

**Male Fertility Supplements**

**Nutrients vs. Cost Comparison**

*The correctness of the information is not guaranteed*

	1st		2nd		3rd		4th		5th	
	Fertilsan M- amitamin		Fertil M Pro-aminoexpert		FertilAid For Men-Fairhaven Health		Proceive Advanced Fertility Supplement		FertilMan Plus-Babystart	
Ingredients	Dosage	Points	Dosage	Points	Dosage	Points	Dosage	Points	Dosage	Points
Lycopene Extract					125 mg					
Peruvian Maca Extract										
Pine Bark Extract	100mg	10	100mg	10						
Grapeseed Extract					100 mg	5				
Siberian Ginseng Extract					100 mg					
Octacosanol										
Inositol										
L-Glutathione									5 mg	1
L-Citrulline							50 mg	5		
L-Arginine	500 mg	10	440 mg	10			250 mg	5	280 mg	5
N-Acetyl-Cysteine	80 mg	10	80 mg	10			100 mg	10		
L-Carnitine	500 mg (Carnipure)	10	300 mg (Carnipure)	10	550 mg	10	100 mg	3	1200 mg (Carnipure)	15
Co-enzyme Q10	15 mg	10	25mg	10	15 mg	10	25 mg	10	40 mg	10
Citrus Bioflavonoids										
Vitamin A / Beta Carotene	3mg	5	400 uo	5	3000 uo	5	3 mg	5	800 uo	5
Vitamin D3	10 µg	10	15 µg	10	10 µg	10	17.5 µg	10	12 µg	10
Vitamin E	120 mg	10	60 mg	8	124 mg	10	67 mg	8	30 mg	5
Vitamin C	200 mg	10	300 mg	10	250 mg	10	150 mg	5	180 mg	5
Thiamine (Vitamin B1)					1.5 mg		25 mg		5 mg	
Riboflavin (Vitamin B2)					1.7 mg		25 mg		5 mg	
Niacin (Vitamin B3)					20 mg		25 mg		18 mg	
Vitamin B5									10 mg	
Vitamin B6					2 mg	5	10 mg	5	10 mg	5
Folic Acid (Folic Acid)	800 uo	10	400 uo	5	500 uo	5	400 uo	5	400 uo	5
Vitamin B12					25 uo	5	25 uo	5	60 uo	8
Vitamin K					80 µg		100 µg			
Biotin							150 uo			
Pantothenic Acid					10 mg		25 mg			
Magnesium					120 mg		25 mg		60 mg	
Calcium							50 mg			
Iron							10 mg		15 mg	
Zinc	40 mg	10	15 mg	5	30 mg	10	25 mg	10	20 mg	10
Copper					2 mg		1 mg		1 mg	
Manganese					2 mg		4 mg			
Selenium	60 uo	5	80 uo	5	100 uo	5	200 uo	5	160 uo	5
Chromium					120 µg	5				
Omega-3 EPA										
Omega-3 DHA										
Iodine					150 uo					
Taurine							50 mg		50 mg	
Phosphorus										
PABA										
<b>Composition Summary</b>	Good vitamin stack (few B vitamins), but good amount of folic acid) and best amino acid profile including largest quantities of zinc, arginine, and good amount of the highest quality of carnitine (Lonza's Carnipure) in test. Few, but core trace minerals present.		A very similar nutrient stack to Fertilsan M, and the highest level of vitamin C in the test. However it contains less carnitine (although this is Carnipure quality), as well as less arginine, vitamin A, vitamin E, folic acid and zinc than Fertilsan M.		Highest level of magnesium, copper and chromium in test. Lots of antioxidants and B vitamins and a good amount of carnitine, but not Carnipure. Also unlike the top two products, it does not contain any arginine, N-acetyl-cysteine or pine bark extract.		Highest amount of N-acetyl-cysteine, thiamine (vitamin B1), niacin (B3), vitamin K, pantothenic acid and selenium in test. Excellent composition but key nutrients are in smaller amounts than in higher ranked products including carnitine and arginine.		High amount of carnitine, and this is in the high quality form called Carnipure. Also more coenzyme Q10 than the higher ranked products, but lower amounts of key nutrients including vitamins A, E and C.	
Capsules / Day		3		3		3		2		4
Cost / Day over 90 days	C1.06 / £0.89		C0.82 / £0.68		C0.92 / £0.77		C0.67 / £0.56		C1.07 / £0.89	
Based on 90 day price	£79.85		£61.25		£68.97		£50.07		£79.92	
Rank: expensive to cheapest	9		15		13		18		8	
UK shipping for 90 day supply	free		free		free		free		free	
Availability	Online		Online		Online		Online		Online	
<b>VERDICT</b>	Overall most complete stack of proven nutrients and highest quality and quantity of core ingredients present at good value.		Very similar to Fertilsan M, however less quantities of folic acid, arginine, carnitine and zinc. Good value product.		Good antioxidant profile and range of nutrients, but does not contain Carnipure, arginine or N-acetyl-cysteine.		Excellent variety of nutrients but lower amounts of key ingredients.		Excellent amount of high quality carnitine in the form of Carnipure and good composition but key vitamins are in lower amounts.	
<b>RATING / Total points</b>	****	<b>110</b>	****	<b>98</b>	****	<b>95</b>	****	<b>91</b>	****	<b>89</b>

