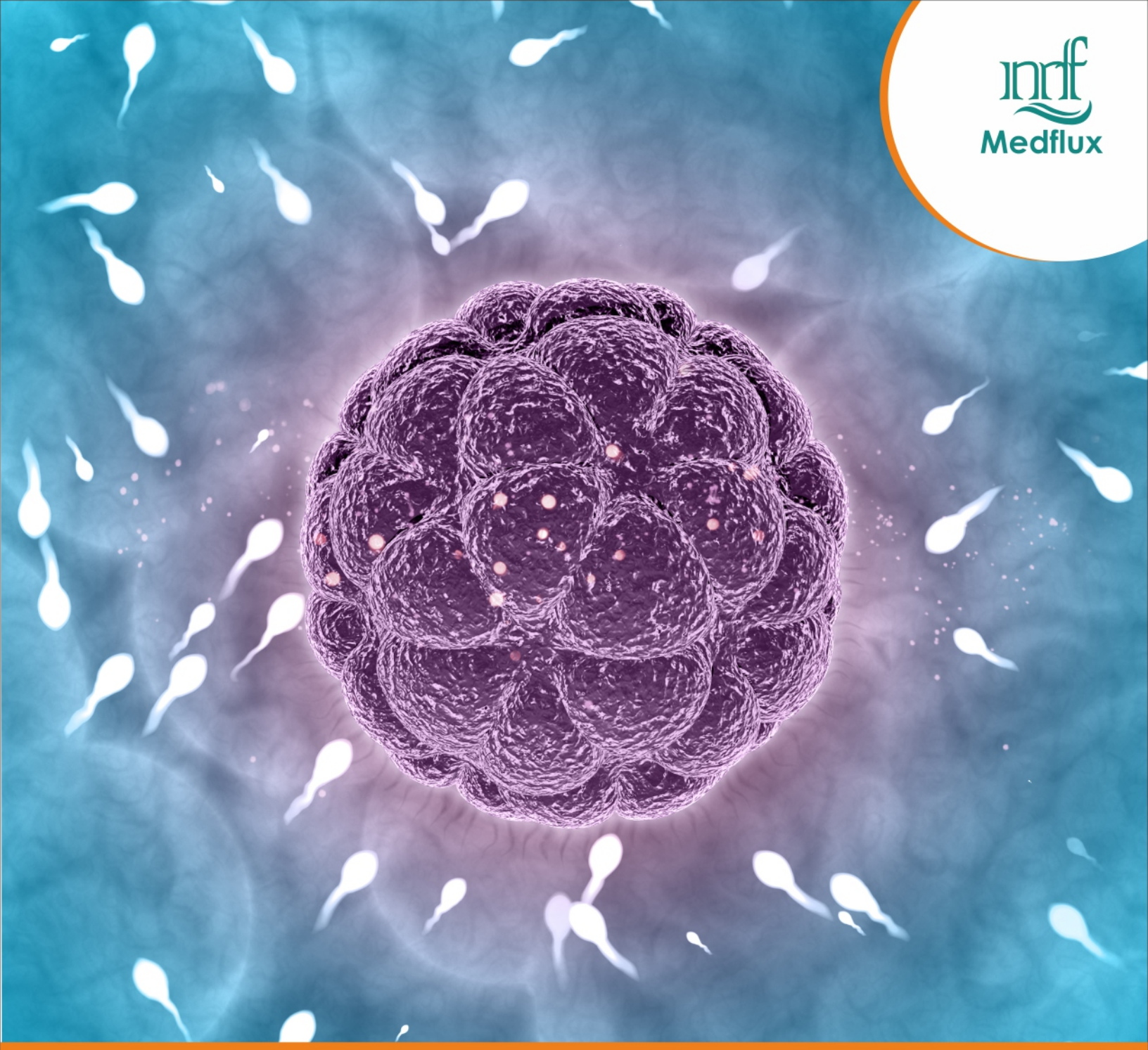

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Turn Dream of Motherhood into Reality

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Ubiquinol 100mg + Resveratrol 50mg + D-Aspartic Acid 40mg Veg Caps.

