

FERTILITY SUPPLEMENTS



# Effective Ways To Naturally **Bo♂st FERTILITY**



## MEN'S & WOMEN'S HEALTH

A WHOLE NEW WAY TO LIVE YOUR LIFE



AMS® Delivers a Healthy Life!



# OUR COMPANY

## WHO WE ARE

America Medic & Science **AMS®** is an American nutraceutical company headquartered in Seattle, Washington which manufactures and distributes natural products and dietary supplements. Led by a management team with over 3 decades of experience in Pharmaceuticals & Health products, America Medic & Science **AMS®** has become a leader in its industry. That, along with a dedication to producing high quality products & providing cutting-edge innovation, has allowed America Medic & Science **AMS®** to rapidly expand its scope of business across all major continents and partner with the top global players in the industry to deliver its products to customers worldwide. A member of the Natural Products Association (NPA), America Medic and Science **AMS®** is constantly seeking quality certifications by independent organizations to guarantee that it is delivering on its commitment to safety and premium quality.

## What we do

Since 2007 America Medic & Science **AMS®** has expanded its range of products to include 100% natural Male & Female Fertility supplements, Weight Control, Cardiovascular health, Energy, Mental Focus and Essential Vitamins & Minerals. All products are GMP approved & manufactured in our state-of-the-art FDA Inspected & Registered Facilities. Formulated by doctors & scientists along with inspection from manufacturing specialists and quality experts for safety, we guarantee to deliver the highest quality products in our categories. Our Research and Development department is constantly working on sourcing new ingredients, innovating and formulating new products to keep adding value to the lives of customers.

## Our Community

Through our global expansion, we have been able to create an international community of individuals that are empowered to lead healthy lives and who have remained loyal to America Medic & Science **AMS®** for its constant effort to improve their lives by educating them on health, providing premium quality products and making sure they receive the best customer service anywhere they are in the world. We are committed to build this community further and help its member create brighter futures.





- » Supports Male Factor in infertility.
- » Helps improve sperm count, motility and morphology.
- » Helps Improve overall sperm integrity
- » Helps increase chances of conceiving.

AMS®, the leading brand in reproductive fertility supplements, has crafted a natural remedy for couples having difficulty conceiving, – the **MFS Plus**. The product was formulated bearing in mind that 45% of infertility in couples is due to the male factor.

The **AMS® MFS Plus** uses a powerful all-natural formula to support the improvement of male factor issues such as sperm count, motility, morphology and overall wellbeing of their fertility functions. The key ingredient Relora (blend extract of *Magnolia officinalis* and *Phellodendron amurense*) works to relieve stress levels while antioxidants in **MFS Plus** improve sperm quality. A growing body of evidence confirms that antioxidant supplementation reduces the percentage of damaged spermatozoa. **MFS Plus** has a tremendous potential to increase chances of conceiving.

SUPPLEMENT FACTS

Serving Size: 4 Capsules | Servings Per Container: 30

Amount Per Serving		% Daily Value
Vitamin E (as D-Alpha Tocopheryl Succinate)	400 IU	1333%
Vitamin C (as Ascorbic Acid)	200 mg	333%
Lycopene (Beadlets 5%)	100 mg	**
L-Methionine	25 mg	**
Vitamin A (as Beta Carotene)	5000 IU	100%
Folic Acid	1000 mcg	250%
Selenium (as L-selenomethionine)	250 mcg	357%
Vitamin B2 (as Riboflavin)	20 mg	1176%
Vitamin B3 (as Niacinamide)	20 mg	100%
Vitamin B12 (as Cyanocobalamin)	15 mcg	250%
Zinc (as Amino Acid Chelate)	70 mg	467%
Proprietary Blend	1456 mg	**
Acetyl-L-Carnitine	*	
Co-Enzyme Q10	*	
Relora® brand Magnolia officinalis and Phellodendron amurense (U.S. Patents 6,582,735 and 6,814,987)	*	
Glutathione	*	

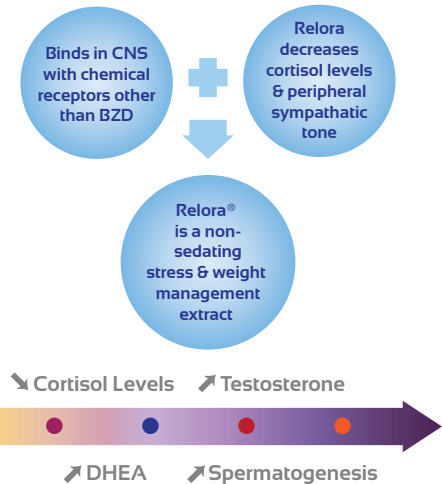
\* Proprietary Blend | \*\*Daily Value not established.