**Male Fertility Supplement**

**Nutrients vs. Cost Comparison**

*The correctness of the information is not guaranteed*

	6th		7th		8th		9th		10th	
	Advanced Fertility Support- Natural Health Practice		Orthomol Fertil Plus		Progeny M + Lycopene-Umay ilac		Wellman Conception-Vitabiotics		Fertilovit M Plus-Gonadosan	
Ingredients	Dosage	Points	Dosage	Points	Dosage	Points	Dosage	Points	Dosage	Points
Lycopene Extract			3mg mixed	5	15 mg	5	1.5 mg	5	4 mg	5
Peruvian Maca Extract			Carotinoids incl				250 mg			
Pine Bark Extract			Lycopene, Carotene and Luteine				30 mg	5		
Grapeseed Extract							30 mg			
Siberian Ginseng Extract							3 mg			
Octacosanol							40 mg			
Inositol							2.5 mg	1	50 mg	10
L-Glutathione									300 mg	5
L-Citrulline									50 mg	5
L-Arginine	300 mg	5			500 mg	10	10 mg	1		
N-Acetyl-Cysteine									50 mg	5
L-Carnitine	100 mg	3	440 mg	10	500 mg (Carnipure)	10	50 mg	1	300 mg	5
Co-enzyme Q10	60 mg	10	15 mg	10	100 mg	10	2 mg	5	15 mg	10
Citrus Bioflavonoids							10 mg			
Vitamin A / Beta Carotene	696 µg RE	5	2 mg	5	1,000 µg RE	5	750 µg RE	5		
Vitamin D3	10 µg	10	15 µg	10	25 µg	10	15 µg	10		
Vitamin E	161 mg	10	120 mg	10	120 mg	10	30 mg - α TE	5	100 mg	10
Vitamin C	200 mg	10	250 mg	10	100 mg	5	90 mg	5	100 mg	5
Thiamine (Vitamin B1)	20 mg						12 mg			
Riboflavin (Vitamin B2)	20 mg						5 mg			
Niacin (Vitamin B3)	20 mg						18 mg NE			
Vitamin B5	20 mg									
Vitamin B6	20 mg	5	3.5 mg	5			10 mg	5		
Folic Acid (Folic Acid)	400 µg	5	300 µg	5	600 µg	5	400 µg	5	500 µg	5
Vitamin B12	20 µg	5	9 µg	5	5 µg	3	75 µg	10		
Vitamin K										
Biotin							150 µg			
Pantothenic Acid	20 mg						10 mg			
Magnesium	20 mg						60 mg			
Calcium	20 mg									
Iron	5 mg						6 mg			
Zinc	30 mg	10			15 mg	5	15 mg	5	25 mg	10
Copper							1 mg			
Manganese	5 mg						0.5 mg			
Selenium	100 µg	5			100 µg	5	150 µg	5	100µg	5
Chromium	20 µg	5					50 µg			
Omega-3 EPA			90 mg	5						
Omega-3 DHA			60 mg	5						
Iodine										
Taurine	100 mg									
Phosphorus										
PABA										
<b>Composition Summary</b>	Highest amount of vitamin B5, vitamin B6, vitamin E and manganese in test. But lower levels of nutrients including carnitine and does not contain Carnipure.		The only product in the test containing omega-3. Incomplete amino-acid, anti-oxidant and trace element profiles. High in carnitine and unique with omega-3 fatty acids, but dosage low compared with recommended dosages and other omega-3 supplements		Contains a good amount of carnitine which is also in the high quality form called Carnipure. Also contains the highest amounts of arginine and coenzyme Q10 of all the products. But it is missing many important vitamins and minerals.		The only supplement in the comparison containing inositol. Good composition but very low dosages overall especially in trace elements and antioxidants.		Highest amount of citrulline in test. Good amount of glutathione and folic acid. But vitamin and trace element profile incomplete, with no arginine.	
Capsules / Day	3		1 capsule + 3 tablets		2 sachets		1		2	
Cost / Day over 90 days	£1.00 / €0.83		£1.69 / €1.41		£1.60 / €1.42		€0.30 / €0.25		€1.84 / €1.53	
Based on 90 day price	£75.09		£127.11		£127.71		£22.59		£138.00	
Rank: expensive to cheapest	11		7		6		22		5	
UK shipping for 90 day supply	free		free		free		free		free	
Availability	Online		Online		Online		Online		Online	
<b>VERDICT</b>	Similar composition to FertilMan Plus, and a good combination of nutrients but less carnitine, and it does not contain Carnipure.		Good overall composition except for metals. One of the more expensive products in the test due to omega-3, albeit its low dose.		Good overall composition but it is missing a number of key vitamins and minerals.		Low price and good variety of nutrients in 1 easy to take tablet. However low dosage of core nutrients and lots of non-core, unresearched ingredients with questionable benefit.		High doses of some key nutrients but many ingredients are missing, and it is one of the more expensive products in the test.	
<b>RATING / Total points</b>	**** 88		**** 85		**** 83		**** 78		*** 75	

