# Men's Fertility

At least 35 percent, and probably closer to 50 percent, of reproductive disorders can be traced back to the male's body, and are often caused by environmental toxins, stress, addictive behavior, hormonal disorders, or medical reasons such as inflammation. Hormones control testicular sperm development in the seminal vesicles and in the testicle channels. The ripening process of a single sperm cell extends over a period of three months. The longer a couple remains "infertile"—as it is called in medical terms—the more difficult it will be to find an effective treatment. The exact analysis of sperm quality, normally by means of a two-sperm analyses (spermiogram), is quick, painless, and easy. It measures: Capacity of the seminal fluid, sperm concentration, sperm morphology and percentage of the actively moving sperm cells. Recent studies were able to show that vitamins, amino acids, and herbal active ingredients, particularly when administered in a chronobiological formula, provide a general improvement of sperm quality at every stage of sperm production.