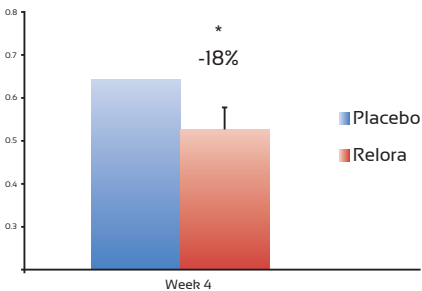
SUPREME UNIVERSAL FERTILITY  
MFS PLUS

• Relora®:

Natural proprietary blend extract of *Magnolia Officinalis* & *Phellodendron amurense* (U.S. patent No. US 6,582,735)



Effect of *Magnolia officinalis* and *Phellodendron amurense* Relora® on cortisol and psychological mood state in moderately stressed subjects. 2013 Aug 7;10(1):37. doi: 10.1186/1550-2783-10-37



Salivary cortisol exposure was significantly ( $p < 0.05$ ) lower in the Relora gp compared to Placebo gp

Glutathione

- GSH reduces the oxidative damage by neutralizing the harmful free radicals.
- GSH concentration in the maturing spermatozoa gradually declines during spermatogenesis.
- Thio-antioxidant system (mainly GSH) concentration is 10 folds higher in seminal fluid than in plasma, which highlights its role in spermatogenesis & in decreasing sperm DNA damage.

Acetyl-L-Carnitine

- L-Carnitine supplementation lead to an improvement in both sperm count and motility.
- L-Carnitine can also help improve erectile functions.
- L-Carnitine supplementation has ameliorative impact on the quality of spermatozoa in infertile men, resulting in a decrease in the number of morphologically abnormal spermatozoa. *Middle East Fertility Society Journal*, 15(2), 95-105. (2010)
- L-Carnitine concentration in the epididymal fluid is 2000 x higher than that in general circulation.

Effects of antioxidant treatment on DNA fragmentation

- Treatment of men with DFI > 30% with a 30 to 90 day course of antioxidant was associated with a statistically significant decrease in the DFI. *Index Los Angeles, CA*. (2004)



- » Promotes improvement of sperm motility
- » Supports healthy blood flow
- » Supports reduction of psychological stress.
- » Acts as an antioxidant

**AMS® Motility Max** is a dietary supplement designed to help improve sperm motility, a capacity for sperm to propel themselves forward for a sustained period of time. Thanks to all-natural formula, **Motility Max** helps men improve their reproductive health and sperm quality.

For example, Mucuna Pruriens has a major potential to recover the spermatogenic loss and increase sperm concentration as well as reduce stress levels. Besides improved sperm quality & motility. The ingredients such as L-Arginine and L-Carnitine in **AMS® Motility Max** help intensify libido and boost testosterone levels.



# Motility Max

## Mucuna Pruriens

- Mucuna Pruriens significantly ameliorate psychological stress and seminal plasma lipid peroxide levels along with improved sperm count and motility.
  - Mucuna Pruriens helps fight stress-mediated poor semen quality. It increases semen volume, improves sperm quality, and regresses unspecific generation of reactive oxygen species in infertile subjects.
- Mucuna pruriens and Its Major Constituent L-DOPA Recover Spermatogenic Loss by Combating ROS, Loss of Mitochondrial Membrane Potential and Apoptosis. PLoS One.2013***
- M. pruriens efficiently recovers the spermatogenic loss induced by EE administration. The recovery is mediated by reduction in ROS level, restoration of MMP, regulation of apoptosis and eventual increase in the number of germ cells.
  - Upon M. pruriens administration, we observed significant recovery of mitochondrial membrane potential coupled with a gain in sperm motility

## L-Arginine

- An essential amino acid that supports healthy circulation and often called the miracle molecule by researchers.
- The perfect amino acid to increase sperm motility and boost libido.
- L-Arginine is required for normal spermatogenesis.