**Male Fertility Supplement**

**Nutrients vs. Cost Comparison**

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	11th		12th		13th		14th		15th	
	Vitamin- Zita West		Fertility For Men- Viridian		Profertil		Fertimas Male Fertility Supplement- Supplemena		Conception Support For Men- Solimo	
Ingredients	Dosage	Points	Dosage	Points	Dosage	Points	Dosage	Points	Dosage	Points
Lycopene Extract										
Peruvian Maca Extract										
Pine Bark Extract			50 mg	5						
Grapeseed Extract									50 mg	5
Siberian Ginseng Extract										
Octacosanol										
Inositol										
L-Glutathione					80 mg	10				
L-Citrulline										
L-Arginine	200 mg	5	100 mg	5	250 mg	5	482 mg	10	100 mg	5
N-Acetyl-Cysteine										
L-Carnitine	100 mg	3	100 mg	3	440 mg	10	600 mg (Carnipure)	10		
Co-enzyme Q10	30 mg	10	30 mg	10	15 mg	10	15 mg	10	3 mg	5
Citrus Bioflavonoids			10 mg							
Vitamin A / Beta Carotene									200 µg RE	5
Vitamin D3	25 µg	10	10 µg	10			4 µg	5	10 µg	10
Vitamin E	100 mg	10	67 mg	8	120 mg	10	13 mg	5	12 mg	5
Vitamin C	100 mg	5	50 mg	5			120 mg	5	120 mg	5
Thiamine (Vitamin B1)									2.5 mg	
Riboflavin (Vitamin B2)									2.5 mg	
Niacin (Vitamin B3)									20 mg	
Vitamin B5										
Vitamin B6	10 mg	5					2.2 mg	5	2 mg	5
Folic Acid (Folic Acid)	400 µg	5	200 µg	3	800 µg	10	600 µg	5	100 µg	3
Vitamin B12	20 µg	5	50 µg	8			3.4 µg	3	2.5 µg	3
Vitamin K									75 µg	
Biotin									75 µg	
Pantothenic Acid									10 mg	
Magnesium									60 mg	
Calcium										
Iron										
Zinc	25 mg	10	25 mg	10	40 mg	10	15 mg	5	10 mg	5
Copper			1 mg						500 µg	
Manganese										
Selenium	100 µg	5	100 µg	5	60 µg	5	56 µg	5	100 µg	5
Chromium									60 µg	5
Omega-3 EPA										
Omega-3 DHA										
Iodine										
Taurine	100 mg									
Phosphorus										
PABA										
<b>Composition Summary</b>	Reasonable amounts of key nutrients are included and there is a good level of taurine, but the vitamin, anti-oxidant, amino acid and trace elements profiles are all incomplete.		Similar composition to Vitamin but cheaper, with lower amounts of key nutrients such as arginine and folic acid. Incomplete profile of vitamins, antioxidants and amino acids.		Most glutathione in test and high levels of carnitine, folic acid and zinc. But no vitamin C and few trace minerals.		Similar nutrient composition to Profertil with some additional vitamins, but lower amounts of core nutrients such as vitamin E and zinc. But high grade carnitine (Carnipure) is present.		Good range of nutrients especially vitamins. But incomplete profile of amino acids and low levels of key nutrients including folic acid.	
Capsules / Day	1		2		2		2		1	
Cost / Day over 90 days	£0.62 / £0.52		£0.40 / £0.33		£2.05 / £1.71		£2.20 / £1.83		£0.05 / £0.04	
Based on 90 day price	£46.38		£29.88		£153.52		£164.97		£3.67	
Rank: expensive to cheapest	19		21		4		3		25	
UK shipping for 90 day supply	free		free		free		free		free	
Availability	Online		Online		Online		Online		Online	
<b>VERDICT</b>	Good price but incomplete ingredient composition.		Excellent price which is good value for the nutrients included but incomplete composition of ingredients.		Fewer ingredients but these are present in high doses, especially glutathione. But limited value for money being the 4th most expensive product in the test.		Good range of nutrients but incomplete profile of core ingredients, which does not reflect its price being the 3rd most expensive product in the test.		The cheapest product in the test, and given its range of nutrients it is good value for money. But key nutrients are either not present or in low quantities.	
<b>RATING / Total points</b>	*** 73		*** 72		*** 70		*** 68		*** 66	

