

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					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								
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
Folicin (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	
VERDICT	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.	
RATING / Total points	*****	110	****	98	****	95	****	91

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		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	50 mg	1
Co-enzyme Q10	40 mg	10	60 mg	10	15 mg	10	2 mg	5
Citrus Bioflavonoids							10 mg	
Vitamin A / Beta Carotene	800 µg	5	696 µg RE	5	2 mg	5	750 µg RE	5
Vitamin D3	12 µg	10	10 µg	10	15 µg	10	15 µg	10
Vitamin E	30 mg	5	161 mg	10	120 mg	10	30 mg - α TE	5
Vitamin C	180 mg	5	200 mg	10	250 mg	10	90 mg	5
Thiamine (Vitamin B1)	5 mg		20 mg				12 mg	
Riboflavin (Vitamin B2)	5 mg		20 mg				5 mg	
Niacin (Vitamin B3)	18 mg		20 mg				18 mg NE	
Vitamin B5	10 mg		20 mg					
Vitamin B6	10 mg	5	20 mg	5	3.5 mg	5	10 mg	5
Folacin (Folic Acid)	400 µg	5	400 µg	5	300 µg	5	400 µg	5
Vitamin B12	60 µg	8	20 µg	5	9 µg	5	75 µg	10
Vitamin K								
Biotin							150 µg	
Pantothenic Acid			20 mg				10 mg	
Magnesium	60 mg		20 mg				60 mg	
Calcium			20 mg					
Iron	15 mg		5 mg				6 mg	
Zinc	20 mg	10	30 mg	10			15 mg	5
Copper	1 mg						1 mg	
Manganese			5 mg				0.5 mg	
Selenium	160 µg	5	100 µg	5			150 µg	5
Chromium			20 µg	5			50 µg	5
Omega-3 EPA					90 mg	5		
Omega-3 DHA					60 mg	5		
Iodine								
Taurine	50 mg		100 mg					
Phosphorus								
PABA								
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VERDICT									
RATING / Total points		**	48	*	47	*	46	*	25