

Natural supplements to increase fertility		
Supplement	How much	How it works
Vitamin C	500 mg daily	Prevents sperm from clumping or sticking together
Vitamin E	400 IU daily	Enhances male fertility because of its antioxidant effects
Selenium	200 mcg daily	Significantly increases sperm motility
Zinc citrate or picolinate	50 to 100 mg daily	Increases testosterone levels and increases sperm production
Copper citrate	1 to 2 mg daily	Prevents deficiency when using high doses of zinc
Folic acid	5 mg daily	Improves sperm count and motility, especially when combined with zinc
Vitamin B ₁₂	1,000 mcg daily	Improves male fertility if initially vitamin B ₁₂ deficient
GSH (Reduced glutathione)	1,000 mg daily	Protects sperm because it is a strong antioxidant
SAMe (S-adenosyl-L-methionine)	800 mg daily	Recently found to boost sperm motility in infertile men
Coenzyme Q ₁₀	100 mg daily	Increases sperm count by as yet unknown mechanisms
L-arginine	4,000 mg daily	Enhances sperm motility, is a potent dilator of arteries, and can help men to improve erections
L-carnitine	2,000 mg daily	Boosts sperm count in men with previously low levels
Acetyl-L-carnitine	4,000 mg daily	May prove useful for treatment of male infertility caused by low quantities of immobile sperm
Essential fatty acids (omega-3)	6,000 to 9,000 mg daily	Needed in the manufacture of all cell membranes
Saw palmetto berry	160 mg daily	Increases blood flow to the sex organs and generally promotes sexual health
Panax ginseng	500 mg or more daily	Improves fertility rates
Lycopene	15 mg daily	Increases sperm count
Maca	500 mg, 2 to 4 capsules daily	Increases seminal volume, count of mobile sperm, and mobility of sperm by up to 200 percent; increases levels of DHEA (dehydroepiandrosterone) which, in turn, increases the levels of testosterone