

# NUVO LIFE CARE

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Your health, we care

# ABOUT US



2020

2021

2022

We formed the company seeing the infertility problems nowadays. Thus, together with infertility specialists, we developed the supplement, **"REPRO VITA-F. REPRO VITA-M, ASTA PRO"**

Seeing the difficulties of women in taking calcium during pregnancy, we utilized our best innovation and developed **"NUVO CALCIUM JELLY"**, a jelly that is suitable for everybody. Here, we also started the studies on hair and skin care product for pregnant women.

We established MY DEAR MOM, a brand created for pregnant women. Our products are produced in an internationally accredited factory. All products are certified by trustworthy organizations.

# NUVO LIFE CARE

## “YOUR HEALTH, WE CARE”

Infertility problem keeps growing nowadays. Couples who wish to have a child to fulfill their family try to find ways to improve their fertility, such as using herbs or following some beliefs. Many of them fail from these methods. Moreover, some false beliefs could even lead to health problems.

Therefore, we work with infertility specialists, who have more than 14 years of experience, to develop supplements that consist of essential benefits. The ingredients we use are supported by studies, ensuring that they help with pregnancy. The product is encapsulated in an appropriate amount for consumption. This is an alternative way for people who look for supplements before having children. Our product is safe and full of benefit at a reasonable price.



# Supplements for people with infertility



Repro Vita-F



Repro Vita-M



Asta Pro

# Repro Vita-F

Supplement for women





# Repro Vita-F

Supplement for women

which helps enhance the ovarian

With over 22 ingredients to enhance the ovum

Balance hormone levels and enhance skin to be brighter

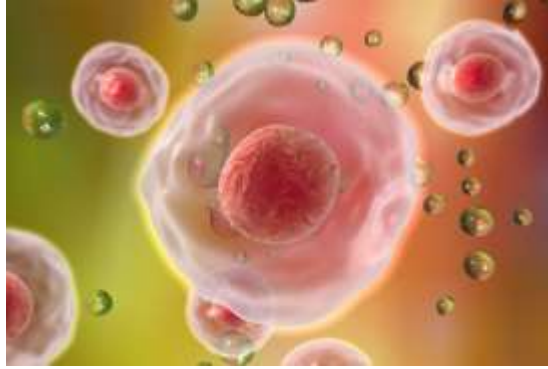
- ☑ Increase egg cells
- ☑ Increase fertilization and pregnancy rate
- ☑ Is an antioxidant that helps with wrinkles
- ☑ Enhance skin to be healthier
- ☑ Balance digestive system
- ☑ Enhance body immune and other systems
- ☑ Easy to eat and carry. Has no side effect



# Who is suitable for Repro Vita-F ?



Women who receive  
infertility treatment



Women who want to  
improve egg cells



Women who want to  
enhance body immune



Women who want to increase  
the chance of pregnancy



Women who want to  
take care of their skin

# Repro Vita-F

## Key ingredients

- L-Carnitine, L-Tartrate: They help with egg and embryo development, increase the chance of fertilization and pregnancy
- Inositol: It enhances egg cell quality, reduces underdeveloped eggs, and reduces the need of medication
- Gamma Oryzanol: It helps prevent stress-related diseases, is an antioxidant, and reduces the risk of obesity and inflammation
- Fibersol: It prevents cancer cell development

In total, there are 22 beneficial ingredients that help with egg quality and women's health in order to maintain the best health before having a child. Plus, it also helps with bright skin.



