



Male factor fertility accounts for half of documented cases of infertility in North America. The most commonly diagnosed conditions are low sperm count and low motility. There are a variety of different causes, many can be positively affected.

Sperm develop in the present environment, taking approximately 90 days to mature. During this period developing spermatids are susceptible to nutrient depletion, environmental exposure to chemicals, and lifestyle factors that contribute to their quality and concentration.

The leading cause of sperm dysfunction is oxidative stress, the imbalance between the body's natural antioxidants and high levels of reactive oxygen species (ROS). High levels of ROS are seen in 40% of men with infertility, affecting sperm count, motility, and structure. Research shows supplementing with antioxidants is an effective strategy, reducing oxidative stress and restoring sperm quality.

Nutrient delivery to the testes for sperm development is dependent on proper blood flow. Mito Motile provides effective synergistic ingredients to effectively improve blood flow and microcirculation to the pelvic area, supporting varicocele and improving outcomes of erectile dysfunction. Potent nutrients support mitochondrial function and spermatogenesis throughout sperm maturation restoring sperm concentration and motility.

Mito Motile™ provides comprehensive support for male reproduction and fertility. The proper function and motility of sperm relies heavily on the mitochondria, the cellular site responsible for energy production. Mito Motile restores the function of sperm mitochondria with key antioxidants shown to enhance sperm count, motility and structure while reducing oxidative stress and DNA damage.

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# Mito Motile™ Male Wellness Kit







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## Benefits:

- Comprehensive blend of antioxidants and nutrients to support mitochondrial function in sperm, shown to optimize sperm maturation, count, and motility
- Increases natural detoxification pathways protecting sperm from toxicant exposure and effectively reducing seminal oxidative damage
- Helps restore sperm maturation
- Supports circulation encouraging proper blood flow to the testes

## What the Packets Contain:

Each packet supplies a potent blend of antioxidants, essential fatty acids, vitamins and minerals necessary for proper sperm production, mitochondrial function, and protection from environmental toxicity.

### Coenzyme Q10

CoQ10 is a fat-soluble antioxidant essential for all cells to produce energy.

### L-Carnitine

L-carnitine helps transport long-chain fatty acids across the inner mitochondrial membrane to undergo  $\beta$ -oxidation.

### Omega-3 Fatty Acids

Omega-3 fatty acids are found substantially in fish and act as a structural component in the mitochondrial membrane. This helps improve membrane flexibility, structural integrity, and is an anti-inflammatory.

### Pyrrroloquinoline Quinone (PQQ)

PQQ is a potent antioxidant to enhance mitochondrial function.

### Vitamin E

Vitamin E is a fat-soluble antioxidant, shown to reduce lipid peroxidation and oxidation of mitochondrial DNA.

### B Complex

B vitamins are water-soluble vitamins that work together with many enzymes. They are essential for energy production and the survival of all cells. Many are cofactors in multiple metabolic reactions, particularly

DNA synthesis and repair, which is essential for cell proliferation. Low levels of these vitamins is associated with high homocysteine levels, which depletes the cells antioxidant enzymes and increase oxidative stress – a culprit to mitochondrial dysfunction.

### N-Acetylcysteine (NAC)

Cysteine is an amino acid building block for glutathione production, the strongest antioxidant in the body. It functions to reduce reactive oxygen species (ROS). N-acetyl-L-cysteine also exerts direct anti-aggregating effects through an increased bioavailability of platelet nitric oxide, which in turn increases blood flow.

### Grape Seed Extract

Grape seed extract acts as an anti-inflammatory and antioxidant. It contains bioactive polyphenols, known to influence cellular processes including regulating mitochondrial function and protecting against oxidative stress.

### Trans-Resveratrol

Resveratrol is a polyphenol commonly found in red wine, grapes and berries, shown to induce mitochondrial superoxide dismutase and preserve mitochondrial function under high oxidative stress.

### Zinc Citrate

Mineral Zinc is critical for sperm count and motility and for preventing oxidative stress and sperm DNA fragmentation.

