



Oysters



Watermelon



Brown Rice



Carrots



Peanuts



Grapes

NAME	WHAT IT IS	WHAT IT DOES
Fenugreek	<i>Trigonella foenum-graecum</i> , used in traditional healing systems and cooking for centuries	Believed by ancient healers to encourage fertility; has been found to support healthy production of testosterone and sperm; also fights inflammation and promotes proper digestion
Ginseng	<i>Panax ginseng</i> , an herb with a long history of usage in Traditional Chinese Medicine	Long thought of in TCM as an overall vitality tonic; has shown the ability to promote healthy sperm production; has demonstrated antioxidant properties
Lycopene	A carotenoid found in vegetables and fruits such as carrots, papayas, tomatoes and watermelons	Higher lycopene levels have been associated with reduced risk of prostate and other cancers; has been linked to reductions in oxidant-based sperm damage; may also protect the liver
Resveratrol	A phytonutrient found in grapes and peanuts as well as <i>Polygonum cuspidatum</i> , native to east Asia	Has shown antioxidant and anti-inflammatory effects, as well as biological activities related to cardiovascular and neurological protection; may support healthy testosterone production
Rhodiola	<i>Rhodiola rosea</i> , an herb native to the arctic areas of Europe and Asia	Traditionally viewed as an <i>adaptogen</i> , a plant that helps the body handle stress; has shown the ability to help counteract fatigue, depression and burnout in studies
Saw Palmetto/ Pygeum	<i>Serenoa repens</i> and <i>Pygeum africanum</i> , often used together in herbal medicine	Used to help ease symptoms of prostate enlargement such as excessive nighttime urination and difficulty urinating (should only be used after cancer is ruled out); may support healthy hair growth
Selenium	A vital trace mineral; highest concentrations found in Brazil nuts, other sources include brown rice, meat and seafood	Has been found in studies to help protect developing sperm cells from oxidative stress; plays a vital role in thyroid and brain function
Tribulus	<i>Tribulus terrestris</i> , native to dry areas of Africa, Australia and southern Asia and Europe	Long used in both Chinese and Indian medicine to promote fertility and healthy sexual functioning; has been found in modern studies to support testosterone and sperm production
Turmeric	<i>Curcuma longa</i> , native to India, where it has a history of culinary and medicinal use	A potent oxidation and inflammation fighter that has shown anti-cancer and neuroprotective effects; may support prostate health; has also been found to help control blood sugar levels
ViNitrox	A patented formulation of antioxidant compounds found in the skins of apples and grapes	Helps counteract the effects of <i>peroxynitrite</i> , a toxic byproduct of normal bodily processes that can reduce testosterone levels
Zinc	A trace mineral found in seafood, especially oysters, as well as meat and some types of nuts	Plays a key role in male reproductive health by supporting testosterone and sperm production, especially in the zinc aspartate form, which is highly bioavailable

For more nutrients and herbs especially helpful for men, see energytimes.com.

NOTE: Always consult with your healthcare practitioner for help in designing a supplementation program, especially if you have a pre-existing condition.