**Male Fertility Supplement  
Nutrients vs. Cost Comparison**

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	16th		17th		18th		19th		20th	
	Male Fertility Supplement- Coast Science		FertilMan- Babystart		Proxeed Plus		Conceive For Men- Fertility Smart		Fertilovit MT- Gonadosan	
Ingredients	Dosage	Points	Dosage	Points	Dosage	Points	Dosage	Points	Dosage	Points
Lycopene Extract	Proprietary blend 16	5							4 mg	5
Peruvian Maca Extract							75 mg			
Pine Bark Extract										
Grapeseed Extract										
Siberian Ginseng Extract										
Octacosanol										
Inositol										
L-Glutathione	Proprietary blend 16	1	5mg	1						
L-Citrulline			250mg	5			300 mg	5		
L-Arginine							25 mg	5		
N-Acetyl-Cysteine										
L-Carnitine	Proprietary blend 16	5	100mg (Carnipure)	3	2g	12	250 mg	5	200 mg	5
Co-enzyme Q10	Proprietary blend 16	5	5mg	5	40 mg	10			15 mg	10
Citrus Bioflavonoids										
Vitamin A / Beta Carotene	5000 IU	5								
Vitamin D3			10 µg	10					5 µg	5
Vitamin E	40 IU	8	20 mg	5			100 mg	10	36 mg	5
Vitamin C	200 mg	10	80 mg	5	180 mg	10	120 mg	5	80 mg	5
Thiamine (Vitamin B1)										
Riboflavin (Vitamin B2)	1 mg		2 mg							
Niacin (Vitamin B3)	20 mg		15 mg							
Vitamin B5										
Vitamin B6			10 mg	5			2 mg	5		
Folic Acid (Folic Acid)	999 µg	10	400 µg	5	400 µg	5	400 µg	5	200 µg	3
Vitamin B12	15 µg	5	6 µg	3	3 µg	3	6 µg	3		
Vitamin K										
Biotin										
Pantothenic Acid										
Magnesium			51 mg							
Calcium										
Iron			15 mg							
Zinc	14 mg	5	20 mg	10	20 mg	10	15 mg	5	10 mg	5
Copper										
Manganese										
Selenium	5 µg	5	50 µg	5	100 µg	5	70 µg	5	55 µg	5
Chromium										
Omega-3 EPA										
Omega-3 DHA										
Iodine										
Taurine			50mg				100 mg		200 mg	
Phosphorus										
PABA										
<b>Composition Summary</b>	Highest folate amount in the test and this is in the form of Quatrefolic, which has better bioavailability. Good amounts of some nutrients but unclear labelling of other key ingredients due to proprietary blend or IUs used.		Good range of nutrients and it contains Carnipure but it still has incomplete amino acid, antioxidant and trace mineral profiles. Good amounts of folic acid and zinc but low dosage on core ingredients.		Highest amount of carnitine in the test but this is not in the form of Carnipure, and missing many important ingredients.		Good amounts of some nutrients such as folic acid, vitamin E and selenium but missing many key components including amino acids, vitamins and trace elements.		Highest level of taurine in test. But low quantities of other key components such as folic acid.	
Capsules / Day	4		1		2 sachets		2		1	
Cost / Day over 90 days	£4.73 / £3.94		£0.26 / £0.22		£3.20 / £2.67		£1.04 / £0.87		£0.52 / £0.43	
Based on 90 day price	£354.81		£19.62		£240.00		£78.18		£39.00	
Rank: expensive to cheapest	1		23		2		10		20	
UK shipping for 90 day supply	free		free		free		free		free	
Availability	Online		Online		Online		Online		Online	
<b>VERDICT</b>	The most expensive product in the test due to the high level of folate in the form of Quatrefolic. But other key nutrients are missing or unclearly labelled.		Low price (the 3rd lowest priced product), but missing many key nutrients in sufficient quantities.		Incomplete composition of amino acids, vitamins and trace elements which are not justified by its price being the second most expensive product in the comparison.		Missing a number of key nutrients in sufficient quantities.		Incomplete composition of key nutrients.	
<b>RATING / Total points</b>	** 64		** 62		** 55		** 53		** 48	