## Repro Vita-F

ผลิตภัณฑ์อาหารเสริมสำหรับผู้หญิง

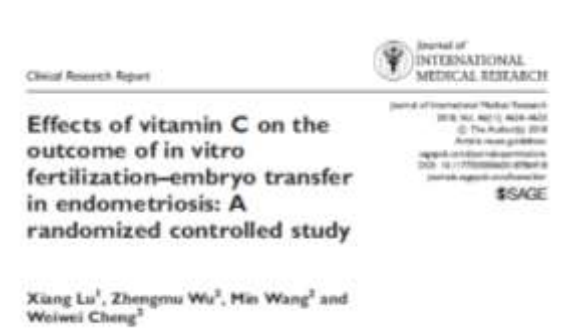
ส่วนประกอบสำคัญใน 1 ชง



รีซิสแทนท์ มอลโทเด็กซ์ทริน (ไฟเบอร์) (Resistant Maltodextrin) (Fiber)	3,000 มก./mg
แอล-อาร์จินีน (L-Arginine)	1,000 มก./mg
แอล-คาร์นิทีน แอล-ทาร์เตรต (L-Carnitine L-Tartrate)	500 มก./mg
แมกนีเซียม อะมิโน แอซิด คีเลต 20% (Magnesium Amino Acid Chelate 20%)	500 มก./mg
อินซิทอล (Inositol)	150 มก./mg
แกมมาโอไรซานอล (Gamma oryzanol)	100 มก./mg
ผงทาร์ตเชอร์รี่ (Tart Cherry Powder)	100 มก./mg
กรดแอสคอร์บิก (วิตามิน ซี) (Ascorbic Acid (Vitamin C)	60 มก./mg
กรดอัลฟา-ไลโปอิก (Alpha-Lipoic Acid)	50 มก./mg
ดีแอล-แอลฟา-โทโคเฟรียลแอซิเตต 50% (วิตามิน อี) (DL-alpha-tocopheryl acetate 50%) (Vitamin E)	20 มก./mg
ไนอาซินาไมด์ (วิตามิน บี3) (Niacinamide) (Vitamin B3)	10 มก./mg
แมงกานีส อะมิโน แอซิด คีเลต 10% (Manganese Amino Acid Chelate 10%)	17.5 มก./mg
ซีลีเนียม อะมิโน แอซิด คีเลต 1% (Selenium Amino Acid Chelate 1%)	3.5 มก./mg
ดี-แพนโททีนัต แคลเซียม (D-Pantothenate Calcium)	3 มก./mg
วิตามิน ดี3 (100,000 IU/g) (Vitamin D3) (100,000 IU/g)	2 มก./mg
ไพริดอกซิน ไฮโดรคลอไรด์ (Pyridoxine Hydrochloride)	1 มก./mg
วิตามิน บี12 0.1% (Vitamin B12 0.1%)	1 มก./mg
กรดโฟลิก 10% (Folic Acid 10%)	1 มก./mg
ไรโบฟลาวิน 98% (วิตามิน บี2) (Riboflavin 98%) (Vitamin B2)	0.85 มก./mg
ไทอะมิน ไฮโดรคลอไรด์ (วิตามิน บี1) (Thiamine Hydrochloride) (Vitamin B1)	0.75 มก./mg
ดี-ไบโอติน (D-Biotin)	0.15 มก./mg
โพแทสเซียมไอโอไดด์ (Potassium Iodide)	0.1 มก./mg



# Studies on the ingredients of Repro Vita-F



## Article

## Alpha-Lipoic Acid Plays a Role in Endometriosis: New Evidence on Inflammasome-Mediated Interleukin Production, Cellular Adhesion and Invasion

Flotella Di Nicuolo <sup>1</sup>, Roberta Castellani <sup>2</sup>, Alessandra De Cicco Nardone <sup>3</sup>, Greta Barbaro <sup>2</sup>, Carmela P. Alfede Pontecorelli <sup>4</sup>, Giovanni Scambia <sup>5</sup> and Nicoletta Di Simone <sup>3,\*</sup>



## Oral administration of l-carnitine improves the clinical outcome of fertility in patients with IVF treatment

Yuko Kitano<sup>1,2</sup>, Shu Hashimoto<sup>1</sup>, Hiroshi Matsumoto<sup>3</sup>, Takayuki Yamochi<sup>1</sup>, Masaya Yamanaka<sup>1</sup>, Yoshiharu Nakaoka<sup>1</sup>, Aisaku Fukuda<sup>1</sup>, Masayasu Inoue<sup>1</sup>, Tomoaki Ikeda<sup>2</sup>, Yoshiharu Morimoto<sup>4</sup>

