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Folic acid plays a crucial role in maintaining male fertility levels. Reduced sperm count and diminished sperm quality can lead to most men becoming infertile. Scientifically, it is proven that the health of the sperms should be at the top notch in order to prevent any male fertility issues. It has also been established that any defect in sperms can not only reduce your chances of producing a child, but also increase the birth defects risk in the developing baby. Folic acid supplements are considered as saviour in this regard in terms of correcting any problems linked with sperm quality and count. Men, who are suffering from partial infertility, can indeed benefit from folic acid diet as scientifically it has been shown that it can help improve sperm quantity and quality. Male fertility tests can keep you up to date with your fertility status for planning a child.

If you are one of those who are planning to experience fatherhood, an adequate intake of folic acid should be of prime importance. Lack of required folic acid can lead to low sperm production and damage sperm DNA, which can even lead to birth defects. Many chromosomal abnormalities can degrade the quality of sperm and affect its motility. According to a study, about 20%-30% of drop in the risk of abnormalities in sperm have been observed with consumption of more than 700 mcg, but less than 1000 mcg of folic acid. The study was actually performed on the sperm samples of men who were following a balanced and healthy diet. Eventually, a link between nutritious diet and healthy sperms had been established. Also, an association between the consumption of vitamin B9 with folic acid with reduced sperm defects was found. Some men combined folic acid diet with zinc and experienced enhanced sperm quality. A group of Dutch scientists researched some partially fertile men by putting them on zinc sulfate and folic acid supplements for a considerable time period. A rise of about 75% in the sperm quality was observed as the outcome of that research. The intake of folic acid was also emphasised by the research as a conclusion.

Pregnant women are also recommended by doctors to take folic acid capsules to reduce the chances of any defects to the unborn baby. Being a sensitive issue, for many couples infertility doesn't become a matter of concern until they wish to plan a baby. There can be many reasons behind the infertility of both men and women such as substance abuse, hormonal problems, and mental and physical incapacities. Certain fertility products can help in treating partial male fertility. Alternative medicines and even dietary supplements can be beneficial in taking good care of this concern. It is also essential for most men to check the level of their fertility when they are planning for a baby.

How to test male fertility

Today in the market, a range of options are available to determine your fertility levels. You need to select the one that suits your need and convenience. babystart Fertilcount is one home male fertility test kit that can let you know about your chances of planning a child at the comfort of your home without any discomfort. This test can be done by masturbating directly into the cup provided with this kit. In order to get correct results, it is advisable not to ejaculate for at least 3 days before taking this test. You need to wait at least 15 minutes after putting your semen in the cup and then test it. This test should be performed within 12 hours. Moreover, these fertility tests can be purchased online discreetly for confidential issues.

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