

## BOTANICAL BOOTCAMP

### FERTILITY: MALE FACTOR INFERTILITY

INDICATION	PRODUCT	DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
NUTRIENT SUPPORT FOR SPERM PRODUCTION	<b>MINIMAL &amp; ESSENTIAL MULTIVITAMIN (VITAL NUTRIENTS)</b>	1 CAP TID - QID	3 months minimum	Take with food
POST-VARICOCELE SURGERY	<b>HORSECHESTNUT COMPLEX</b>	1 TAB TID	9 months	Complimentary: Ginkgo or Vitanox; Can aggravate GERD - always take with food
LOW LIBIDO/ TESTOSTERONE, SPERM SUPPORT (COUNT AND MOTILITY)	<b>TRIBULUS FORTE</b>	1 TAB TID - QID	3 months minimum	Can aggravate GERD - always take with food
ANXIETY, LOW LIBIDO/ TESTOSTERONE, SPERM SUPPORT (COUNT AND MOTILITY), HYPERPROLACTINEMIA	<b>WITHANIA COMPLEX</b>	2 TABS BID (up to 5 TABS a day)	3 months minimum	CI: hypertension; watch low potassium with long term use
SPERM QUALITY, HIGH DNA FRAGMENTATION	<b>VITANOX</b>	2-3 TABS QD	2-3 months	Chelates iron & folate
HYPERPROLACTINEMIA	<b>CHASTE TREE TABLET &amp; 1:2 LIQUID</b>	1 TAB BID - TID or 2-3ml	1 month minimum and up to 3 months	Complimentary: AdrenoCo; watch for lower libido in higher doses