Tall Claims..Tall Results

In the Management of Infertility

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Ubiquinol 100mg + Resveratrol 50mg + D-Aspartic Acid 40mg **Veg Caps.**

Tall Claims..Tall Results

Ubiquinol a Superior Alternative to Coenzyme Q10

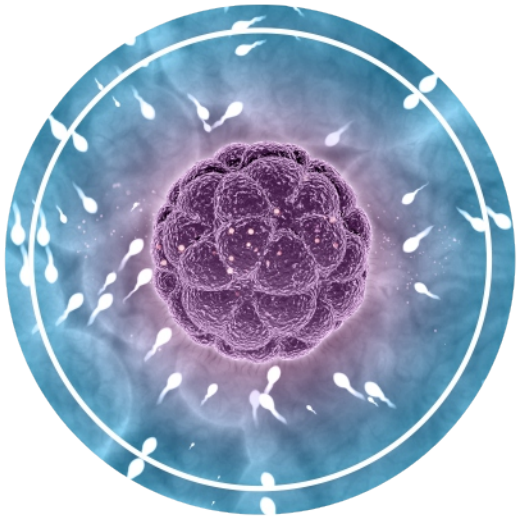
8 times more effective than Coenzyme Q10

Male infertility

- Supports cellular bioenergetics by providing high energy expenditure needed for sperm motility
- Protects sperm from oxidative damage

Ubiquinol improves

- **Sperm motility**
- **Sperm count**
- **Sperm concentration**
- **Sperm morphology**



Female infertility

- Improves egg quality & fertilization rate
- Protects egg from oxidative damage
- Promotes successful outcome in IVF

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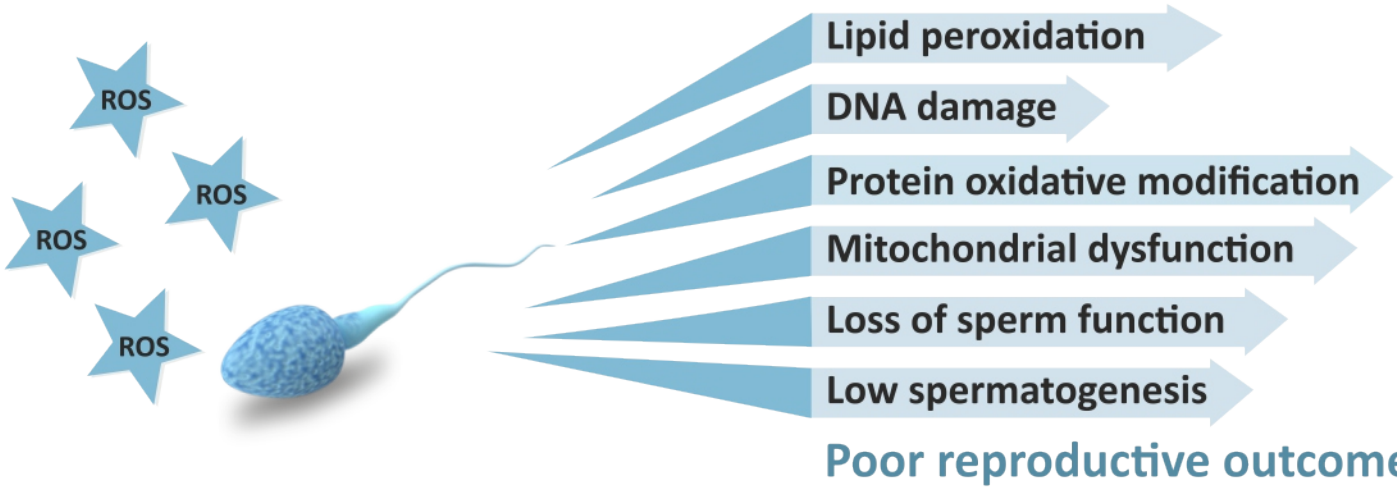
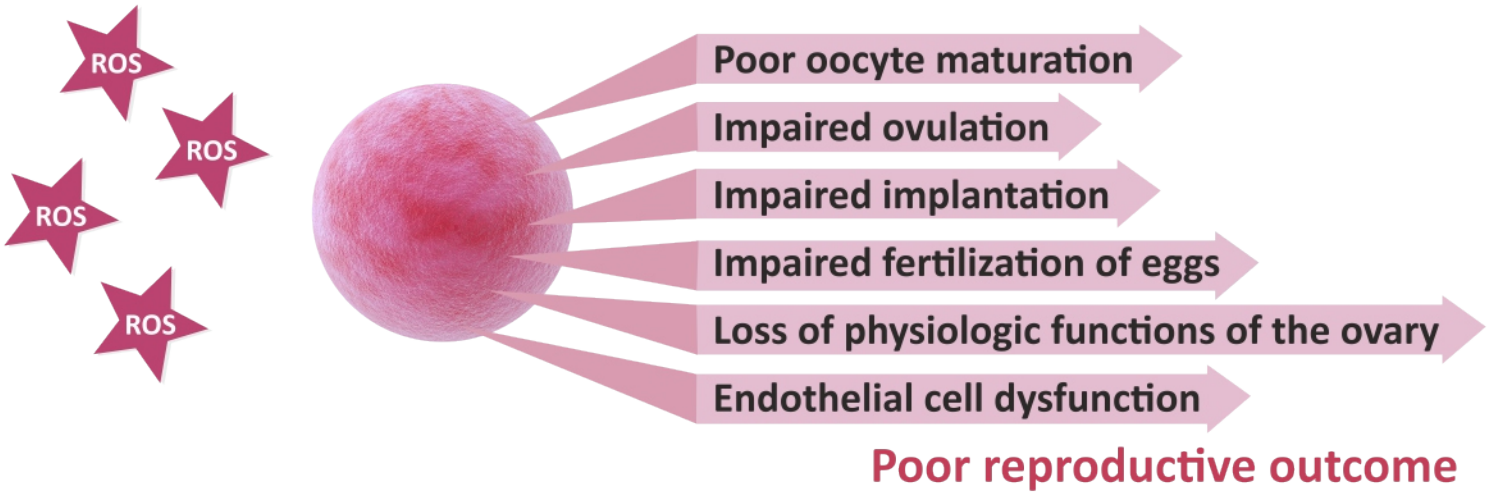
Infertility is currently affecting one out of six couples worldwide. Infertility cases are attributed to female and male factors. Oxidative stress is a major factor responsible for infertility in both men and women.