- PMID: 29378447

Therese Turner and Mary Frances Flinn

## ABSTRACT

**Abstract** The influence of fetal nutritional status on various pregnancy outcomes has long been recognized. Studies conducted in the 1970s and 1980s led to the recognition of increased fetal acid adipose tissue stores as a means to protect pregnancy-related energy deficits. In the 1990s, the ability of perinatal growth rate and adipogenesis and fetal acid had fortification energy while they were present in 1970, the US Food and Nutrition Board (7) recommended fetal acid supplementation (200–400 g/g) for pregnant women, and this became a common practice in the developed countries and substantially reduced pregnancy-related severe fetal deficiency, which can lead to complications, illness, prenatal fetal acid, along with liver, supplementation reduced the prevalence of 2 of the most common pregnancy-related deficiencies

The second major intervention with use of folic acid is maternal in the 1980s. For years, researchers assumed an association between maternal folic acid and fetal malformations, particularly neural tube defects (NTDs). However, a large observational study in the 1980s failed to show a statistically significant association between maternal folic acid use and a reduced risk of NTDs. In contrast, a case-control study of NTDs in the 1990s found a statistically significant association between maternal folic acid use and a reduced risk of NTDs. This finding was confirmed in a large case-control study of NTDs in the 1990s, which found a statistically significant association between maternal folic acid use and a reduced risk of NTDs. This finding was confirmed in a large case-control study of NTDs in the 1990s, which found a statistically significant association between maternal folic acid use and a reduced risk of NTDs.

**KEY WORDS:** Nitrate, tiller and progeny, competition, leaf growth, assimilation, lateral root reproduction

### IMMUNIZATION

The most important of the current public health issues, the

The main objectives of the present article were to review the evidence for the role of folate nutrition in human reproductive health. The term folate represents all forms of folic acid vitamers, including the many derivatives found in biological systems. Folate acid (polyhydrofuranic acid) is the synthetic form found in dietary supplements and fortified foods. The effect of folate

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University of Alabama at Birmingham, Birmingham, Alabama 35294, U.S.A. and corresponding author.

For full-size figure, see <http://www.jstor.org/stable/2346190>. Printed in U.S.A. © 2004 American Society for Parasitology

# Repro Vita-M

Supplement for men





# Repro Vita-M

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Supplement for men

which improve sperm quality for men who have low sperm count or sperm problems.

It can be taken during infertility treatment

- ☑ Enhance sperm quality
- ☑ Increase the number of ejaculation
- ☑ Increase sperm count
- ☑ Improve sperm motility
- ☑ Reduce DNA damage
- ☑ Reduce abnormal sperm
- ☑ Increase sperm survival rate
- ☑ Decrease sperm degeneration
- ☑ Reduce the lack of protein in sperm



# Repro Vita-M เหมาะกับใคร



Men who receive  
infertility treatment



Men who want to  
improve sperm quality



Men who want to enhance  
male potency



Men who want to increase  
the chance of pregnancy



Men who want to take care of  
their nervous system and health



# Repro Vita-M

## Key ingredients

- Consist of French pine bark extract (Pycnogenol) that helps with blood flow, reduces inflammation, and boosts collagen and elastin under skin layers
- L-Arginine: It helps improve sperm count, quality, and motility
- Magnesium: It reduces abnormal sperm, reduce infertility, and increase the chance of fertilization
- L-Cysteine: It reduces sperm degeneration and increases testosterone

There are 21 essential ingredients that effectively enhance sperm quality and health in overall.

