



## Infertility is not just a women's health issue...

Many couples struggle with infertility. It is often thought of as only a women's health issue but sometimes, conditions in both partners play a role.

According to the American Society for Reproductive Medicine, it is reported that in approximately 40% of infertile couples, the male partner is either the sole cause or a contributing cause of infertility.

Reduced male fertility can occur with age, stress, lifestyle, environmental factors and certain health conditions which can affect changes in male physiology affecting reproductive health.

- ✓ **Evolution60**—Recommended for men when couples are trying to have a baby but have difficulty conceiving.
- ✓ **Evolution60**—A unique male fertility support dietary supplement, supplies nutrients to help promote healthy male reproductive health.
- ✓ **Evolution60**—Rich in selenium to support healthy sperm development.
- ✓ **Evolution60**—Helps protect cells from oxidative stress to promote sperm quality.
- ✓ **Evolution60**—An odorless powder that easily dissolves in a glass of water.
- ✓ **Evolution60**—Available without a prescription through pharmacy and online retailers, including select Walgreens stores and Walgreens.com and Evolution60.com

**Are you having difficulties conceiving?**  
Ask your doctor if Pregnitude is right for you.

## Trying To Get Pregnant?



- ✓ **Pregnitude**—A doctor recommended fertility support dietary supplement for reproductive health formulated for women experiencing difficulties conceiving.
- ✓ **Pregnitude** may be right for you because it can help promote regular ovulation, support regular menstrual cycles, and help increase the quality of eggs released in an ovulatory cycle.\*
- ✓ **Pregnitude**—No Pills. An odorless, tasteless, colorless powder that can be added to water without altering the taste.
- ✓ **Pregnitude**—For best results, Pregnitude should be taken for at least three consecutive months.
- ✓ **Pregnitude**—Available without a prescription through pharmacy and online retailers, including select Walgreens stores and Walgreens.com; select CVS stores and CVS.com; Drugstore.com; Pregnitude.com and Amazon.com.

For more information, please visit: [www.pregnitude.com](http://www.pregnitude.com).

\* 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.

Now there's a doctor recommended fertility support dietary supplement for reproductive function formulated for women who may be having difficulty conceiving.\*



Pregnitude is recognized as a viable non-prescription option for women who may be having difficulty conceiving as it can help promote regular ovulation, support regular menstrual cycles and increase quality of eggs.\*

[www.pregnitude.com](http://www.pregnitude.com)

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## Did you know?

**More than six million women in the United States have difficulty conceiving. Some common reasons for the inability to conceive include:**

- ✓ **Age:** While many women in the 30s and 40s have no problems getting pregnant, fertility declines after age 35 and changes to the ovaries and eggs make it harder for some women to become pregnant.
- ✓ **Lifestyle Factors:** Poor diet, smoking and high levels of stress, among other factors, can affect the menstrual cycle causing irregular ovulation.

## Healthy Living Tips

**Living a healthy lifestyle is key. Some tips to consider when trying to conceive:**

- ✓ Eating healthy and maintaining a nutritious diet.
- ✓ Reduce or eliminate alcohol consumption, as well as recreational drugs and smoking.
- ✓ Low to moderate caffeine consumption.
- ✓ As delicious and healthy as fish is, certain types are high in mercury.
- ✓ Consult with your physician if you have a history of medical conditions that may prevent you from conceiving.

[www.pregnitudo.com](http://www.pregnitudo.com)



**Talk to your doctor if you are having difficulty conceiving.**

### Is Pregnitudo Right for You?

Planning a family is one of the most exciting decisions for a woman to make and an even more exciting journey. It is important to talk to your doctor as early as possible when you make the decision to start a family and ask if Pregnitudo is right for you.

### What is Pregnitudo?

Pregnitudo is a fertility support dietary supplement for reproductive health. Each box of Pregnitudo contains a month's supply (60 packets) of the supplement in powder form. Each single serving packet of Pregnitudo contains 2000mg of myo-inositol as well as 200mcg of folic acid. Women take the supplement twice daily by dissolving the odorless, tasteless and colorless powder in a glass of water. For best results, Pregnitudo should be taken for at least three consecutive months.

2000mg

**Myo-inositol is a naturally occurring substance produced by the human body from glucose.**



200mcg

**Folic Acid is a B vitamin that promotes cell growth.**

### Why Pregnitudo may be right for you.

Multiple clinical studies have demonstrated that the ingredients in Pregnitudo have a beneficial effect on ovulatory function, improving ovulation frequency, promoting menstrual cycle regularity and improving the quality of eggs.\*

References: 1. Randomized, double-blind placebo-controlled trial: *Effects of Myo-inositol on Ovarian Function and Metabolic Factors in Women with PCOS*; S Gerli et al; European Review for Medical and Pharmacological Sciences, 2007. 2. *Effects of Myo-inositol Supplementation on Oocytes Quality in PCOS Patients: A Double-blind Trial*; L. Ciotta et al; European Review for Medical and Pharmacological Sciences, 2011.

# Evolution60™

*From The Makers Of Pregnitudo*

## Evolution60 supplies important ingredients to promote male reproductive health:

- ✓ **Myo-inositol:** to improve fertilization potential of sperm
- ✓ **Selenium:** to support health sperm development
- ✓ **Folic Acid:** to improve sperm count
- ✓ **Vitamin E:** to improve sperm motility
- ✓ **L-Carnitine:** to improve sperm count and motility
- ✓ **L-Arginine:** an essential amino acid to support blood circulation and promote sperm count

For more information, please visit: [www.evolution60.com](http://www.evolution60.com)

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