



## REI Pearls - Guide to Healthy Sperm Production

### Activity:

Limit or eliminate activities which cause excess heat in the scrotum. These activities include: sauna, hot tubs, and using a laptop computer on your lap. There is also some newer data to suggest cycling may decrease sperm counts, but this data is not consistent. Overland truckers also are known to have elevated scrotal temperatures. If you do a lot of driving, consider wearing shorts and keeping the interior of the vehicle on the cool side. Men who are obese also are known to have excess heat in the groin area; therefore, weight maintenance can be important to good sperm health.

### Basic Nutrition:

Eat a healthy, balanced diet with plenty of fruits, whole grains and lean meats. Avoid saturated fats, limit alcohol and drink plenty of water (64 oz a day).

### Supplements:

- **Arginine:** 4 g daily. If the sperm count is below 10 million per milliliter, this is unlikely to improve parameters.
- **Coenzyme Q10:** 10 mg daily, has been shown to improve count and motility.
- **Flaxseed oil:** 1 tsp daily, is a source of essential fatty acids used by sperm.
- **L carnitine:** 2 g daily, has been shown to improve sperm parameters.
- **Multivitamin:** to maximize general nutrition and ensure subtle deficiencies aren't impairing your counts.
- **Selenium:** 200 mcg daily, to improve motility.
- **Vit B12:** 1000 mcg daily has been shown to improve count and motility
- **Vitamin C:** 500 mg twice daily may improve morphology
- **Vitamin E:** 400 IU twice daily may improve morphology
- **Zinc:** 15 mg twice daily. Zinc is essential for normal sperm function.

Drugs/Supplements/Medications which impair sperm production/transport/function:

- **Calcium channel blockers (certain blood pressure medications)**
- **Medications which improve urine flow (Flomax, etc)**
- **Anabolic steroids**
- **Creatine**
- **Marijuana**