## ส่วนประกอบที่สำคัญใน 1 เม็ด

• แอล-อาร์จินิน (L-Arginine)	300 มก./mg
• แมกนีเซียม อะมิโน แอซิด คีเลต 20% (Magnesium amino acid chelate 20%)	250 มก./mg
• แอล-ซิสเทอีน (L-Cysteine)	200 มก./mg
• แกมมาโอไรซานอล (Gamma Oryzanol)	50 มก./mg
• ซิงค์อะมิโนแอซิดคีเลต 20% (Zinc Amino Acid Chelate 20%)	37.5 มก./mg
• ไลโคเพน 10% (Lycopene 10%)	30 มก./mg
• สารสกัดจากเปลือกสนฝรั่ง (Pine Bark Extract) (Pycnogenol)	30 มก./mg
• กรดแอสคอร์บิก (วิตามิน ซี) (Ascorbic acid) (Vitamin C)	30 มก./mg
• กรดอัลฟาไลโปอิก (Alpha Lipoic Acid)	25 มก./mg
• โคเอนไซม์ คิวเทน (Co Enzyme Q10)	15 มก./mg
• ดีแอล-แอลฟา-โทโคเฟอรอลแอซีเตต (50%) (วิตามิน อี) (DL-alpha-tocopheryl acetate (50%) (Vitamin E)	10 มก./mg
• ไนอะซินอะไมด์ (วิตามิน บี3)/Niacinamide (Vitamin B3)	10 มก./mg
• ซีลีเนียมอะมิโนแอซิดคีเลต (Selenium Amino Acid Chelate 1%)	3.5 มก./mg
• ดี แพนโทธีเนต แคลเซียม (D Pantothenate Calcium)	3 มก./mg
• วิตามิน ดี3 (100,000 IU/g) (Vitamin D3) (100,000 IU/g)	1 มก./mg
• ไพริดอกซีน ไฮโดรคลอไรด์ (Pyridoxine Hydrochloride)	1 มก./mg
• วิตามิน บี12 (0.1%) (Vitamin B12) (0.1%)	1 มก./mg
• กรดโฟลิก 10% (Folic Acid 10%)	1 มก./mg
• ไรโบฟลาวิน 98% (Riboflavin 98%)	0.85 มก./mg
• ไทอะมีน ไฮโดรคลอไรด์ (Thiamine Hydrochloride)	0.75 มก./mg
• ดี-ไบโอติน (D-Biotin)	0.075 มก./mg

# Repro Vita-M



# Studies on the ingredients of Repro Vita-M



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Journal Homepage: <http://tjps.tu.edu.iq/index.php/3>

**TJPS**

**Tikrit Journal of Pure Science**

**The effect of L-Arginine of treatment for infertile men on semen parameters**

Abdul Rahman Husein Mawad<sup>1</sup>, Zaid Mohammed Mawad Al-Mahdawi<sup>2</sup>, Azzawi Mustafa Hadi<sup>3</sup>  
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<sup>2</sup>Department of Biology, College of Medicine, University of Tikrit, Tikrit, Iraq  
DOI: <https://doi.org/10.25119/tjps.24.2013.081>

## EFFECTS OF MAGNESIUM ON SPERMIOGENESIS

S. VISKI<sup>1</sup>, J. SZÖLLOSI<sup>1</sup>, A.S. KISS<sup>2</sup>, A. CSIKKEL-SZOLNOKI<sup>1</sup>  
<sup>1</sup>SZOTE Dept of Obstetrics and Gynaecology, Andrology Laboratory,  
<sup>2</sup>Hungarian Magnesium Society, <sup>3</sup>JATE Dept. of Inorganic Chemistry and Analytics, Szeged, Hungary



International Journal of  
Molecular Sciences

**Antioxidant Activity of  $\gamma$ -Oryzanol: A Complex Network of Interactions**

Igor Olovic Miroslav<sup>1</sup>, Fabiane Valente Feresquini<sup>2</sup>, Cassia Bezerra Costa<sup>3</sup> and  
Georgiana Pina Pereira Lima<sup>1,\*</sup>

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Journal of Reproductive Biology and Endocrinology  
<https://doi.org/10.1186/s12958-016-0880-0>

