

The correctness of the information is not guaranteed

		Fertilsan M- amitamin		Fertil M Pro-aminoexpert		FertilAid For Men-Fairhaven Health		Proceive Advanced Fertility Supplement	
Ingredients		Dosage	Points	Dosage	Points	Dosage	Points	Dosage	Points
Lycopene Extract									
Peruvian Maca Extract						125 mg			
Pine Bark Extract		100mg	10	100mg	10				
Grapeseed Extract						100 mg	5		
Siberian Ginseng Extract						100 mg			
Octacosanol									
Inositol									
L-Glutathione									
L-Citrulline								50 mg	5
L-Arginine		500 mg	10	440 mg	10			250 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
Co-enzyme Q10		15 mg	10	25mg	10	15 mg	10	25 mg	10
Citrus Bioflavonoids									
Vitamin A / Beta Carotene		3mg	5	400 µg	5	3000 µg	5	3 mg	5
Vitamin D3		10 µg	10	15 µg	10	10 µg	10	17.5 µg	10
Vitamin E		120 mg	10	60 mg	8	124 mg	10	67 mg	8
Vitamin C		200 mg	10	300 mg	10	250 mg	10	150 mg	5
Thiamine (Vitamin B1)						1.5 mg		25 mg	
Riboflavin (Vitamin B2)						1.7 mg		25 mg	
Niacin (Vitamin B3)						20 mg		25 mg	
Vitamin B5									
Vitamin B6						2 mg	5	10 mg	5
Folic Acid (Folic Acid)		800 µg	10	400 µg	5	500 µg	5	400 µg	5
Vitamin B12						25 µg	5	25 µg	5
Vitamin K						80 µg		100 µg	
Biotin								150 µg	
Pantothenic Acid						10 mg		25 mg	
Magnesium						120 mg		25 mg	
Calcium								50 mg	
Iron								10 mg	
Zinc		40 mg	10	15 mg	5	30 mg	10	25 mg	10
Copper						2 mg		1 mg	
Manganese						2 mg		4 mg	
Selenium		60 µg	5	80 µg	5	100 µg	5	200 µg	5
Chromium						120 µg	5		
Omega-3 EPA									
Omega-3 DHA									
Iodine						150 µg			
Taurine								50 mg	
Phosphorus									
PABA									
Composition Summary		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.	
Capsules / Day		3		3		3		2	
Cost / Day over 90 days		£1.06 / £0.89		£0.82 / £0.68		£0.92 / £0.77		£0.67 / £0.56	
Based on 90 day price		£79.85		£61.25		£68.97		£50.07	
Rank: expensive to cheapest		8		14		12		17	
UK shipping for 90 day supply		free		free		free		free	
Availability		Online		Online		Online		Online	
		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.	
VERDICT									
RATING / Total points		***** 110		**** 98		**** 95		**** 91	

