

Abstract

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Improvement in human semen quality after oral supplementation of vitamin C.

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OBJECTIVE: study was carried out to monitor the effect of oral supplementation of vitamin C on various semen parameters in oligospermic, infertile, otherwise healthy individuals.

METHODS: Various semen parameters, including sperm motility, sperm count, and sperm morphology, were studied before and after the vitamin C treatment. A total of 13 infertile patients were included. Their ages ranged between 25 and 35 years. They had no genital infection or varicocele.

RESULTS: Physical examination and other routine laboratory investigations were normal. General semen analysis revealed oligozoospermia (mean sperm count was $14.3 \pm 7.38 \times 10^6$ sperms/mL, mean sperm with normal morphology was $43 \pm 7.87\%$, and mean sperm motility was $31.2 \pm 9.61\%$). Testicular biopsy was not done. These patients received in an open trial of 1,000 mg of vitamin C twice daily for a maximum of 2 months. Results showed that the mean sperm count was increased to $32.8 \pm 10.3 \times 10^6$ sperms/mL ($P < .001$) after 2 months of vitamin C intake. The mean sperm motility was increased significantly to $60.1 \pm 8.47\%$ ($P < .001$), and mean sperms with normal morphology increased significantly to $66.7 \pm 4.77\%$ ($P < .001$).

CONCLUSION: This study showed that vitamin C supplementation in infertile men might improve sperm count, sperm motility, and sperm morphology and might have a place as an additional supplement to improve the semen quality towards conception.

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