Reproductive Biology  
and Endocrinology

**RESEARCH** Open Access

**Effects of N-acetyl-cysteine supplementation on sperm quality, chromatin integrity and level of oxidative stress in infertile men**

Sahil Jarambhai<sup>1</sup>, Karen Fawcett<sup>2</sup>, Haniy Hussain-Randall<sup>3</sup> and Mohammed Hossain Hossain-Eldaher<sup>4\*</sup>

*Ann J Reprod Med Vol. 11, No. 2, pp. 180-188, February 2014*

**Effects of ascorbic acid on sperm motility, viability, acrosome reaction and DNA integrity in teratozoospermic samples**

Hassan Fawad<sup>1,2</sup> Ph.D., Saeed Raza<sup>1,2</sup> Ph.D. Candidate, Iqbal Hameed<sup>3</sup> Ph.D. Candidate, Yousuf Razaqat<sup>4</sup> Ph.D., Amir Aziz<sup>5</sup> Ph.D. Candidate, Amir Khatun<sup>6</sup> Ph.D. Candidate, Ahsan Majeed<sup>7</sup> Ph.D., Mohammad Reza Pours<sup>8</sup> Ph.D. Candidate, Maysoon Alomar<sup>9</sup> M.D.

ResearchGate

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/283851687>

**Improvement of seminal quality and sexual function of men with oligoasthenoteratozoospermia syndrome following supplementation with L-arginine and Pycnogenol®**

Article in Archivio Italiano di urologia, andrologia: organo ufficiale [di] Società italiana di ecografia urologica e nefrologica / Associazione ricerche in urologia · September 2015  
DOI: 10.4081/aiu.2015.330

Open Access  
**REVIEW**

**Lycopene and male infertility**

Hassan-Eldaher Mohammed Hossain<sup>1</sup>, Ahsan Hameed<sup>2</sup>, Iqbal Hameed<sup>3</sup>, Fawad Hassan<sup>4</sup>

Background: Lycopene is a natural carotenoid found in tomatoes and other red fruits and vegetables. It is a powerful antioxidant and has been shown to have beneficial effects on sperm quality and function. The aim of this study was to evaluate the effect of lycopene supplementation on sperm quality and function in infertile men. Methods: A total of 30 infertile men were recruited for the study. They were divided into two groups: a control group and a lycopene-supplemented group. The control group received a placebo, while the lycopene-supplemented group received 10 mg of lycopene daily for 12 weeks. Sperm quality parameters, including sperm count, motility, and morphology, were assessed before and after the intervention. Results: The lycopene-supplemented group showed a significant improvement in sperm quality parameters compared to the control group. There was a significant increase in sperm count, motility, and morphology in the lycopene-supplemented group. Conclusion: Lycopene supplementation may improve sperm quality and function in infertile men. Further studies are needed to confirm these findings.

## Zinc is an Essential Element for Male Fertility: A Review of Zn Roles in Men's Health, Germination, Sperm Quality, and Fertilization

Ali Fallah, Azadeh Mohammad-Hosseini, Ahmadi Hosseini-Zadeh Colagar<sup>\*</sup>  
<sup>\*</sup>Department of Molecular and Cell Biology, Faculty of Basic Sciences, University of Maragheh, Maragheh, Iran

J Assist Reprod Genet (2012) 29:631–635  
DOI 10.1007/s10815-012-9760-8

## GAMETE BIOLOGY

## Supplementation of biotin to sperm preparation medium increases the motility and longevity in cryopreserved human spermatozoa

Guruprasad Kalthur · Sujith R Salian ·  
Farid Keyvanifard · Shyam Sreedharan ·  
Jeena S Thomas · Pratap Kumar · Satish K Adiga



# ASTA PRO

Astaxanthin with CoQ10





# ASTA PRO

Diet supplement Astaxanthin with CoQ10  
which consists of Japanese red algae that is an  
antioxidant, helps reduce wrinkles.