Effect of ROS on male infertility



Effect of ROS on female infertility



Ubiquinol Combats Oxidative Stress and Improves Fertility

- A lipid-soluble quinone and an essential component of the inner mitochondrial membrane
- An effective antioxidant, which prevents lipid peroxidation and DNA oxidation
- A bioenergetic molecule, empowering the body's energy production cycle through adenosine triphosphate (ATP) synthesis
- It's supplementation ameliorates infertility outcomes, associated with an increased clinical pregnancy rate (CPR)

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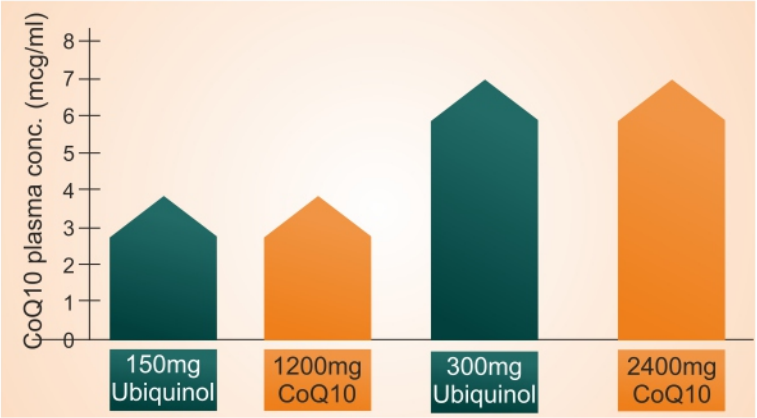
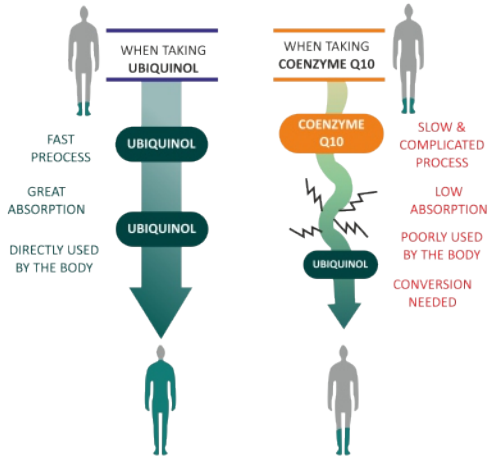
Ubiquinol a Superior Alternative to Coenzyme Q10