Male Fertility Supplements

Nutrients vs. Cost Comparison

The correctness of the information is not guaranteed

5th			6th		7th		8th	
FertilMan Plus- Babystart			Advanced Fertility Support- Natural Health Practice		Orthomol Fertil Plus		Wellman Conception-Vitabiotics	
Ingredients			Dosage	Points	Dosage	Points	Dosage	Points
Lycopene Extract					3mg mixed	5	1.5 mg	5
Peruvian Maca Extract					Carotinoids incl		250 mg	
Pine Bark Extract					Lycopene, Carotene and Luteine		30 mg	5
Grapeseed Extract								
Siberian Ginseng Extract							30 mg	
Octacosanol							3 mg	
Inositol							40 mg	
L- Glutathione			5 mg	1			2.5 mg	1
L-Citrulline								
L-Arginine			280 mg	5	300 mg	5	10 mg	1
N-Acetyl-Cysteine								
L-Carnitine			1200 mg (Carnipure)	15	100 mg	3	440 mg	10
Co-enzyme Q10			40 mg	10	60 mg	10	15 mg	10
Citrus Bioflavonoids							2 mg	5
Vitamin A / Beta Carotene			800 µg	5	696 µg RE	5	2 mg	5
Vitamin D3			12 µg	10	10 µg	10	15 µg	10
Vitamin E			30 mg	5	161 mg	10	120 mg	10
Vitamin C			180 mg	5	200 mg	10	250 mg	10
Thiamine (Vitamin B1)			5 mg		20 mg			
Riboflavin (Vitamin B2)			5 mg		20 mg			
Niacin (Vitamin B3)			18 mg		20 mg			
Vitamin B5			10 mg		20 mg			
Vitamin B6			10 mg	5	20 mg	5	3.5 mg	5
Folacin (Folic Acid)			400 µg	5	400 µg	5	300 µg	5
Vitamin B12			60 µg	8	20 µg	5	9 µg	5
Vitamin K								
Biotin								
Pantothenic Acid					20 mg			
Magnesium			60 mg		20 mg			
Calcium					20 mg			
Iron			15 mg		5 mg			
Zinc			20 mg	10	30 mg	10		
Copper			1 mg					
Manganese					5 mg			
Selenium			160 µg	5	100 µg	5		
Chromium					20 µg	5		
Omega-3 EPA							90 mg	5
Omega-3 DHA							60 mg	5
Iodine								
Taurine			50 mg		100 mg			
Phosphorus								
PABA								
Composition Summary			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.		Highest amount of coenzyme Q10, 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	
Capsules / Day			4		3		1 capsule + 3 tablets	1
Cost / Day over 90 days			€1.07 / £0.89		€1.00 / £0.83		€1.69 / £1.41	
Based on 90 day price			£79.92		£75.09		£127.11	
Rank: expensive to cheapest			7		10		6	
UK shipping for 90 day supply			free		free		free	
Availability			Online		Online		Online	
VERDICT			Excellent amount of high quality carnitine in the form of Carnipure and good composition but key vitamins are in lower amounts.		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.	
RATING / Total points			****	89	****	88	****	85
							****	78

Nutrients vs. Cost Comparison

--	--

[illegible]

The correctness of the information is not guaranteed

[illegible]

The correctness of the information is not guaranteed

Male Fertility Supplements

Nutrients vs. Cost Comparison

The correctness of the information is not guaranteed

		21st		22nd		23rd		24th	
		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
Lycopene Extract						50 mg			
Peruvian Maca Extract									
Pine Bark Extract									
Grapeseed Extract									
Siberian Ginseng Extract									
Octacosanol									
Inositol									
L- Glutathione									
L- Citrulline									
L- Arginine				500 mg	10	Proprietary blend 150	5		
N- Acetyl- Cysteine									
L- Carnitine		400 mg	10	440 mg	10	Proprietary blend 150	3		
Co- enzyme Q10		40 mg	10	15 mg	10				
Citrus Bioflavonoids									
Vitamin A / Beta Carotene						1 mg	5		
Vitamin D3								25 µg	10
Vitamin E		30 mg	5	15 mg	5	12 mg	5		
Vitamin C		180 mg	10			80 mg	5	100 mg	5
Thiamine (Vitamin B1)									
Riboflavin (Vitamin B2)						8 mg		50 mg	
Niacin (Vitamin B3)						15 mg			
Vitamin B5									
Vitamin B6						1.4 mg	5		
Folacin (Folic Acid)		200 µg	3	400 µg	5	400 µg	5		
Vitamin B12						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	2.25 mg	2	15 mg	5	10 mg	5
Copper								1 mg	
Manganese									
Selenium		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									
Composition Summary		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		1		2		1	
Cost / Day over 90 days		€0.94 / £0.78		€0.78 / £0.65		€0.72 / £0.60		€0.21 / £0.18	
Based on 90 day price		£69.90		£58.08		£53.58		£15.97	
Rank: expensive to cheapest		11		15		16		23	
UK shipping for 90 day supply		free		free		free		free	
Availability		Online		Online		Online		Online	
VERDICT		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.	
RATING / Total points		** 48		* 47		* 46		* 25	