

# ONE Healthy Sperm GINSPERM®

- ❖ Are you facing fertility problem due to low sperm count?
- ❖ Are you looking for ways to increase your sperm count without any side-effects?
- ❖ Are you looking for healthy tips to boost your sperm quality and quantity?

Here is the natural herbal **GINSPERM®** to improve your sperm quantity and quality.

## We understand, the phase of sterile years!

We understand the inability to procreate and phase of undergoing the infertility treatment. It is a difficult experience as it puts emotional strain on couple.

It is difficult because there are expectations, lots of high hopes and deep disappointments if the treatment doesn't work. It is particularly challenging time in the couple's life.

When we discuss fertility, usually female fertility seems to be the only aspect of conception, which is not true; male fertility is equally important, as approximately 50% cases is due to male factor.

As male and female causes often co-exist, it is important that both partners are investigated for infertility and managed together.

The onus to reproduce is not solely on female.

Therefore, it is equally important to come up with ways of improving male fertility. When we say ways of improving male fertility, we point towards the herbal options with no-side effects, and one such promising herbal remedy is GINSEPRM<sup>®</sup>!

Our scientist have worked for several years to identify, and characterize the purest form of ginsenosides with unique potential to help in improving sperm health.

The plant extracts, enriched in ginsenosides, has been used for over 2,000 y in East Asia for its pharmacological benefits. Several in vivo and in vitro studies have demonstrated that ginsenosides, and its allied constituents, improves sperm quality, number, shape and movement. It can support healthy sperm count, i.e. the concentration of spermcells in your semen; it can also increase sperm motility, or the sperm cells' ability to reach egg cells.

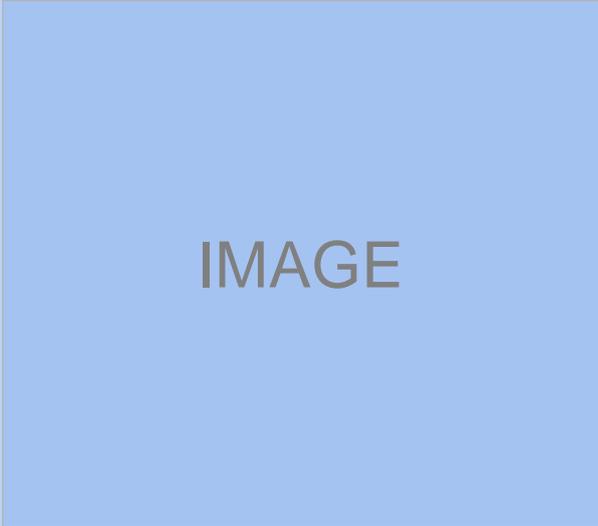


**GINSPERM**<sup>®</sup> - a capsule with unique formulation of ginsenoside (N216) from Immunity Bloom, a scientific nutraceutical organization, and is designed to improve the quantity and quality of men sperms.

**GINSPERM**<sup>®</sup> works to improve -

- Sperm count
- Sperm motility
- Shape and size of sperm
- Spermatogenesis  
(process of sperm formation)

INGREDIENTS  
BATCH  
TO  
BATCH  
UNIFORMITY



IMAGE

## DOSAGE

Take one capsule daily in the morning on empty stomach with lukewarm water.

Total Course Duration– 4 months

Total Course of effective dose- 8 bottles (15 capsules/bottle)

Price of Course– Rs. 78,650/- for effective dose

100% natural and herbal with no side effects

### Dosage advisory -

**Why it is prescribed to take GINSPERM® for 4 months?**

Sperm take approximately 70-90 days to develop, therefore to ensure your sperms are developing that entire time in an optimal benefit of GINSPERM, it is recommended to take course of 4 months.

**Why it is recommended to take capsule empty stomach, in morning every day?**

To ensure the most effective absorption of the capsule.

**Why avoid to eat anything for 1 hour after taking capsule?**

The changes in the gut with food restrict and therefore affect the effectiveness of capsule, by changes its bio-availability to the body.

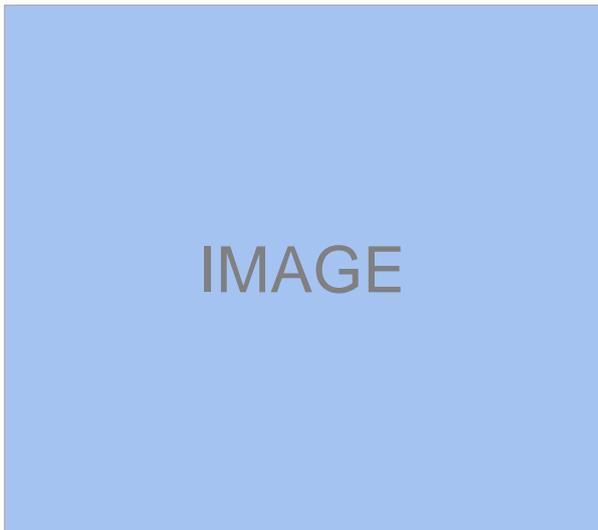
## Let's know more about GINSPERM® -

GINSPERM®, help to improve sperm health by increasing the sperm count, motility and capacitation or the ability to fertilize female eggs.