Ubiquinol is 8 times more effective than CoQ10[1]



Source : Graph adapted from Life Extensions Magazine

Difference between Ubiquinol and Ubiquinone



CoQ10

- This is the oxidized version of the nutrient
- Our bodies have to convert this form of CoQ10 into Ubiquinol before it can be used to create cellular energy
- The ability to convert Ubiquinone into Ubiquinol decreases as we age[2,3]
- Unconverted, conventional CoQ10 can't contribute to cellular energy production

Ubiquinol

- This is the antioxidant form of CoQ10 and its role in creating cellular energy helps fuel the organs
- This is preferred supplement form of CoQ10 because it's better absorbed by the body than conventional CoQ10[4,5,6]
- Only known fat-soluble antioxidant made naturally in the body[4,5,6]
- Predominant form of CoQ10 in a healthy young adult[7,8,9]
- Up to 70% more bioavailable than conventional CoQ10[10.11,12]

Why is Ubiquinol Better Than Conventional CoQ10?

Benefit	Ubiquinol	Conventional CoQ10
Required for 95% of your cellular energy production[13,14,15,16]	✓	✓
Superior bioavailability	✓	✗
Optimally replenishes Ubiquinol in the body to help protect against oxidative stress & provide cellular energy	✓	✗
Predominant form of CoQ10 in a healthy body	✓	✗

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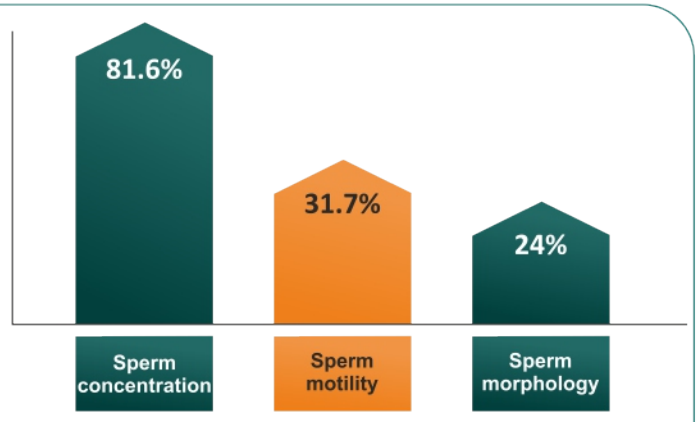
Fertility Symposium 2022, organised by the Australian Traditional Medicine Society (ATMS), Sydney

"There is a growing evidence supporting the efficacy of supplements including the natural antioxidant Ubiquinol and its potential for mitigating oxidative stress on sperm mitochondria – which are essential for several sperm functions including fertilisation and oocyte fusion. Studies have shown that Ubiquinol supports the improvement in oocyte quality by boosting mitochondrial health, as well as protecting a woman's egg from oxidative stress."

Ubiquinol in Male Infertility[17,18,19,20,21]

- Potent antioxidant that energises mitochondria to produce energy
- Improves sperm health by reducing cell and DNA damage caused by free radicals
- Helps in sperm physiological processes of capacitation, hyperactivation and sperm oocyte fusion
- Prevents the lipid peroxidation of sperm membrane
- Improves sperm count and sperm morphology
- Increases sperm motility and reduces sluggish sperm count
- Stops the peroxidative damage of sperm plasma membrane preserving sperm integrity
- Inhibits hydroperoxide formation in seminal fluid and seminal plasma
- Protects the long exposed structure of flagella & thus increases the sperm motility

Ubiquinol improves sperm density, sperm motility & sperm morphology in oligoasthenoteratozoospermia[22]



