

Oxidative stress is a leading cause of male infertility, because it leads to decreased sperm count and motility and causes damage to sperm DNA. FH PRO for Men is an evidence-based, doctor-formulated dietary supplement with comprehensive vitamin and mineral support and targeted antioxidant protection, designed to promote male fertility and overall reproductive health by decreasing oxidative stress, improving nutritional status, and optimizing sperm function.*

CAUTION: Keep out of reach of children. For adults only. If you have a pre-existing medical condition, please consult a doctor before use. If tamper seal is broken or missing, do not use. In case of accidental overdose, call a poison control center immediately.

For best results, begin taking FH PRO for Men 3-6 months before trying to conceive naturally or via ART.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Distributed by Fairhaven Health, LLC
1410 11th Street Bellingham, WA 98225 L03
Made in the USA of imported and domestic ingredients
Manufactured in a GMP-certified facility

www.fairhavenhealth.com Patent Pending

FH PROTM for men

Clinical-Grade Fertility Supplement

DIETARY SUPPLEMENT DESIGNED TO:

- Protect sperm from oxidative stress*
- Promote male fertility, sperm function, and overall reproductive health*
- Provide complete, targeted multivitamin support*
- Complement ART or serve as a natural conception aid*



FAIRHAVEN HEALTH[®]

180 Capsules / One Month Supply

Recommended Use: As a dietary supplement, take 6 capsules daily or as recommended by your health care professional.

Supplement Facts

Serving Size: 6 capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene) 5000 IU	100%
Vitamin C (as ascorbic acid) 120 mg	200%
Vitamin D3 (as cholecalciferol) 1200 IU	300%
Vitamin E (87.5% as d-alpha-tocopherol succinate and 12.5% as mixed tocopherols) 200 IU	887%
Vitamin K (as 50% phytonadione (K1) and 50% menaquinone-4 (K2)) 80 mcg	100%
Thiamin (as thiamine HCl and benfotiamine) 3 mg	200%
Riboflavin (as riboflavin 5 phosphate) 3.4 mg	200%
Niacin (as niacinamide) 20 mg	100%
Vitamin B6 (as pyridoxal 5 phosphate) 25 mg	1250%
Folate (from 5-Methyltetrahydrofolate, Calcium) 800 mcg	200%
Vitamin B12 (as methylcobalamin) 1000 mcg	16667%
Biotin (as d-biotin) 600 mcg	200%
Pantothenic Acid (as d-calcium pantothenate) 20 mg	200%
Iodine (as potassium iodide) 150 mcg	100%
Zinc (as zinc citrate) 30 mg	200%
Selenium (as selenomethionine) 140 mcg	200%
Copper (as copper sulfate) 1 mg	50%
Manganese (as manganese bisglycinate chelate) 2 mg	100%
Chromium (as chromium picolinate) 120 mcg	100%
Molybdenum (as molybdenum glycinate chelate) 75 mcg	100%
L-Carnitine L-Tartrate 2000 mg	**
L-Arginine HCl 350 mg	**
CoQ10 (as ubiquinone) 200 mg	**
N-Acetyl L-Cysteine 200 mg	**
Grape Seed Extract 20 mg	**
Lycopene 10 mg	**
Benfotiamine 1 mg	**

** Daily Value not established

Other ingredients: Vegetable capsule (hypromellose), microcrystalline cellulose, magnesium stearate, silicon dioxide