10 ingredients in total

- ☒ Improve antioxidant and reduce primary wrinkles
- ☒ Enhance eggs and sperm
- ☒ Is an antioxidant that prevent the risk of cancer
- ☒ Reduce the risk of vascular related disease
- ☒ Enhance body immune
- ☒ Enhance brain and nervous system
- ☒ Reduce the symptoms of menopause





# Who is suitable for ASTA PRO



People who want to take care of health and beauty



People who want to enhance body immune



People who want to slow cells degeneration



Women at menopause age



People who want to take care of sperm and ovum

# ASTA PRO

## Key ingredients

- Astaxanthin from Japanese imported haematococcus pluvialis: It is the most powerful antioxidant that also helps with nutrient absorption
- Coenzyme Q10: It helps slow wrinkles and aging, enhance skin brightness, and improve sperm count and egg quality
- Gamma Oryzanol: Derived from rice germ oil, it helps with blood pressure, enhances brain and nervous system, and boosts body immune
- Collagen Dipeptide: It improves skin moisture and elasticity

In total, it consists of 10 beneficial vitamins for skin and health.

# ASTA PRO

ผลิตภัณฑ์เสริมอาหารสำหรับชายและหญิง

NUVO  
LIFE CARE  
COMPANY LIMITED

## ส่วนประกอบสำคัญใน 1 แคปซูล

น้ำมันจมูกข้าว (Rice Germ Oil)	300 มก./mg
สารสกัดจากสาหร่ายฮีมาโตคอกคัส พลูวียอลิส (แอสต้าแซนทีน 5%) (Haematococcus Pluvialis Extract) (Astaxanthin 5%) (ให้แอสต้าแซนทีน 6 mg)	120 มก./mg
โคเอนไซม์ คิวเทน (Co Enzyme Q10)	30 มก./mg
คอลลาเจนไดเปปไทด์จากปลา (Fish Collagen Dipeptide)	30 มก./mg
แอสคอร์บิล ปาล์มิเตท (วิตามิน ซี) (Ascorbyl Palmitate) (Vitamin C)	30 มก./mg
ไอรอน อะมิโน แอซิด คีเลต 20% (Iron Amino Acid Chelate 20%)	15 มก./mg
สารสกัดจากทับทิม (Pomegranate Extract)	15 มก./mg
สารสกัดจากโกจิเบอร์รี่ (Goji Berry Extract)	15 มก./mg
ดีแอล-แอลฟา โทโคเฟอร์รอล (วิตามิน อี) (DL-Alpha Tocopherol) (Vitamin E)	10 มก./mg
กรดอัลฟาไลโปอิก (Alpha Lipoic Acid)	10 มก./mg



# Studies on the ingredients of ASTA PRO



Review

### Astaxanthin in Skin Health, Repair, and Disease: A Comprehensive Review

Sevgi Davinelli <sup>1,\*</sup>, Michael E. Nielsen <sup>1,2</sup> and Giovanni Scapagnini <sup>2</sup>

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Article

### CoQ10 Supplementation in Patients Undergoing IVF-ET: The Relationship with Follicular Fluid Content and Oocyte Maturity

Stefano Raffaele Giannubilo <sup>1,\*</sup>, Patrick Orlando <sup>2</sup>, Sonia Silvestri <sup>2</sup>, Ilaria Cutili <sup>1</sup>, Fabie Marcheggiani <sup>2</sup>, Andrea Cuvattini <sup>1</sup> and Luca Tiano <sup>2</sup>

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Article

### A Collagen Supplement Improves Skin Hydration, Elasticity, Roughness, and Density: Results of a Randomized, Placebo-Controlled, Blind Study

Liane Botke <sup>1</sup>, Gerrit Schlippe <sup>2</sup>, Joachim Gerß <sup>2</sup> and Werner Voss <sup>1,\*</sup>

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<sup>2</sup> Institut für Biometrie und Klinische Forschung (IBKF) der Westfälischen Wilhelms-Universität Münster, Schenckling Straße 36, D-48149 Münster, Germany; joachim.ger@univmuenster.de

