

Recent Coenzyme Q10 Study Helps Validate Effectiveness of Fairhaven Health Male Fertility Supplements

Fertility experts point to poor sperm health as a primary cause of male infertility; a recent study found that supplementation with coenzyme Q10 can help enhance overall sperm health. Fairhaven Health uses coenzyme Q10 as a primary ingredient in three of their dietary supplements for improving male reproductive health.

Bellingham, Washington ([PRWEB](#)) January 16, 2013 -- Men with poor sperm health recently received some good news! Supplementation with the nutrient known as coenzyme Q10 (CoQ10) for at least three months may help enhance overall sperm health, according to a [new study](#) published in *Andrologia*. CoQ10, also known as ubiquinone, is a powerful antioxidant compound, which acts specifically to protect against free radical damage to fats. Because fats are key components of sperm cell membranes, the antioxidant activity of CoQ10 helps preserve the health of sperm cells.

Consumers can find CoQ10 in a number of dietary supplements, including Fairhaven Health's FertilAid for Men, MotilityBoost for Men and CountBoost for Men. [FertilAid for Men](#), formulated by leading fertility expert Dr. Amos Grunebaum, is an all-natural formulation containing herbs and nutrients that has been scientifically demonstrated to enhance sperm count, motility and morphology.

"FertilAid for Men has been clinically shown to help improve the total number of motile sperm and is recommended for all men who are actively trying-to-conceive," Dr. Grunebaum said.

[MotilityBoost](#) and [CountBoost for Men](#) are also doctor-designed, natural products formulated specifically for men diagnosed with low sperm count or motility, intended to be taken in conjunction with FertilAid for Men.

Current estimates indicate that one out of every 20 men suffers from male factor infertility, and this percentage is likely to increase in the years to come. Fertility experts point to poor sperm health as the primary cause of male infertility, and talk about low sperm count, [low sperm motility](#) (the ability of sperm to swim in a forward motion), and abnormal morphology (the size and shape of sperm) in discussions about suboptimal male fertility.

Unfortunately, sperm cells are often subjected to oxidative stress, a physiological condition that arises when there is an imbalance in the number of free radicals (unstable oxygen molecules) and the amount of antioxidants present. Such an imbalance can result from an excessive free radical load, a deficiency in antioxidants, or both. Smoking cigarettes, excessive alcohol consumption, obesity, and chronic exposure to environmental pollutants cause an increase in the production of free radicals.

On the other hand, many people's diets lack sufficient amounts of antioxidant nutrients that the body uses to battle free radicals. Consequently, oxidative stress is very common in the modern age, and has been implicated as the cause of many human diseases and medical conditions, including cancer, diabetes and heart disease. Researchers now believe that up to 80 percent of all cases of male infertility can be attributed to oxidative stress, due to the reduced sperm count, poor sperm motility and even DNA damage.

About Fairhaven Health



[Fairhaven Health](#) is a leading provider of natural, doctor-designed products to promote fertility, pregnancy, and nursing health. They offer ovulation prediction tools, [natural fertility supplements](#), prenatal vitamins and breastfeeding support products, all of which are manufactured in U.S. GMP-certified and FDA regulated facilities.



Contact Information

Ethan Lynette

Fairhaven Health

<http://www.fairhavenhealth.com>

(360) 543-7888

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