



ROCKY MOUNTAIN FERTILITY CENTER
9235 CROWN CREST BLVD. SUITE 250
PARKER, COLORADO 80138
303-999-3877

Helpful Hints to improve sperm health

- ***Avoid hot tubs, saunas, biking or sitting for prolonged periods of time***
- ***Avoid alcohol and smoking***
- ***Avoid tight underwear or athletic shorts. It is best to wear loose fabrics that do not constrict the scrotum.***

SPERM SUPPLEMENT REGIMEN

L-CARNITINE 1200- 1500MG TWICE A DAY

VITAMIN C 1000MG TWICE A DAY

VITAMIN E 400IU ONCE A DAY

ZINC 100MG ONCE A DAY