

LIST OF POSSIBLE REPRODUCTIVE TOXINS

Any history or use of the below in the past 3-6 months can affect sperm functions:

- Recent inflammation or infection of any type
- High fever associated with sickness or inflammation
- Extensive use of hot baths, hot tubs or saunas (more than 2-3 times per week)
- Cigarette smoking or use of any tobacco products, especially heavy smoking (more than a 1 pack per day)
- Heavy alcohol use (more than 2- 3 drinks/beers per day)
- Use of any recreational drugs (marijuana, cocaine, speed, crack, etc.)
- Frequent exposures to pesticides
- Heavy metal exposure (Mercury, Lead, Cadmium)
- Chronic exposure to heavy traffic/industry related air pollution
- Frequent exposure to solvents such as gasoline, kerosene, and crude oil products
- Chronic exposure to fumes of chemicals employed in stained glass soldering
- Chronic inhalation of vapors of non-water based paints and thinners/removers
- Chronic exposure to low doses of gamma irradiation
- Sulfa-based drugs
- Lithium
- Tetracyclines and particularly Doxycycline
- Strong pain killing drugs (Demerol, Morphine, Vicodin, Lortab, Tylox, Oxycotin, etc.)

Professions that can increase exposures to reproductive toxins:

- Artist (stained glass/photography/painting/soldering)
- Mechanics (car, motors, aviation, machines etc.)
- Metal workers doing extensive soldering
- Paint shops
- Solvent shops (including gas station)
- Painters (art/furniture/cars/industrial)
- Pesticide industry (manufacturer, distributor, extermination service etc.)
- Nuclear Engineers

Recommend that all males be on a multivitamin daily that includes at least:

400 units of Vitamin E
1000 mgs of Vitamin C
70 micrograms (mcg) of selenium
50 micrograms of zinc
400 micrograms of folic acid
6 micrograms of Vitamin B12

Fertility Blend (www.fertilityblend.com) and Fertile One (www.fertileone.com) are supplements that have all of the above ingredients and can be purchased on-line without a prescription