## L-Carnitine

- A direct correlation between carnitine levels in the seminal plasma and sperm motility, vitality, and concentration has been shown.
- L-Carnitine facilitates higher quantity of sperm and better sperm motility
- L-Carnitine is important for the development of spermatozoa.
- It is a source of energy in the epididymis; it plays a role in sperm maturation.

## SUPPLEMENT FACTS

Serving Size: 2 Capsules | Servings Per Container: 30

Amount Per Serving		% Daily Value
Vitamin B6 (50% Pyridoxal-5-Phosphate, 50% Pyridoxine HCL)	25 mg	1250%
Vitamin B12 (as Cyanocobalamin)	500 mcg	8333%
Vitamin C (as Ascorbic Acid)	5 mg	8.3%
Vitamin A (Acetate)	2000 IU	40%
Selenium (as Amino Acid Chelate)	15 mcg	21%
Zinc (as Zinc Oxide)	5 mg	33%
<b>Proprietary Blend</b>	<b>1440 mg</b>	<b>**</b>
NAC (N-Acetyl Cysteine)	*	
L-Arginine	*	
L-Carnitine (as L-Carnitine L-tartrate)	*	
Mucuna Pruriens (Seed) (40% L-Dopa)	*	
Quercetin	*	
Co-Enzyme Q10	*	

\* Proprietary Blend | \*\*Daily Value not established

### N-Acetyl-Cysteine

- N-A-C scavenges free radicals
- Increases GSH production
- Reduces viscosity and elasticity of semen

### Co-Enzyme Q10

- Attenuates oxidative stress in seminal plasma & improves all semen parameters.
- Oral CoQ10 increases CoQ10 levels in seminal plasma and in sperm cells

### Quercetin

- Affects sperm quality through stimulation of the sex organ
- Increases sperm motility, viability & concentration

### Vitamin B12

- Increases motile sperm count, & diameter of seminiferous tubules
- Increases sperm motility & sperm count





- » Helps increase sperm count.
- » Improves semen quality.
- » Promotes male reproductive health.

AMS® Sperm Count Max is a dietary supplement created by AMS® to improve sperm count as well as reproductive health for men having documented sperm count issues. The primary goal of **Sperm Count Max** is to allow men to improve fertility and increase chances of conception, thus making **Sperm Count Max** ideal for couples who are hoping to have a baby.

The natural formula includes ingredients such as withania somnifera, which inhibits lipid peroxidation, decreases glycation markers, reduces oxidative stress, and improves semen quality. On the other hand, maca root improves sperm production while mucuna pruriens increases testosterone levels, reduces stress, and improves sperm quality. The WHO states that less than 15 million/ml is a low sperm count for fertile men, which is why **Sperm Count Max** poses as a perfect solution for this problem.

SUPPLEMENT FACTS

Serving Size: 2 Capsules | Servings Per Container: 30

Amount Per Serving	% Daily Value	
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin B2 (as Riboflavin)	15 mg	882%
Vitamin B3 (as Inositol Hexanicotinate)	25 mg	125%
Vitamin B12 (as Cyanocobalamin)	200 mcg	3333%
Co-Enzyme Q10	50 mg	**
L-Glutathione reduced	125 mg	**
L-Lysine	500 mg	**
Zinc (as Zinc Oxide)	5 mg	33%
Proprietary Blend	870 mg	**
Maca Root (Lepidium Meyenii)		
d-Ribose		
Withania Somnifera (root)		
(standardized to 2.5% alkaloids)		
Panax Ginseng (root)		
Mucuna Pruriens (Seed) (40% L-Dopa)		
Epimedium Sagittatum (Horny goat weed)		

\* Proprietary Blend | \*\*Daily Value not established



Sperm Count Max



Withania somnifera

Treatment with W. somnifera significantly reduced apoptosis in normozoospermic and oligozoospermic men and ROS concentrations in oligozoospermic and asthenozoospermic men. Treatment also significantly improved metal ion concentrations in infertile men. It is concluded that W. somnifera improves semen quality by reducing oxidative stress and cell death, as well as improving essential metal ion concentrations. Shukla, K. et al (2011). Reproductive BioMedicine Online, 22(5), 421-427.

