



Here are some simple steps to help ensure both partners are in the best physical condition to conceive and enjoy a healthy pregnancy.

Maintain a healthy weight

- ♂ A healthy body mass index (below 29kg/m²) is important for sperm health.
- ♀ Women should ensure their body mass index is between 19–29kg/m² to maximise chances of conceiving.

Limit alcohol & avoid tobacco

- ♂ Smoking and excessive alcohol consumption have been shown to lower sperm health.
- ♀ Smoking/passive smoking and alcohol are proven to severely harm pregnancy.

Have regular sex at the right time

- ♂♀ Sex every 2 to 3 days optimises the chances of pregnancy.
- ♂ The more often a man ejaculates, the less dense the semen will be, so it's important to maintain a gap of two days between ejaculations.

Avoid tight-fitting underwear, hot baths & electric blankets

- ♂ There is an association between elevated testes temperature and reduced sperm health.

Talk to your doctor about vaccinations

- ♀ Depending on your personal situation your doctor may recommend certain vaccinations prior to pregnancy.

Ensure adequate nutrition

- ♀ Women should ensure they get the right vitamins and minerals before conception. Folic acid supplementation (400 micrograms/day for up to 12 weeks before conception) has been shown to reduce the chance of having a baby with neural tube defects.
- ♂ Men may wish to take a supplement that supports sperm health.

Talk to your doctor about the prescription medicines you currently take

- ♂ Some medicines can affect sperm health.
- ♀ Some prescription drugs affect female fertility and are not recommended during pregnancy.

Avoid contact with chemicals at work & in the home

- ♂♀ Pesticides, chemical fertilisers and petrochemicals can lower sperm quality and quantity and can also lead to pregnancy complications.

Take time to relax and avoid stress

- ♂♀ Stress can affect a couple's relationship and is likely to reduce libido and how often you have sex.

Menevit: Designed for male fertility¹

Menevit has a unique combination of antioxidants specifically formulated to support sperm health for couples wanting to fall pregnant.

How to take Menevit

Men should preferably start taking Menevit for at least 90 days before trying for pregnancy as the sperm production cycle takes 74–78 days.²

Menevit is available in convenient packs of 30 and 90 capsules from pharmacies and should be taken once-daily with food.³

What else should you know?

Menevit is specifically formulated to support male sperm health. It does not replace a balanced diet.

Couples planning pregnancy may be interested to know that Elevit is a specifically formulated supplement available for women planning pregnancy. Elevit should be taken 30 days prior to conception and throughout pregnancy to help reduce the risk of neural tube defects.⁴



Menevit is available at pharmacies nationwide.
Further information on Menevit is available from www.menevit.com.au
For any health related concerns please speak with your GP.