

# PROCEED<sup>®</sup> PLUS

## Supporting Male Fertility by Optimizing Sperm Health

Provides readily available nutrients for use by the sperm\* to positively support:

- sperm motility, formation and maturation\*
- cellular defense systems for protection against free radical damage\*

**Description:** PROCEED<sup>®</sup>PLUS is a dietary supplement specifically formulated to optimize sperm health. Sperm health refers to motility, morphology, rapid linear progression, concentration and count.\*

**Suggested Use:** To Optimize Sperm Health, Production and Function.

**Active Ingredients:** L-carnitine fumarate, Acetyl-L-carnitine, Fructose, Citric Acid, Vitamin B<sub>12</sub>, Selenium, Coenzyme Q<sub>10</sub>, Vitamin C, Zinc and Folic Acid.

**L-carnitine and Acetyl-L-carnitine** play a key role in sperm energy metabolism.<sup>1</sup> Many clinical studies have shown that carnitines play an important role in sperm function by affecting sperm motility, morphology, concentration and count.<sup>2-5\*</sup> L-carnitine and Acetyl-L-carnitine may also help to protect sperm by mitigating the production of damaging free radicals.<sup>1,6-8\*</sup>

**Fructose** is one of the major energy-yielding substrates that are present in seminal fluid.<sup>9\*</sup>

**Citric Acid** is involved in certain aspects of energy metabolism.\*

**Vitamin B<sub>12</sub>** is involved in cell maturation and DNA synthesis.

**Selenium** is a powerful antioxidant and is thought to stabilize the integrity of the sperm flagella. Selenium deficiency has been associated with poor sperm motility.<sup>10\*</sup>

**Coenzyme Q<sub>10</sub>** acts as an antioxidant as well as a metabolic substrate and is concentrated in the mitochondria of the midpiece of the sperm. Studies have demonstrated a correlation between Coenzyme Q<sub>10</sub> levels and sperm health.<sup>11,12\*</sup>

**Vitamin C** is an antioxidant present in the seminal plasma. Supplementation of Vitamin C has reportedly improved the sperm quality of smokers.<sup>13\*</sup>

**Zinc** is important for the production of semen. Infertile men have shown to have lower seminal levels of Zinc than normal men.<sup>14\*</sup>

**Folic Acid** concentrations have been shown to be higher in seminal fluid than plasma in men. Studies suggest that supplementation of Folic Acid along with Zinc improves sperm health in both subfertile and fertile men.<sup>15\*</sup>

**Inactive Ingredients:** Sucrose, fructose, natural lemon flavoring, acesulfame potassium.

<b>Supplement Facts</b>		
Serving Size 1 Packet	Servings Per Container 30	
	<b>Amount Per Serving</b>	<b>% Daily Value*</b>
Calories	12	—
Total Carbohydrates	2.5 g	1%
Sugars	2.5 g	†
Vitamin C	90 mg	150%
Folic Acid	200 mcg	50%
Vitamin B <sub>12</sub>	1.5 mcg	25%
Zinc	10 mg	66%
Selenium	50 mcg	71%
L-Carnitine	1 g	†
1.7g L-Carnitine Fumarate equivalent to 1 g L-Carnitine		
Acetyl-L-Carnitine HCl	.5 g	†
Coenzyme Q <sub>10</sub>	20 mg	†

\*Percent daily values based on a 2000 calorie diet.  
†Percent daily values not established.

**Dosage and Administration:** Men should take two packets of PROXEED®PLUS daily: One (1) packet in the morning and one (1) packet in the evening. Mix the contents of each packet with at least 4 ounces (120 mL) of water or other beverage and consume.

PROXEED®PLUS is designed for long-term administration. Initial results may be seen in as few as three (3) months; however, PROXEED®PLUS should be taken for at least six (6) months for optimal results. PROXEED®PLUS should be taken as long as the couple is attempting to conceive.

On average, sperm requires 74 days to mature and up to 20 additional days to become capable of fertilization. Therefore, improvements in sperm quality taking PROXEED®PLUS will happen gradually over time.

To preserve quality and freshness, store in a cool, dry place at 59° - 86°F (15° - 30°C).

**How Supplied:**

**TO ORDER PROXEED®PLUS:** For Addition Information:  
Call toll free: 1-888-PROXEED (1-888-776-9333)  
Visit the website: [www.proxeed.com](http://www.proxeed.com) for additional information and Pharmacies that sell PROXEED®PLUS

**Contraindications:** Any known hypersensitivity or allergy to any of the ingredients in the PROXEED®PLUS formula.

**Drug Interactions:** None known

**Side Effects:** There were no side effects reported in clinical trials with PROXEED. Since the 1998 introduction of PROXEED, the primary reported side effects (<1%) has been mild gastrointestinal complaints.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent a disease.

**References:**

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