Withania Somnifera Improves Semen Quality by Regulating Reproductive Hormone Levels and Oxidative Stress in Seminal Plasma of Infertile Males. Fertil Steril. 2010 Aug;94(3):989-96

Effect of Withania somnifera on semen profile of infertile men.					
Group	Treatment	Semen volume (mL)	Sperm concentration (10 <sup>6</sup> /mL)	Sperm count (x10 <sup>6</sup> per ejaculate)	Motility (%)
Control (n = 75)	None	2.84 ± 0.45	79.00 ± 15.37	223.00 ± 52.25	72.67 ± 7.63
Normozoospermic (n = 25)	Pretreatment <sup>a</sup>	2.21 ± 0.43	54.04 ± 8.80	119.37 ± 29.65	54.17 ± 10.18
	Posttreatment <sup>b</sup>	2.65 ± 0.39	71.88 ± 10.70	191.38 ± 42.12	63.54 ± 10.05
Oligozoospermic (n = 25)	Pretreatment <sup>a</sup>	1.86 ± 0.37	9.78 ± 1.89	18.06 ± 4.74	52.5 ± 8.47
	Posttreatment <sup>b</sup>	2.42 ± 0.30	27.32 ± 5.67	65.63 ± 13.52	62.71 ± 9.32
Asthenozoospermic (n = 25)	Pretreatment <sup>a</sup>	2.44 ± 0.45	43.49 ± 8.84	103.37 ± 17.65	16.44 ± 2.91
	Posttreatment <sup>b</sup>	2.54 ± 0.54 <sup>NS</sup>	57.6 ± 11.79 <sup>b</sup>	141.91 ± 21.95 <sup>b</sup>	24.44 ± 4.48 <sup>b</sup>

<sup>a</sup> P< .01 compared with control (Dunnell test).  
<sup>b</sup> P< .01 compared with pretreatment (paired t test).  
<sup>NS</sup> Not significant.

Maca Roots

- Improves sperm production and sperm motility by mechanisms not related to LH, FSH, PRL, T and E2.
- Acts as a tonic for the hormonal system, and enhances libido.
- Treatment with Maca resulted in increased semen volume, sperm count, and sperm motility.

Mucuna Pruriens

- Increases semen volume, improves sperm quality, and regresses unspecific generation of reactive oxygen species in infertile subjects.
- It helps in some central mechanism to increase secretion of semen, decrease spermatorrhea, and act as a restorative invigorating tonic and aphrodisiac in disorders characterized by weakness or loss of sexual power.

Co-Enzyme Q10

Antioxidant found in seminal fluid and seminal plasma. Multiple studies have confirmed that CoQ10 levels correlate closely with sperm count

Reduced Glutathione

In addition to protecting sperm from free radical damage and improving sperm motility, reduced glutathione is important to ensuring a healthy sperm count

Ribose

Ribose is essential for RNA & DNA nucleotides synthesis, The availability of ribose determines the rate at which these nucleotides can be made by the cells



- » Promotes prostate health
- » Supports stronger urinary flow
- » Supports improvement in bladder emptying

**Advanced Prosta-Forte** is a dietary supplement released by **AMS®** to promote prostate health. Millions of men around the world suffer from health issues affecting prostate and affecting their quality of life. **Advanced Prosta-Forte** contains a potent formula of natural ingredients including lycopene whose benefits for prostate health are well-documented.

Lycopene inhibits disease progression in patients with benign prostate hyperplasia (BPH) and it also has potential to prevent prostate cancer. **Advanced Prosta-Forte** also contains Resveratrol, Saw Palmetto, Pomegranate extract, Quercetin, Zinc, Selenium and other ingredients.

