA, and probiotics.

Orthomol® Natal is also available in convenient monthly packages:
- 30 daily servings as soluble powder combined with 3 capsules
- 30 daily servings as a combination of 5 tablets and 3 capsules.

Sperms don’t lie.
Orthomol® Fertil plus – for the plus in sperm quality
Oxidative stress is a common cause of reduced sperm quality. The importance of free radicals in male infertility is emphasised by a variety of study data.


Oxidative stress

Endogenous sources of reactive oxygen species
- Increased concentration of leukocytes in the seminal plasma
- Formation of ROS in the sperm

Exogenous sources of reactive oxygen species
- Environmental toxins
- Smoking
- Alcohol consumption
- Extreme physical exercise
- Increased temperatures

Non-enzymatic antioxidants
- Glutathione / N-acetylcysteine
- Vitamin C
- Vitamin E

Enzymatic antioxidants
- Superoxide dismutase
- Catalase
- Glutathione peroxidase

Antioxidants

- Glutathione peroxidase
- Catalase
- Superoxide dismutase

Oxidative stress without antiological diagnosis

<table>
<thead>
<tr>
<th>Patient with OAT syndrome, 36 years, 18 months of unfulfilled desire for children. History and physical examination without pathological findings.</th>
<th>Problem: Moderate nicotine consumption (2–3 cigarettes per day).</th>
<th>After reducing nicotine consumption, nutritional counseling and regular use of Orthomol® Fertil plus, we were very pleased with the result. We recommended that the patient should continue the treatment.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Spinal density</td>
<td>Progressive motility</td>
</tr>
<tr>
<td>at first consultation</td>
<td>14 mill./ml</td>
<td>5%</td>
</tr>
<tr>
<td>after therapy</td>
<td>19 mill./ml</td>
<td>25%</td>
</tr>
</tbody>
</table>

OAT syndrome with reduced testicular volume

<table>
<thead>
<tr>
<th>Patient with OAT syndrome, 35 years, self-employed</th>
<th>Problem: 14 months of unfulfilled desire for children. Good health in general, insulin dependent type 1 diabetes mellitus. Drinks and tobacco: a few glasses of red wine per week, occasional smoker.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Therapy: Suboptimal treatment of diabetes in the past 12 months. At first the couple was not willing to accept assisted fertilisation (IVF / ICSI) as therapy. In this case, through the antioxidant micronutrient treatment, the sperm count significantly increased and the teratozoospermia was normalised.</td>
<td></td>
</tr>
<tr>
<td>Sperm density</td>
<td>at first consultation</td>
</tr>
<tr>
<td>Normal morphology</td>
<td>at first consultation</td>
</tr>
<tr>
<td>after therapy</td>
<td>30 mill./ml</td>
</tr>
</tbody>
</table>

Quality brings quality – Orthomol® Fertil plus for men with the desire to have a child
- Complex micronutrient combination to treat infertility
- Highest quality standard in nutritional therapy (ISO 22000/GMP)
- Complex micronutrient combination to treat infertility
- Highest quality standard in nutritional therapy (ISO 22000/GMP)
- Tablet/capsule combination easy to take
- Choice between two package sizes of 30 or 90 daily servings
- Tablet/capsule combination easy to take

Rely on success

Many of your colleagues have made good experiences with their patients using the specific Orthomol® Fertil plus micronutrient therapy.

Diabetes and teratozoospermia

<table>
<thead>
<tr>
<th>Patient with teratozoospermia, 35 years, insulin-dependent type 1 diabetes mellitus.</th>
<th>Problem: Suboptimal treatment of diabetes in the past 12 months.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Therapy: Complementary treatment of diabetes with OAT syndrome without antiological diagnosis. At first the couple was not willing to accept assisted fertilisation (IVF / ICSI) as therapy. In this case, through the antioxidant micronutrient treatment, the sperm count significantly increased and the teratozoospermia was normalised.</td>
<td></td>
</tr>
<tr>
<td>at first consultation</td>
<td>at first consultation</td>
</tr>
<tr>
<td>Normal morphology</td>
<td>at first consultation</td>
</tr>
<tr>
<td>after therapy</td>
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