

A Systematic Review and Evidence-based Analysis of Ingredients in Popular Male Fertility Supplements

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Hypothesis, Objective, and Methods

- **Hypothesis:** We hypothesized that the majority of ingredients in male fertility supplements will lack scientific evidence which demonstrates positive effects on sperm parameters or live birth rates.
- **Objective:** To study the level of evidence available for ingredients in popular over-the-counter male fertility supplements.
- **Methods:** A scoring system was developed to grade the level of evidence in ingredients from the top 17 supplement products. The grades were utilized to generate a composite score for each whole supplement product.



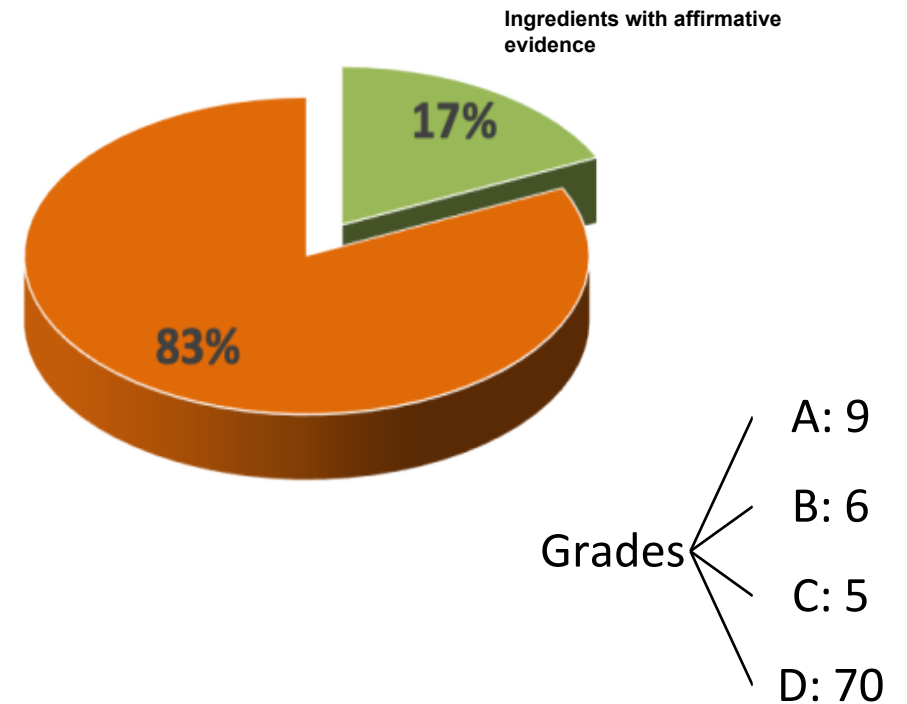
Results and Conclusion

- **Results**

- 90 unique ingredients were identified from 17 supplements
- No whole supplement product published evidence in an RCT
- 22% of ingredients were found to have published evidence in RCT's with respect to male fertility
- The average composite score for whole supplement products was 1.67 (on a scale of 5) [median: 1.41, IQR: 2.19]

- **Conclusions**

- Many male fertility supplements claim to improve fertility; however, their products are rarely backed by evidence.
- Fertility supplements should be used with caution and further studies should be conducted.



Thank you!

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