## SUPPLEMENT FACTS

Serving Size: 3 Caplets | Servings Per Container: 30

Amount Per Serving		% Daily Value
Vitamin D-3 (as Cholecalciferol)	400 IU	100%
Zinc (from Zinc Glycinate)	15 mg	100%
Selenium (from Selenium Amino Acid Complex)	70 mcg	100%
<b>Proprietary Blend</b>	<b>3005 mg</b>	*
Phytosterols (Plant Sterols) (with Beta-Sitosterol)	*	**
Stinging Nettle Root Extract (Urtica dioica)	*	**
Quercetin (from Quercetin Dihydrate)	*	**
Turmeric Root Extract (Curcuma longa)	*	**
Pomegranate Extract (Punica granatum) (Fruit)	*	**
Pumpkin Seed Oil (Cucurbita Pepo)	*	**
Lycopene (Natural tomato extract)	*	**
Green Tea Extract (Camellia sinensis) (Leaf)	*	**
Saw Palmetto Extract (Berry) (Serenoa repens)	*	**
Natural Trans-Resveratrol (Polygonum cuspidatum) (Root)	*	**
LinumLife® Complex (Flax Seed Lignan Extract)	*	**

\* Proprietary Blend | \*\*Daily Value not established.

### Saw Palmetto

- Many studies indicated its efficacy for BPH/lower urinary tract symptoms. It has an anti androgenic action, an anti-inflammatory effect and an anti proliferative influence through the inhibition of growth factors.

### Resveratrol & Zinc

- Resveratrol and Zinc co-treatment increases total cellular Zn and intracellular free labile Zinc in normal human prostate epithelial cells.
- Zinc plays a critical role in a number of prostatic functions, including sperm health

### Turmeric Root Extract

- A study showed that the group who received curcumin supplementation experienced Fewer urinary infections  
Less incontinence than the control group  
Significant improvements in urinary stream and quality of life.



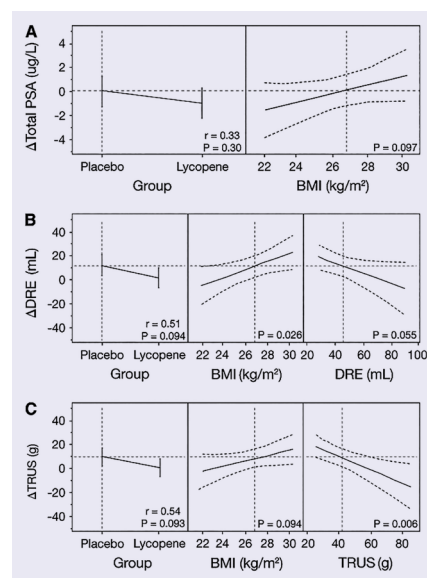
# ADVANCED PROSTA-Forte

## Stronger Formula WITH SAW PALMETTO



### Lycopene Inhibits Disease Progression in Patients with Benign Prostate Hyperplasia

- After six months, lycopene group experienced a decrease in PSA levels, while no changes in placebo group ( $P < 0.05$ ). Prostate enlargement progressed in the placebo group and remained the same in the Lycopene group.

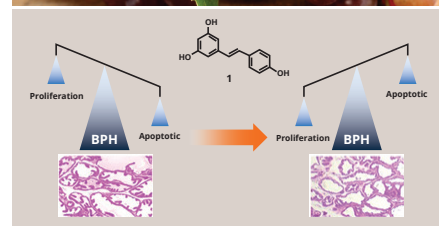


### Effects of Resveratrol on Benign Prostatic Hyperplasia by the Regulation of Inflammatory and Apoptotic Proteins.

J Nat Prod. 2015 Apr 24;78(4): 689-94

- Resveratrol treatment decreased prostate weight and cell proliferation and markedly decreased BPH-related upregulation of iNOS and COX-2 protein expression.

- These results suggested that Resveratrol produced an antiproliferative effect by regulating the expression levels of proteins involved in inflammation and apoptosis during BPH.







- » Supports penile health
- » Supports sexual stamina
- » Helps increase sexual desire
- » Improves semen volume

**PenaMax** is an all-natural dietary supplement from **AMS®** formulated for men who are looking to increase stamina, endurance, and improve overall sexual performance in an entirely natural manner.