\* Correspondence: dr@wvleibmuenster.de; Tel.: +49-251-493617-20



Clinical Report

### Effect of $\alpha$ -lipoic acid on symptoms and quality of life in patients with painful diabetic neuropathy

Evangelos Agathos, Anastasios Tentolouris <sup>1</sup>, Ioanna Eleftheriadou, Panagiota Katsaouni, Ioannis Nemtzas, Alexandra Petrou, Christina Papanikolaou and Nikolaos Tentolouris

Journal of International Medical Research 2018, Vol. 46(5) 1175–1179  
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DOI: 10.1177/1043986218783494  
[jmir.sagepub.com/home/jir](http://jmir.sagepub.com/home/jir)

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REVIEW ARTICLE

### Coenzyme Q<sub>10</sub> and male infertility

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ABSTRACT: We had previously demonstrated that Coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>) also commonly called ubiquinol is present in measurable levels in human seminal fluid, where it probably exerts important metabolic and antioxidant functions. Seminal CoQ<sub>10</sub> concentrations show a direct correlation with seminal parameters (count and motility). Alterations of CoQ<sub>10</sub> content were also shown in conditions associated with male infertility, such as azoospermia and varicocele (V). The physiological role of this molecule was further clarified by improving its variations in concentrations induced by all recent medical or surgical procedures used in male infertility treatment. We therefore evaluated CoQ<sub>10</sub> supplementation and distribution between seminal plasma and spermatozoa in V, before and after surgical treatment, and in infertile patients after microsurgical varicocele (V) therapy. The effect of CoQ<sub>10</sub> on sperm motility and function had been addressed only through *in vitro* experiments. In two distinct studies conducted by our group, 22 and 60 patients affected by idiopathic azoospermia were enrolled, respectively. CoQ<sub>10</sub> and its reduced form, ubiquinol, increased significantly both in seminal plasma and sperm cells after treatment, as well as spermatozoa motility. A weak linear dependence among the relative variations, at baseline and after treatment, of seminal plasma or intracellular CoQ<sub>10</sub> ubiquinol levels and kinetic parameters was found in the treated groups. Patients with lower baseline values of motility and CoQ<sub>10</sub> levels had a statistically significant higher availability to be responsive to the treatment. In conclusion, the exogenous administration of CoQ<sub>10</sub> increases both ubiquinol and ubiquinol levels in semen and can be effective in improving sperm kinetic features in patients affected by idiopathic azoospermia.

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### Vitamin C

Fact Sheet for Health Professionals

This is a fact sheet intended for health professionals. For a reader-friendly overview of Vitamin C, see our [reader-friendly overview of Vitamin C](https://ods.od.nih.gov/factsheets/VitaminC/).

For information on Vitamin C and COVID-19, see the [fact sheet on Vitamin C](https://ods.od.nih.gov/factsheets/VitaminC/).

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The scientific community has been investigating the health benefits of goji berries, as the popularity of these tiny fruits has grown. Their purported benefits range from anti-aging effects to glucose regulation and immune function support.

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### Alpha Lipoic Acid

ALA, alpha-lipoic acid; TA, thioctic acid

#### General description

Alpha lipoic acid (ALA) is an antioxidant. It is quickly absorbed from the gastrointestinal tract. It dissolves in both water and fat in the body.

#### Demonstrated uses

The main use for ALA is to treat diabetic neuropathy. Neuropathy causes sensory changes. These include stinging, burning, pain, and numbness in parts of the skin. ALA hasn't been proven to be helpful for neuropathy. But research is underway to assess the use of ALA for people with neuropathy.

Several small studies have also shown that ALA can help to increase insulin sensitivity. It can lower blood sugar levels in people with diabetes. More research is needed to confirm this.

ALA is a potent antioxidant. This function may protect nerve tissue from damage. Conditions such as diabetes may be helped by antioxidants such as ALA.



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