

Herbs for infertility

Conceiving is believing

In 2003, childless couple Laura Murphy and her husband participated in clinical trials for FertilityBlend, a new herbal supplement designed to enhance fertility in both men and women, undertaken by Stanford University in the USA. Rapidly approaching 40 at the time, Laura had been diagnosed as infertile by two medical specialists, who concluded that she only had a 15% chance of carrying a baby to term.

At the start of the trials, Laura and her husband were advised to stop smoking, exercise regularly, lose weight and lower their stress levels drastically. Doctors explained that infertility can be caused by hormonal imbalances, ovulation problems, poor sperm production and endometrial problems. These can be exaggerated by an inadequate lifestyle that includes poor eating habits and stress.

In Stanford's study, published in the *Journal of Reproductive Medicine* November 2004, a third of the women taking the FertilityBlend supplement were pregnant after five months, while none of the women taking a placebo had conceived.

One of the women who fell pregnant, only one month after participating in the trials, was Laura! Not only did she carry her baby to term without any problems, but with the help of FertilityBlend, she and her husband conceived their second baby a year later.

FertilityBlend, distributed in South Africa by Nuvida, is carefully formulated to optimise the chances of conception. The women's supplement includes fertility-enhancing herbs like chasteberry – known to balance hormones and improve ovulation – green tea extract, an anti-oxidant widely understood to improve the production of sperm and egg cells, folic acid and a host of other vitamins and minerals. The men's formula contains L-carnitine to enhance sperm production, ferulic acid to improve sperm quality and several other powerful vitamins and minerals to develop overall reproductive health.

For more information contact Elizabeth Savage on info@nuvida.co.za



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The Science of Reproductive Health

FertilityBlend is available countrywide at Sparkport, Vitacare, pharmacies, health shops and directly from Nuvida online at www.nuvida.co.za or call 0861 Nuvida (0861 688432) or 27315628105
Wholesalers: UPD and AlphaPharm