Improvement in parameters within 26 weeks of Ubiquinol 200mg supplementation

8.22 to 12.53 ± million/mL

Increase in sperm concentration

16.54% to 22.58%

Increase in progressive motility

25.68% to 29.96%

Increase in total motility

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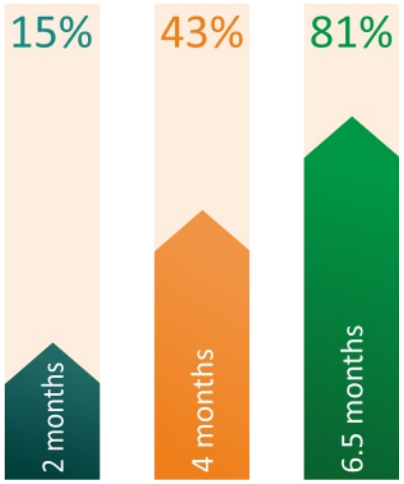
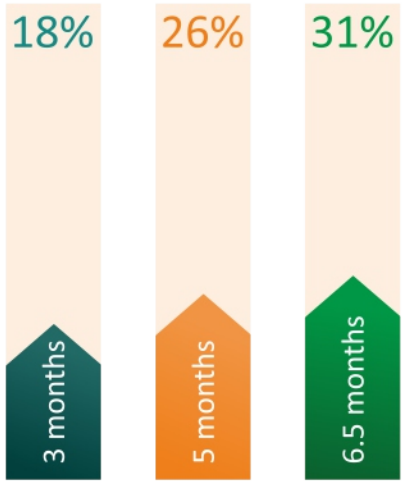
Healthy **FERTILITY**

SPERM COUNT

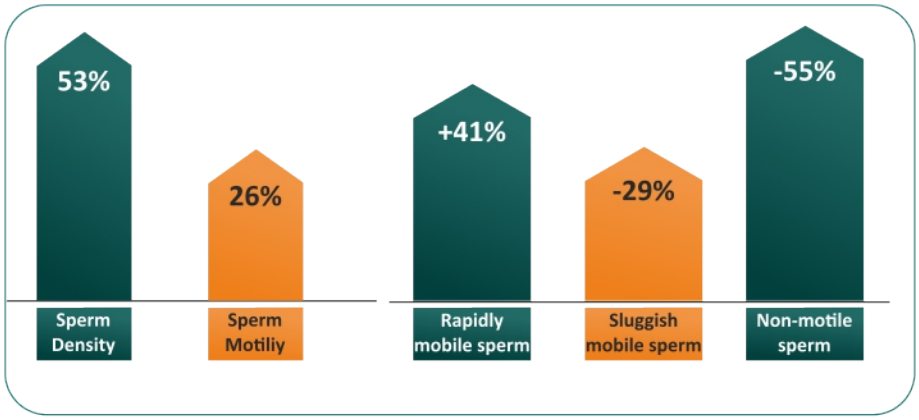


Among 228 infertile men, 114 men were given **200mg** of **Ubiquinol** daily, while another 114 men were control. The result of **sperm count and motility** were encouraging, as shown

SPERM MOTILITY



Ubiquinol significantly improves sperm parameters[23]



Ubiquinol improves the morphology of flagella of sperm and is beneficial for oligospermic patients. Ubiquinol also improves spermatogenesis.

Ubiquinol in Female Infertility[24,25]

- The importance of oxidative stress in various conditions linked to female infertility, including pituitary disorders, PCOS and endometriosis, makes Ubiquinol as an effective treatment in female infertility
- Ubiquinol is an essential part of the cell energy-producing system of mitochondria. Since ubiquinol is a powerful lipophilic antioxidant, it helps reduce auto-oxidation of lipoproteins and cell membranes
- Ubiquinol supplementation supports ovarian reserve by helping to reduce mitochondrial ovarian ageing and physiological programmed ovarian ageing

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- Protects ovarian reserve
- Reduces cell and DNA damage caused by free radicals, which improves egg health and embryo quality
- Counteracts physiological ovarian ageing by restoring mitochondrial function
- Increases the rate of embryo cleavage and blastocyst formation
- Improves ovulation induction and decreases chances of fetal aneuploidy
- Stimulates mitochondria in the cells to produce energy which stimulates the egg to grow well and fertilize successfully