Using powerful formula, **AMS® PenaMax** elevates libido and sexual desire and allows men to have control over ejaculation for greater pleasure. Ingredients found in **AMS® PenaMax** include Acetyl-L-carnitine and Propionyl-L-carnitine which boost energy metabolism, L-Arginine to increase nitric oxide levels and libido, ginkgo biloba for mental health, better erections, and blood circulation, and butea superba which widens blood vessels in the penis for stronger and longer erections.

## SUPPLEMENT FACTS

Serving Size: 2 Capsules | Servings Per Container: 30

Amount Per Serving	% Daily Value
<b>Proprietary Blend</b>	<b>1600 mg</b> **
Acetyl L-Carnitine HCL	*
Ginkgo Biloba ( Leaf Extract )	*
Butea Superba (Roxb root extract powder)	*
L-Arginine	*
Propionyl L-carnitine HCL	*

\* Proprietary Blend | \*\* Daily Value Not Established



**Butea Superba**



# PenaMax



## Acetyl-L-carnitine and Propionyl-L-carnitine:

- Both acetyl-L-carnitine and propionyl-L-carnitine are natural substances that help boost our energy metabolism by acting as sources of their parent compound, Carnitine.
- Carnitine in our cells facilitates the transport of fatty acid molecules across the mitochondrial membranes.
- The highest levels of L-carnitine in the human body are found in epididymal fluid, in which its concentration is around 2000 times higher than that in circulating blood.

## L-Arginine

Because of arginine's NO-stimulating effects, it can be utilized in therapeutic regimens for erectile dysfunction.

*Alternative Medicine Review, Volume 7, Number 6, 2002*



- An impaired penile endothelial L-Arginine-NO activity appears to play a role in the pathogenesis of erectile dysfunction.

## Ginkgo Biloba

- The leaves of the ginkgo biloba tree contain flavonoids, that have been shown to increase sluggish blood circulation and relax blood vessels. This allows the blood to flow more freely to the genitals and makes it easier to achieve and sustain erection, increases semen output, and enhances sensitivity.
- It has been found that Ginkgo Biloba is effective in treating antidepressant-induced sexual dysfunction. It had a positive effect on all 4 phases of the sexual response cycle.

## Butea Superba

- Butea Superba exhibits vasodilation properties in the penile organ (via the formation of NO), thereby promoting an increased blood flow which stimulates larger, stronger and steadier erections.
- Butea Superba also has a high cAMP Phosphodiesterase inhibitor activity, enabling it to exert vasodilation effects on corpus cavernosum
- A 3-month randomized double-blind clinical trial was carried out in volunteers with ED, aged 30 years approximately 70 years, to evaluate the therapeutic effect of the crude preparation of Butea superba on ED.
- Estimation of the sexual record indicated that 82.4% of the patients exhibited noticeable improvement.



- » Supports enhancement of follicular development
- » Helps improve insulin sensitivity
- » Helps enhance ovulatory functions
- » Promotes menstrual regularity

AMS® WFS Plus PCOS is an all-natural supplement formulated by doctors to support the enhancement of ovulatory functions and help improve insulin sensitivity and follicular development. These are crucial elements that facilitate the process for women to conceive and have overall healthy fertility functions.

One of the key ingredients of AMS® WFS Plus PCOS is D-Chiro-Inositol which increases the action of insulin and decreases androgen levels in patients with polycystic ovary syndrome. The potent formula also contains N-Acetyl-Cysteine that supports ovulation.

## SUPPLEMENT FACTS

Serving Size: 6 Capsules | Servings Per Container: 30

Amount Per Serving		% Daily Value
Vitamin D3	1000 IU	250%
Vitamin C (as Ascorbic Acid)	800 mg	1333%
Magnesium	250 mg	62.5%
Choline	400 mg	**
Calcium	250 mg	25%
Biotin	100 mcg	33%
Manganese	3 mg	150%
<b>Proprietary Blend</b>	<b>3000 mg</b>	<b>**</b>
D-Chiro Inositol (DCI)	*	
N-Acetyl-Cysteine (NAC)	*	
R-Lipoic Acid	*	
DHA (Docosahexaenoic Acid)	*	

\* Proprietary Blend | \*\*Daily Value not established.