## HOW GINSPERM® ACTS to improve sperm health?

GINSPERM® is a herbal formulation of active ginsenosides (N 216) which exhibit therapeutic effect on sperm health.

The active constituents of ginsenoside (N216), which is a plant-extract, benefits men fertility. It stimulates androgen receptors (male hormone), which raise the intracellular nitric oxide (NO) levels in sperms which is known to affect sperm density, motility and capacitation. Hence, this high ginsenoside content has been shown to be a major contributing factor to improve sperm health and hence enhance fertility.



IMAGE

## What exactly is Male Infertility?

Worldwide infertility affects around 8–12% of couples, with male factors identified as the primary cause in 50% of cases. Furthermore, around 7% of all men are affected by male infertility all over the world. In recent reports, the prevalence of male infertility (which can be defined as infertility experienced for at least 12 months) varies from 9% to 15.8%. Male infertility is a global health concern, and its management is important because it not only affects the infertile couple but also the phenomenon of childbearing.

Considering how serious this problem is becoming, it is strange that society mainly sees infertility as a topic which concerns women alone. Hence, there is more support available for women going fertility problems. Surveys of men suffering with infertility issues have suggested that there is not enough help available to them. This must change, especially when the prevalence of male infertility is equal to that of females. Many factors predispose to male infertility including congenital malformations, hormonal, genetic, behavioral, iatrogenic, environmental, and lifestyle factors. Poor sperm health, characterized by low sperm production, abnormal sperm function and reduced motility is a major contributing factor that leads to infertility in males. Having adequate quantity as well as healthy motile sperm improves the chances of your partner getting pregnant.

## Factors Affecting Male Fertility

### i. Decreased Sperm Concentrations

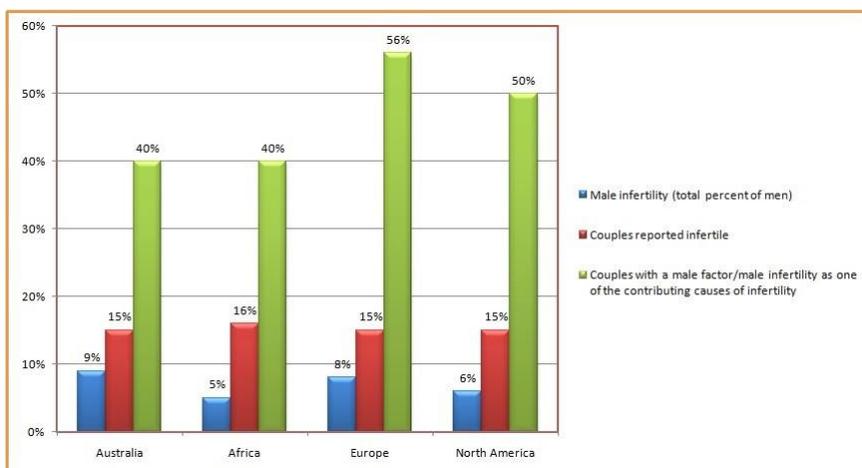
A low sperm count is also called oligospermia. A complete absence of sperm is called azoospermia. Your sperm count is considered lower than normal if you have fewer than 15 million sperm per milliliter of semen. Having a low sperm count decreases the odds that one of your sperm will fertilize your partner's egg, resulting in pregnancy.

### ii. Abnormal Sperm Morphology

The shape of the sperm can also play a role in male fertility. Morphology can affect fertility because sperm need a certain shape to be able to penetrate the outer layers of the egg.

### iii. Reduced Sperm Motility

Sperm motility is important in fertility because sperm need to move through the woman's reproductive tract to reach and fertilize her egg. Poor sperm motility can be a cause of male factor infertility.



## How Does Ginsenoside help in improving sperm health?

### i. Semen Quality

The process by which sperms are formed is known as spermatogenesis. It involves both the development of spermatids and their conversion into spermatozoa (sperms). The therapeutic effect of ginsenoside has been shown to raise spermatogenesis and enhance sperm count by enhancing the expression of glial cell-derived neurotrophic factor (GDNF) in the sertoli cells and stimulating the cAMP-responsive element modulator (CREM) in the testis. Both GDNF and CREM are essential for the process of spermatogenesis. Several preclinical studies have reported that ginsenoside promotes spermatogenesis, as well as improving testicular problems, sperm quality, and sperm mobility, due to be a cyclic adenosine monophosphate-responsive element modulator.

