

Nutrients For Male Fertility with Sources*

Nutrient	Why It Is Required	Top Sources
Folic Acid (B9)	Improves sperm quality and reduces DNA damage in sperm.	<ul style="list-style-type: none"> - Spinach - Lentils - Chickpeas - Black beans - Broccoli - Mung beans - Asparagus - Edamame - Bananas - Fortified rice - Oranges - Peas - Okra - Papaya - Sunflower seeds - Avocados - Kale - Fortified breads - Brussels sprouts
Vitamin D	Enhances testosterone production and sperm quality.	<ul style="list-style-type: none"> - Cod liver oil - Fortified milk - Oily fish - Mushrooms - Egg yolks - Fortified cereals - Tofu - Cheese - Butter - Soy milk - Sardines - Salmon - Mackerel - Herring - Almond milk - Fortified orange juice
Vitamin E	Protects sperm cells from oxidative stress and improves motility.	<ul style="list-style-type: none"> - Sunflower seeds - Almonds - Hazelnuts - Spinach - Avocado - Olive oil - Pumpkin - Kale - Pine nuts - Sweet potatoes

		<ul style="list-style-type: none"> - Wheat germ - Peanuts - Blackberries - Mangoes - Dried apricots - Red bell peppers - Swiss chard - Broccoli
Vitamin C	Increases sperm count and reduces oxidative stress.	<ul style="list-style-type: none"> - Guava - Kiwi - Oranges - Strawberries - Amla - Bell peppers - Papaya - Parsley - Pineapple - Tomatoes - Brussels sprouts - Kale - Lychee - Blackcurrants - Lemons - Limes - Grapefruit - Cantaloupe
Vitamin B12	Improves sperm motility and reduces DNA fragmentation.	<ul style="list-style-type: none"> - Clams - Eggs - Milk - Cheese - Fish - Chicken - Beef liver - Fortified soy products - Seafood - Yogurt - Sardines - Shellfish - Fortified nutritional yeast - Fortified plant milks
Zinc	Essential for testosterone production and sperm quality.	<ul style="list-style-type: none"> - Oysters - Pumpkin seeds - Beef - Whole grains - Chicken - Lentils - Cashews - Almonds - Sunflower seeds - Sesame seeds - Pecans

		<ul style="list-style-type: none"> - Chickpeas - Fortified cereals - Dairy products - Fish - Pork
Selenium	Protects sperm from oxidative damage and enhances motility.	<ul style="list-style-type: none"> - Brazil nuts - Eggs - Sunflower seeds - Chicken - Fish - Turkey - Mushrooms - Whole grains - Spinach - Oatmeal - Brown rice - Garlic - Asparagus - Lamb - Crab - Prawns - Sardines
Magnesium	Reduces oxidative stress and improves sperm function.	<ul style="list-style-type: none"> - Almonds - Bananas - Spinach - Black beans - Avocado - Dark chocolate - Quinoa - Cashews - Pumpkin seeds - Sweet potatoes - Lentils - Whole grains - Yogurt - Peanuts - Chia seeds - Kale - Edamame - Flaxseeds
Omega-3 Fatty Acids	Supports sperm structure and motility by reducing inflammation.	<ul style="list-style-type: none"> - Salmon - Flaxseeds - Chia seeds - Walnuts - Sardines - Herring - Soybeans - Canola oil - Mackerel

		<ul style="list-style-type: none"> - Hemp seeds - Algae oil - Anchovies - Tuna - Trout - Brussels sprouts - Seaweed
Coenzyme Q10	Boosts sperm energy production and overall quality.	<ul style="list-style-type: none"> - Organ meats - Oily fish - Spinach - Peanuts - Sesame seeds - Soybeans - Broccoli - Pistachios - Chicken - Eggs - Mushrooms - Whole grains - Olive oil - Avocado
L-Carnitine	Improves sperm motility and reduces abnormalities.	<ul style="list-style-type: none"> - Red meat - Pork - Chicken - Milk - Dairy products - Eggs - Fish - Peanuts - Soybeans - Lentils - Kidney beans - Oats - Whole grains - Spinach
Vitamin A	Supports healthy sperm development and reduces DNA damage.	<ul style="list-style-type: none"> - Sweet potatoes - Carrots - Spinach - Kale - Mangoes - Papaya - Apricots - Red bell peppers - Pumpkin - Eggs - Fortified cereals

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		<ul style="list-style-type: none">- Dairy products- Butter
Antioxidants	Reduces oxidative stress, protecting sperm cells from damage.	<ul style="list-style-type: none">- Berries- Green tea- Dark chocolate- Spinach- Artichokes- Pomegranate- Kale- Red beans- Nuts- Turmeric- Tomatoes
Iodine	Ensures proper thyroid function and hormonal balance.	<ul style="list-style-type: none">- Seaweed- Iodized salt- Fish- Shrimp- Milk- Eggs- Yogurt- Cranberries- Cod- Shellfish- Kelp
Arginine	Improves sperm count and enhances sperm quality by improving blood flow.	<ul style="list-style-type: none">- Turkey- Chicken- Pork- Peanuts- Lentils- Soybeans- Chickpeas- Pumpkin seeds- Almonds- Spirulina- Fish- Sesame seeds- Sunflower seeds- Walnuts

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