Women taking ubiquinol for a couple of months before egg retrieval had:[26,27,28]

- Higher numbers of retrieved eggs
- More eggs fertilized
- A higher proportion of good quality embryos, especially in over 35- year-old women
- More embryos available to freeze
- Lower rates of chromosomal abnormalities, 46% vs 62.8%
- Fewer cancelled cycles/a better response to stimulation, only 8 % of cycles cancelled vs 23% of non-ubiquinol

"Women over 35 get the biggest benefit from ubiquinol in terms of improved egg health and pregnancy success rates. The older the eggs, they are less efficient at producing the crucial mitochondrial energy needed for fertility. Successful ovulation of a healthy egg requires a ton of energy"[29,30,31]

"Pretreatment with ubiquinol improves ovarian response and embryo quality in low-prognosis young women with decreased ovarian reserve. It improves ovarian response to stimulation and embryological parameters in young women with poor ovarian reserve in IVF-ICSI cycles"[32]

4, IQR 2-5	67.49%	1, IQR 0-2	8.33% vs. 22.89%	18.42% vs 4.3%
Increased number of retrieved oocytes	Higher fertilization rate	High-quality embryos	Cancelled embryo transfer because of poor embryo develop	Available cryopreserved embryos

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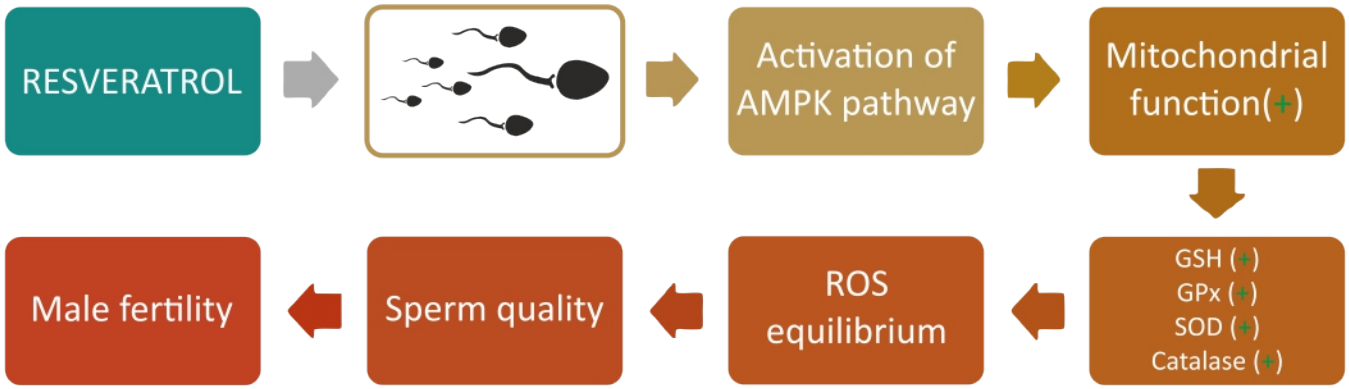
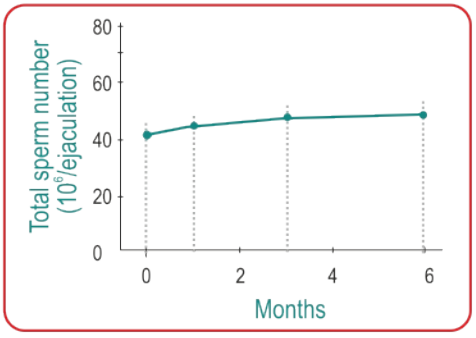
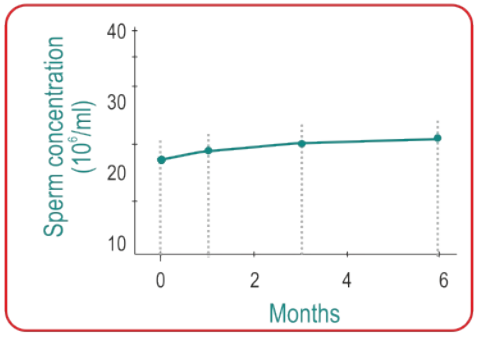
Resveratrol in Male Infertility[33,34,35]

