

MALE FERTILITY

How to Improve Male Fertility: What the Research Actually Shows

For many men, this can be improved. First it has to be measured.

Swipe

HOW COMMON IT IS

Roughly One in Six Couples

Roughly one in six couples runs into difficulty. This is an older estimate, so treat it as a rough guide rather than a precise figure. A male factor is one of the most common contributors.

THE EVIDENCE BASE

Twenty Eight Treatments Compared

An umbrella review pooled systematic reviews and meta-analyses and compared 28 different treatments for male fertility. The authors rated most of the evidence as moderate quality, with a substantial share rated low or very low, so these are useful signals rather than the final word.

WHAT APPEARED TO HELP

Three Approaches Stood Out

In the umbrella review of 28 treatments, several were associated with better sperm count, shape, and movement, especially antioxidant-based options, hormone-balancing approaches, and varicocele repair. Results vary from man to man, and the right approach depends on the cause.

THE ANTIOXIDANT EVIDENCE

Antioxidants May Help, With Low Certainty

The largest review to date, a Cochrane review of 90 trials in more than 10,000 men, found antioxidants may raise pregnancy and live-birth rates. The certainty of that evidence was rated low, many of the studies were small, and when only the highest-quality trials were counted the live-birth benefit faded. They are inexpensive and low-risk, with mild stomach upset as the main downside, so they can be worth including as part of a proper, individualized plan rather than a stand-alone fix, and no approach can promise a pregnancy.

PLAIN VITAMINS

Plain Vitamins on Their Own Did Not Move the Needle

In the umbrella review of 28 treatments, vitamin supplementation showed no significant benefit for sperm count, motility, or morphology. The approaches associated with improvement were more targeted than that.

FERTILITY AND TESTOSTERONE

Optimizing, Not Replacing

Some fertility-focused approaches work by optimizing your body's own hormone production, which may support healthy testosterone at the same time, rather than replacing it.

SPECIALIST SUPERVISION



A Proper Assessment Comes First

The findings are promising rather than rock-solid, the studies vary in quality, and the right plan really depends on your specific cause. When the hormonal signals themselves are off, there are prescription options: all of these are prescription medicines that require proper assessment, dosing and monitoring by a specialist, and none are something to source or self-manage. No approach can promise a pregnancy, but the right plan can give you the best chance.