

# Health Bulletin

## Progress In Fertility Health

(NAPSA)—A pilot study that examines the role of nutritional supplementation in fertility health is showing promising results. While most people are familiar with the concept of taking a prenatal vitamin before childbirth, relatively little research has looked into the benefit of a pre-pregnancy supplement for the optimization of fertility health.

For the 24 million couples looking to start a family, there is now a nutritional supplement to optimize their wellness. The supplements, called FertilityBlend™ for Women and FertilityBlend™ for Men ([www.fertilityblend.com](http://www.fertilityblend.com)) are innovative nutritional supplements designed to promote fertility health. Each formula contains ingredients that have been scientifically researched and the value of this unique formula is now being evaluated through a double-blind, placebo-controlled study in collaboration with leading medical researchers.

### Later Pregnancies On The Rise

Childbearing women in their 30s and 40s has quadrupled since 1970, and many of them are turning to complementary and alternative medicine (CAM) as part of an overall lifestyle program to enhance their general health and fertility health. According to Mary Lake Polan, M.D., Ph.D., M.P.H., Chair and Professor of the Department of Gynecology and Obstetrics at Stanford University, and a collaborator in the study, "FertilityBlend may enhance reproductive health as an integral part of an overall healthy lifestyle."

Medical experts now know that smoking, stress and the consumption of alcohol all can cause oxidative damage to reproductive or-



**Early results of a new study on the role of nutritional supplements in fertility health show promise.**

gans in both men and women. FertilityBlend may help counter such oxidative damage and promote overall health.

### Study Results Are Promising

The results of a pilot double-blind placebo-controlled study being conducted on the supplement look promising. Of the first 16 couples in the study who have tried unsuccessfully to become pregnant for over a year, seven were on placebo and nine were on FertilityBlend. Zero percent of the placebo group got pregnant, while one-third of the couples on supplements became pregnant. Other parameters being evaluated in the study include hormonal levels, basal body temperature, sperm count, motility and linearity.

Although the pilot study is preliminary, the results are encouraging and further underscore the potentially critical importance of a nutritional and lifestyle approach to optimizing fertility health. For more information, please visit [www.fertilityblend.com](http://www.fertilityblend.com) or call toll-free at 1-866-BABY-TO-BE (1-866-222-9862).