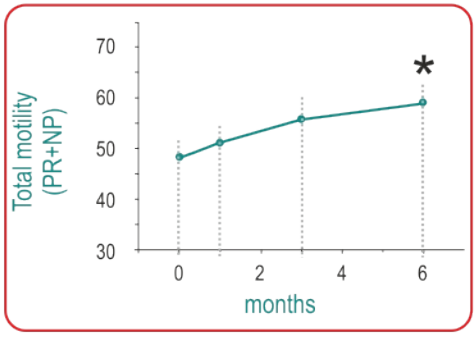
Resveratrol is also the most potent natural compound that activates sirtuin 1 (SIRT 1), the most-conserved mammalian NAD+-dependent protein, and a member of the family of sirtuins, which may account for its many metabolic benefits in humans.

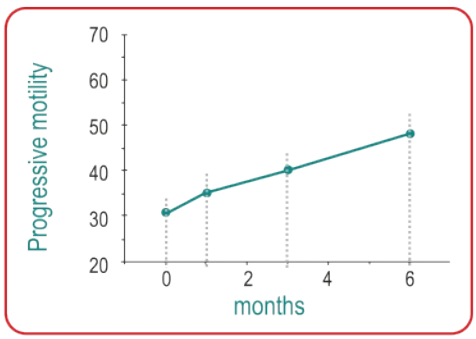
- Has a positive effect on blood testosterone levels, sperm production, and sperm motility
- Decreases germ cell apoptosis
- Provides high mitochondrial activity, sperm motility, and DNA protection
- Improves spermatogenesis process and fertilization potential.
- Enhances the estrogenic effects of hormones











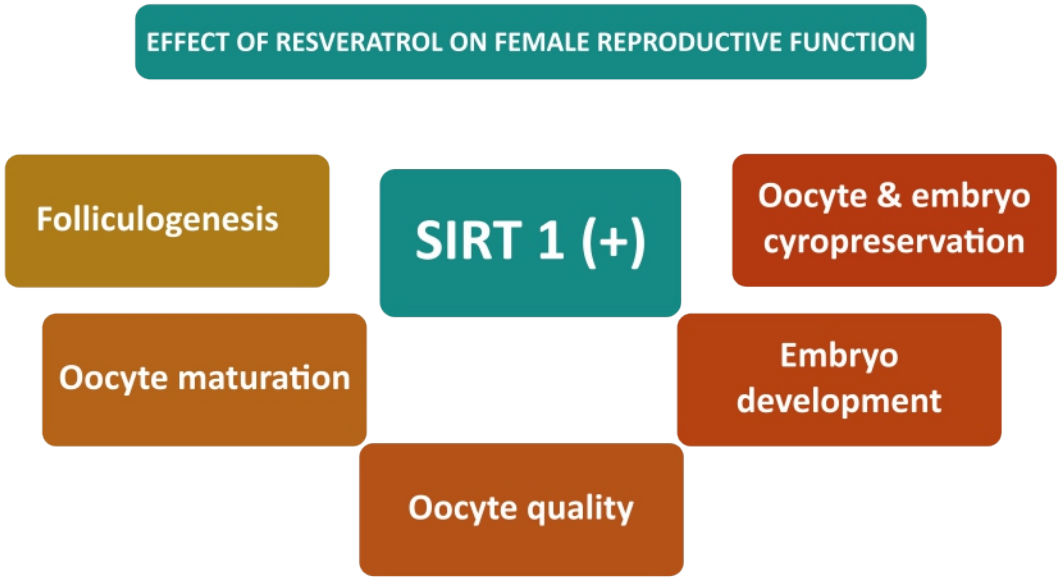
Resveratrol improves[36]

- Total sperm count 41.5 × 106/ ejaculate
- Sperm concentration (22.6 × 106/mL)
- Total motility (48.3 ± %)
- Progressive motility (20%)

Resveratrol in Female Infertility[37]

