

What is FertyBiotic Man?

FertyBiotic Man is a food supplement containing DHA, Selenium, Zinc, Coenzyme Q10 and Lactobacillus.

What are the contents of FertyBiotic Man?

Nutritional Values	Per 2 capsules	%NRV*
DHA	1000 mg	-
Zinc	10 mg	100%
Selenium	55 µg	100%
Coenzyme Q10	200 mg	-
Lactobacillus rhamnosus	1x10 ⁹ UFC	-
Lactobacillus crispatus	1x10 ⁹ UFC	-

*Nutrient Reference Values

FertyBiotic Man is a food supplement intended to complete the nutritional intake for a better possibilities of conception. Includes in its composition the following key ingredients:

- **DHA.** It is an essential polyunsaturated oily acid of the omega-3 series. The human body cannot synthesize it; therefore it must be ingested with food or food supplements. It contributes to the normal work of the brain and normal sight, and helps to keep normal function of the heart. The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.
- **Coenzyme Q10.** It is a lipid distributed in all the cell membranes which takes part in a very active way in the fertility processes due to its antioxidant capacity and by the formation of lipoperoxides. It also acts recycling other antioxidants such as vitamin E and Vitamin C.
- **Selenium.** It is an essential element that contributes to normal spermatogenesis and to the protection of cells from oxidative damage.
- **Zinc.** It contributes to the normal metabolism of macronutrients, protein synthesis and to the cell division process. It also contributes to the normal DNA synthesis.
- **Lactobacillus rhamnosus and crispatus.** Lactobacilli are living microorganisms which contribute to the maintenance of a healthy bacteria balance inside the gastrointestinal tract.

How to take FertyBiotic Man

Take 2 capsules a day, preferably in the morning, with a glass of water, juice or milk (250 ml).

Precautions

- Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.
- Do not exceed the stated recommended daily dose.
- Keep out of reach of young children.
- FertyBiotic Man contains living Lactobacilli sensitive to heat. Avoiding exposure to heat sources or temperature changes is recommended.
- Keep away from light and at temperatures below 25°C. Store tightly closed in a cool, dry place.
- This product contains derivatives of fish and soy. It is gluten, saccharose and lactose free.