

Optima SpermAid

Technical Sheet

Male Fertility Support Formula

A specialized blend for male reproductive health and fertility

Last Updated: December 2025

1. Product Overview

Optima SpermAid is a specialized medical nutrition formula designed to support male reproductive health, sperm production, and fertility. This formula provides complete nutrition with a unique blend of antioxidants, essential minerals, amino acids, and bioactive compounds clinically shown to support male fertility.

Purpose: To support sperm production, motility, and morphology while enhancing male reproductive health through scientifically-formulated antioxidant and nutrient support.

2. Indications for Use

- Male Infertility Support** - Enhances sperm parameters and fertility
- Oligospermia & Asthenospermia** - Low sperm count and motility support
- Oxidative Stress Management** - Protects sperm from free radical damage
- Reproductive Health Enhancement** - General male fertility support
- Sexual Function Support** - Enhances blood flow and performance

3. Key Features & Benefits

Powerful Antioxidant Blend

Protects sperm from oxidative damage; improves sperm motility and viability

Zinc & Selenium Rich

Essential minerals for sperm production, motility, and testosterone synthesis

L-Carnitine & CoQ10

Supports sperm energy metabolism and motility enhancement

Vasodilation Support

Arginine and other compounds promote healthy blood flow and sexual function

4. Nutritional Profile

Per 100g serving:

Nutrient	Amount	% Daily Value
Calories	470	-
Total Fat	19g	24%
Saturated Fat	3.8g	19%
Total Carbohydrate	46g	15%
Dietary Fiber	6g	24%
Protein	30g	60%

5. Key Fertility-Supporting Ingredients

Zinc (Bioavailable Form)

Essential for sperm production, motility, testosterone synthesis, and reproductive hormone function

Selenium & Glutathione

Powerful antioxidant system protecting sperm from oxidative damage and lipid peroxidation

CoQ10 (Ubiquinone)

Supports sperm mitochondrial energy production; improves motility and prevents sperm aging

L-Carnitine & L-Arginine

Amino acids that support sperm motility, energy metabolism, and vascular function

Vitamin E & Vitamin C

Fat and water-soluble antioxidants protecting sperm membrane integrity

6. Preparation Instructions

Standard Preparation:

1. Mix 6-8 teaspoons (approximately 40g) of powder with water or preferred liquid
2. Stir well until completely dissolved and smooth
3. Best consumed as part of daily nutritional routine for sustained benefits
4. Can be consumed as a meal replacement or supplemental nutrition

7. Storage & Handling

- Store in a cool, dry place away from direct sunlight
- Keep container tightly sealed after opening
- Optimal storage temperature: 15-25°C (59-77°F)
- Shelf life: 24 months from date of manufacture when properly stored
- Do not use if package shows signs of damage or deterioration

8. Recommended Usage & Duration

For Optimal Results:

- Minimum recommended duration: 8-12 weeks (spermatogenesis cycle)
- Daily consistent use required for best fertility outcomes
- Can be continued long-term for sustained reproductive health support
- Results vary based on baseline fertility parameters and lifestyle factors

9. Safety Information & Warnings

Consult Healthcare Provider: Recommended for men with diagnosed infertility or those planning conception.

Important Precautions:

- Not intended as primary treatment for infertility disorders requiring medical intervention
- May interact with certain medications affecting blood pressure or blood clotting
- Discontinue use if unusual side effects occur
- Consult healthcare provider before use if taking anticoagulants or antihypertensive medications

Medical Disclaimer

This technical sheet is provided for healthcare professionals and informed consumers. The information contained herein is not intended to diagnose, treat, cure, or prevent any disease. This product is not a substitute for professional medical evaluation or fertility treatment. Results vary significantly between individuals. Always consult with a qualified healthcare provider or fertility specialist before using this product, especially if you have existing health conditions or take medications affecting reproductive health.

10. Contact Information

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