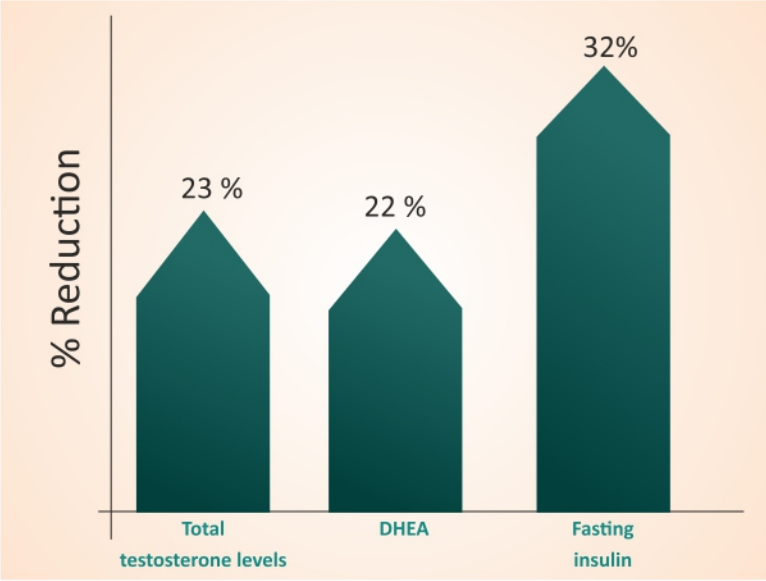
The main benefit of Resveratrol for eggs lies in its antioxidant effects. Eggs face damage as they age and/or are exposed to free radicals from stressors like nutrient deficiencies, inflammation, insulin resistance, high cholesterol, etc. But Resveratrol has the ability to reduce oxidative stress and repair DNA damage to mitochondria (where your cells get their much-needed energy). Research shows that Resveratrol could be especially helpful for aging eggs as well as people with PCOS.

It's also highly beneficial for those with endometriosis because of its ability to decrease the inflammation and oxidative stress in the reproductive tract that can hurt egg quality. Less inflammation also means less of the pain and discomfort that endo warriors know all too well.



Resveratrol in PCOS[38]

In the study, 30 patients with PCOS were randomly given either a resveratrol or a placebo pill daily for three months. They were tested for androgen levels of testosterone and dehydroepiandrosterone sulfate (DHEAS), a precursor to testosterone, at the start and end of the study, as well as an oral glucose tolerance test to detect any diabetes risk factors. The result is shown in the graph.



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D-Aspartic Acid in Male Infertility[39]

D-Aspartate is an endogenous amino acid involved in LH and testosterone release in humans. Supplementation with D-Aspartate to patients affected by oligo-asthenozoospermia and asthenozoospermia improved the number and the motility of the spermatozoa and consequently improved the rate of pregnancies of their partners.

Increase in sperm concentration from a mean of 8.2 ± 4.5 million spermatozoa/ml of seminal plasma to a mean of 16.5 ± 5.5 million after treatment in oligo-asthenozoospermic patients

Increase in spermatozoa from a mean of 29.9 ± 5.7 million spermatozoa/ml to a mean of 48.7 ± 12.8 after treatment in asth-enozoospermic patients

Increase in rapid progressive spermatozoa motility from a mean of 15.5% ± 4.4% to a mean of 23.1% ± 4.7% after treatment in oligo-asthenozoospermic patients

Increase in rapid progressive spermatozoa motility from 11.6% ± 3.9% to 21.6 ± 7.5 after treatment in oligo-asthenozoospermic patients

D-Aspartic Acid in Female Infertility[40]

In human follicular fluid, D-Aspartic Acid is present at a relatively higher concentration in younger women than in older patients and there appears to be a relationship between the concentration of D-Aspartic Acidand fertility outcome parameters.

D-Aspartic Acid, an amino acid is linked to oocyte quality; a relationship exists between D-Asp follicular concentration and the percentage of good quality metaphase II oocytes, as well as the fertilization rate.

A study involving 20 women undergoing IVF treatment found that D-aspartic acid is linked to higher quality oocytes (immature egg cells), and higher fertility rates could be linked to higher levels of D-aspartic acid in follicular fluid, which is a fluid that surrounds a developing egg in a woman's ovaries.

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