**The Warehouse of sperm is testicles (male body) and its production takes - 74 days by the process called spermatogenesis.**

Spermatogenesis is the process of creating sperm cells and according to a research, the male body takes about 74 days to produce new sperm cells. This process begins within the testicles and undergo several rounds of division to turn the cells into spermatids which are young sperm that must grow and mature until they become sperm cells.

Freshly ejaculated sperm lacks the ability to directly fertilize the egg. They develop their ability to fertilize through a sequence of membrane and metabolic modifications known as capacitation, which typically take place as sperm migrate through the female genital tract. Following capacitation, the sperms undergo acrosome reaction that enable them to penetrate the zona and fuse with the egg plasma membrane. Thus, ginsenoside exhibits substantial effect on semen quality which may be mediated by the stimulation of the nitric oxide synthase (NOS) and subsequent synthesis of NO. Finally, this NO significantly affects sperm physiology viz. sperm density and motility, enhances capacitation as well as acrosome response.

A unique ginsenoside (KRG) helps to increase the sperm count and motility during each ejaculation. If the sperm count is less than 20 million per ejaculation, it is medically considered to be inadequate for reproduction. Motility is the trajectory of the sperms which move in almost a straight line in case of a normal and healthy man, whereas the ones with poor motility follow a spiral path, making it insufficient to impregnate the female ovary. Research suggests ginsenoside (KRG) may help to increase the overall motility up to 50% per ejaculation.



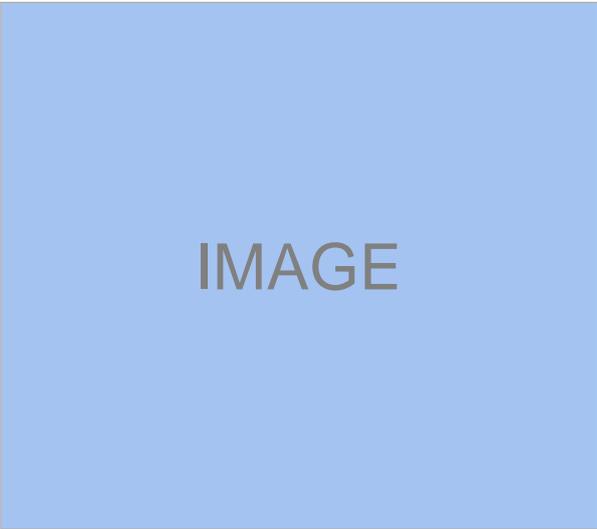
## ii. Androgens

The male sexual behavior, testicular functions, and reproductive growth are all critical aspects that are influenced by androgens. Two of the most significant androgens are testosterone and its metabolite, 5-dihydrotestosterone, which exert their effects through the androgen receptors.

Given that ginsenosides and androgens share a similar chemical structure, it is possible that they act by stimulating the steroid hormone receptors such as androgen receptors in reproductive tissues, which are in charge of controlling steroidogenesis, gametogenesis, and other gonadal processes. Ginsenoside have been found to raise the mRNA expression of androgen receptors and testosterone levels.

## iii. Spermatozoa Preservation

Research shows that ginsenoside considerably increase sperm count when used to incubate ejaculated spermatozoa. Ginsenoside, Rg1, was found to be a potent herbal agent capable of boosting the quality of cryogen utilized for sperm preservation and, as a result, optimizing the effectiveness of assisted reproductive procedures.



IMAGE

## NUTRITIONAL INFORMATION OF GINSPERM<sup>®</sup> CAPSULES

Each capsule of GINSPERM<sup>®</sup> contains

Korean Red Ginseng - N 216	400 mg
Carbohydrates	72.28 (g/100 g)
Sodium	19.6 (mg/100 g)
Protein	18.3 (g/100 g)
Fat	2.8 (g/100 g)

GINSPERM<sup>®</sup> is a herbal supplement which falls under Generally Recognized As Safe (GRAS) category. The capsules are to be taken after consulting your doctor.

### OVERDOSAGE

It is well tolerated but a considerable overdose of these supplements may result in adverse effects. In case of accidental overdose, immediately inform your doctor.

### STORAGE AND SAFETY INFORMATION

- Prior to use, carefully review the label.
- Keep this medicine out of the reach of children!
- Do not store above 30oC.
- Do not exceed the recommended dosage.
- If the “use by” date printed on the container or carton has passed, avoid using this product.

How to boost sperm health naturally  
**The answer in GINSPERM<sup>®</sup> capsule**  
(100% natural and herbal with no side effects)

