

# FH PRO<sup>®</sup> for men & women

Antioxidant-based supplements from  
the #1 fertility brand in the U.S.



## Comprehensive, antioxidant-based fertility supplements for men and women

- Over 25 ingredients — provides baseline nutritional support and key fertility ingredients.
- Fairhaven Health is the #1-selling fertility brand in the U.S., all products are made in GMP-certified, FDA-regulated facilities to ensure quality and efficacy.
- The only fertility supplement endorsed by the American Pregnancy Association.



### FH PRO for Men – Key Benefits

- Formulated to help support sperm count, motility and morphology, and protect sperm from damaging effects of oxidative stress.\*
  - Provides key fertility-enhancing ingredients including CoQ10, L-Carnitine, Arginine, Zinc, Selenium, Vitamin E, and Lycopene.\*
  - Provides comprehensive multivitamin and mineral support.\*
  - Recommended for all men who are actively trying to conceive.
  - For best results, take 3-6 months before trying to conceive.
- US Patent #10,092,615 B2

### FH PRO for Women – Key Benefits

- Supports egg quality, ovarian function, and hormone balance.\*
  - Provides comprehensive preconception multivitamin and mineral support.\*
  - Provides the nutrients most well-studied for female fertility and preconception health, including Myo-Inositol and CoQ10.\*
  - Recommended for all women who are actively trying to conceive.
  - For best results, take 3-6 months before trying to conceive.
- US Patent #10,092,545 B2

**Convenient, affordable, all-in-one solution**  
**Made in USA • GMP Manufacturing**

\* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

### FH PRO for Men Clinical Studies

**#1: FH PRO for Men Supports Sperm Health at the Molecular Level** — In a groundbreaking study conducted at the Cleveland Clinic, men took FH PRO for Men for 180 days, resulting in increased expression of sperm proteins associated with spermatogenesis, maturation of sperm, sperm-binding function, and fertilization process. Published online October 16, 2019 in *Antioxidants*.

**#2: FH PRO for Men Improves Sperm Health** — In a prospective clinical trial, 148 men took FH PRO for Men for 3 months. The joint study was between the Hamad Medical Corporation in Doha, Qatar and the Cleveland Clinic in Ohio. The abstract was presented at the 2019 annual meeting of the American Society of Reproductive Medicine.

Semen Parameters	Before Treatment	Percent Change After
Sperm Count (10 <sup>6</sup> / ml)	22.23	38% ↑
Progressive Motility (%)	4.00	102% ↑
Normal Morphology (%)	2.86	39% ↑
DNA Fragmentation (%)	38.63	17% ↓
Oxidation Reduction Potential (mv/10 <sup>6</sup> / ml)	10.26	40% ↓

# FH PRO<sup>®</sup> for men



# FH PRO<sup>®</sup> for women



## Supplement Facts

Serving Size: 6 capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	1500mcg	170%
Vitamin C (as ascorbic acid)	120mg	130%
Vitamin D (as cholecalciferol)	30mcg (1200 IU)	150%
Vitamin E (as d-alpha tocopheryl acid succinate and d-alpha-tocopherol)	134mg	890%
Vitamin K (as 50% phytonadione (K1) and 50% menaquinone-4 (K2))	80mcg	70%
Thiamin (as thiamine HCl)	3mg	250%
Riboflavin (as riboflavin 5-phosphate sodium)	3.4mg	260%
Niacin (as niacinamide)	20mg	130%
Vitamin B6 (as pyridoxal-5-phosphate)	25mg	1470%
Folate (from L-5-Methyltetrahydrofolate, calcium)	1360mcg DFE	340%
Vitamin B12 (as methylcobalamin)	1000mcg	41670%
Biotin (as d-biotin)	600mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	20mg	400%
Iodine (as potassium iodide)	150mcg	100%
Zinc (as zinc citrate)	30mg	270%
Selenium (as L-selenomethionine)	140mcg	250%
Copper (as copper sulfate)	1mg	110%
Manganese (as manganese bisglycinate chelate)	2mg	90%
Chromium (as chromium picolinate)	120mcg	340%
Molybdenum (as molybdenum glycinate chelate) 75 mcg	75mcg	170%
L-Carnitine L-Tartrate	2000mg	**
L-Arginine HCl	350mg	**
Coenzyme Q-10 (as ubiquinone)	200mg	**
N-Acetyl L-Cysteine	200mg	**
Grape Seed Extract	20mg	**
Lycopene	10mg	**
Benfotiamine	1mg	**

\*\* Daily Value not established.

## Supplement Facts

Serving Size: 6 capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	1500mcg	170%
Vitamin C (as ascorbic acid)	240mg	270%
Vitamin D (as cholecalciferol)	70mcg (2800IU)	350%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	67mg	450%
Vitamin K (as phytonadione (K1) and menaquinone-4 (K2))	80mcg	70%
Thiamin (as thiamine HCl)	3mg	250%
Riboflavin (as riboflavin-5-phosphate)	3.4mg	260%
Niacin (as niacinamide)	40mg	250%
Vitamin B6 (as pyridoxal-5-phosphate)	4mg	240%
Folate (as L-5-methyltetrahydrofolate, calcium)	1360mcg DFE	340%
Vitamin B12 (as methylcobalamin)	12mcg	500%
Biotin (as d-biotin)	600mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	20mg	400%
Choline (as choline bitartrate)	50mg	10%
Iron (as iron glycinate)	18mg	100%
Iodine (as potassium iodide)	150mcg	100%
Zinc (as zinc citrate)	30mg	270%
Selenium (as selenomethionine)	70mcg	130%
Copper (as copper sulfate)	1mg	110%
Manganese (as manganese bisglycinate chelate)	2mg	90%
Chromium (as chromium picolinate)	240mcg	690%
Molybdenum (as molybdenum glycinate chelate)	75mcg	170%
Myo-Inositol	2000mg	**
CoQ10 (as ubiquinone)	300mg	**
Alpha Lipoic Acid	100mg	**
D-Chiro-Inositol	50mg	**
Grape Seed Extract	50mg	**
trans-Resveratrol Extract (from Polygonum cuspidatum) (root)	50mg	**
N-Acetyl-L-Cysteine	50mg	**
Melatonin	2mg	**
Benfotiamine	1mg	**

\*\* Daily Value not established.

## Practitioners:

Contact us today for samples, wholesale pricing or referral program information.