**Male Fertility Supplement**

**Nutrients vs. Cost Comparison**

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	21st		22nd		23rd		24th		25th	
	Bud Male Fertility Supplement		Fertimax 2		Fertilo Forte- Denk		Men's Fertility Support- Conceive Plus		Fertility Plus Vitamin Complex- Earth's Design	
Ingredients	Dosage	Points	Dosage	Points	Dosage	Points	Dosage	Points	Dosage	Points
Lycopene Extract										
Peruvian Maca Extract	1000 mg						50 mg			
Pine Bark Extract	30 mg	5								
Grapeseed Extract										
Siberian Ginseng Extract										
Octacosanol										
Inositol										
L-Glutathione										
L-Citrulline					500 mg	10	Proprietary blend 15	5		
L-Arginine										
N-Acetyl-Cysteine										
L-Carnitine	100 mg	3	400 mg	10	440 mg	10	Proprietary blend 15	3		
Co-enzyme Q10			40 mg	10	15 mg	10				
Citrus Bioflavonoids										
Vitamin A / Beta Carotene							1 mg	5		
Vitamin D3	25 µg	10							25 µg	10
Vitamin E	10 mg	5	30 mg	5	15 mg	5	12 mg	5		
Vitamin C	100 mg	5	180 mg	10			80 mg	5	100 mg	5
Thiamine (Vitamin B1)							8 mg			
Riboflavin (Vitamin B2)							15 mg		50 mg	
Niacin (Vitamin B3)										
Vitamin B5							1.4 mg	5		
Vitamin B6										
Folic Acid (Folic Acid)			200 µg	3	400 µg	5	400 µg	5		
Vitamin B12	250 µg	10					6 µg	3		
Vitamin K										
Biotin									150 µg	
Pantothenic Acid										
Magnesium							56.25 mg		100 mg	
Calcium									100 mg	
Iron							5 mg		14 mg	
Zinc	15 mg	5	15 mg	5	2.25 mg	2	15 mg	5	10 mg	5
Copper									1 mg	
Manganese										
Selenium	35 µg	5	50 µg	5	30 µg	5	55 µg	5	100 µg	5
Chromium										
Omega-3 EPA										
Omega-3 DHA										
Iodine									150 µg	
Taurine										
Phosphorus										
PABA										
<b>Composition Summary</b>	Highest level of vitamin B12 in test. Similar composition to FertiloVit MT but no folic acid or coenzyme Q10, and has other ingredients which have limited scientific research supporting their use.		Good amount of carnitine but incomplete composition of amino acids, vitamins and trace elements. Insufficient amounts of key ingredients including folic acid.		Similar composition to Fertimax 2 but lower amounts of nutrients including vitamin E, zinc and selenium.		Unclear labelling as it includes a proprietary blend. A number of nutrients are present in amounts which are too low, and many nutrients are missing altogether, especially amino acids.		Missing many key nutrients altogether, and including others which have less scientific backing.	
Capsules / Day	2		2		1		2		1	
Cost / Day over 90 days	£0.89 / £0.74		£0.94 / £0.78		£0.78 / £0.65		£0.72 / £0.60		£0.21 / £0.18	
Based on 90 day price	£66.42		£69.90		£58.08		£53.58		£15.97	
Rank: expensive to cheapest	14		12		16		17		24	
UK shipping for 90 day supply	free		free		free		free		free	
Availability	Online		Online		Online		Online		Online	
<b>VERDICT</b>	Good level of vitamin B12, but incomplete composition of other key nutrients.		Incomplete composition of amino acids, vitamins and trace elements.		Incomplete composition of nutrients, and low levels of key ingredients.		Incomplete composition of nutrients, and many ingredients are present in amounts which are too low.		Low price due to low quantity of ingredients proven to improve fertility.	
<b>RATING / Total points</b>	** 48		** 48		* 47		* 46		* 25	