### R-Lipoic Acid

- Powerful antioxidant.
- Reduces inflammation through modifying gene expression & decreasing TNF-α

### Vitamin D

- Deficiency is common in PCOS patients and low levels are linked to insulin resistance.
- Vitamin D<sub>3</sub> lowers TNF-alpha, C-Reactive Protein, MMP-9 and MMP-2.

### DHA

- Powerful antioxidant that reduces inflammation and decreases TNF-α
- Helps pregnant women avoid two serious conditions that can occur during pregnancy such as pre-eclampsia and gestational diabetes.



## SUPREME UNIVERSAL FERTILITY WFS PLUS



### D-Chiro-Inositol (DCI):

- DCI plays an important role in insulin signal transduction as a secondary messenger.
- Insulin transports the sugar from the blood into the cell where a DCI containing IPG or DCI-IPG converts the sugar into either ATP to be used as energy or glucagon to be stored for later use.

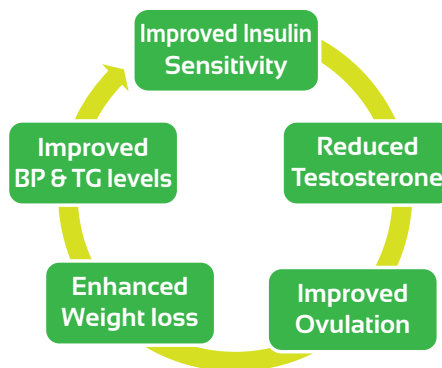
PCOS patients have insulin resistance due to DCI deficiency, DCI deficiency is explained by:

Urinary clearance of DCI is greater than 5 folds higher in PCOS patients vs normal

Impaired DCI-IPG release in response to insulin.

Defect in tissue availability & utilization of DCI.

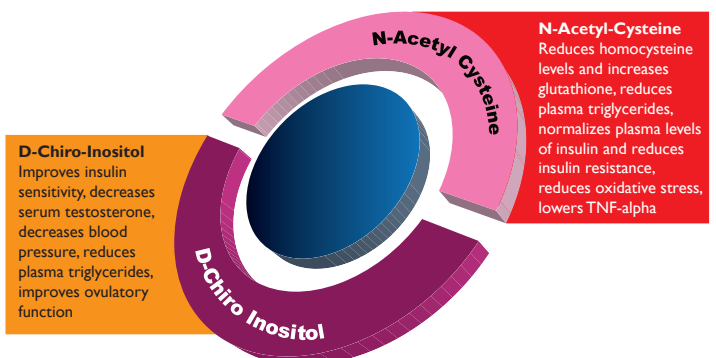
There are many reasons women with PCOS may want to take this supplement as DCI has been linked to:



### N-Acetyl-Cysteine:

- NAC is a potent antioxidant and a precursor to intracellular glutathione
- Improves insulin sensitivity in subjects with Type II diabetes and women with PCOS who are hyper-insulinemic
- PCOS patients have elevation in homocystein levels → NAC Lowers homocysteine levels & TNF-alpha
- Compared to folic acid alone, NAC + folic acid significantly increased rate of continuation of a living pregnancy (73% vs 20%)

## D-Chiro-Inositol and N-Acetyl-Cysteine







- » Supports improvement of ovarian functions
- » Helps improve quality of eggs and oocytes

AMS® Ova-Max is a natural blend of vitamins and antioxidants which work together to improve women's egg and embryo quality by strengthening the antioxidant defense mechanism thus preventing oxidative stress.

Ova-Max comprises of Chasteberry, Melatonin, Myo-Inositol, Folic Acid, Co-Enzyme Q10, Vitamin E, L-Arginine, Grapeseed extract and Alpha-lipoic Acid.

Ova-Max can improve oocyte quality and fertilization rates by supporting the regulation of female hormones and improving insulin sensitivity.

Regular intake of AMS® Ova-Max is also, beneficial for women undergoing IVF and ICSI (intracytoplasmic sperm insemination).



# Ova-Max



## Melatonin:

• Melatonin reduces oxidative stress as an antioxidant, and contributes to oocyte maturation, embryo development & luteinization of granulosa cells.

• Recent studies showed that mature follicles have higher level of Melatonin compared to immature follicles.

*International Journal of Endocrinology, (2016), 1-9.*

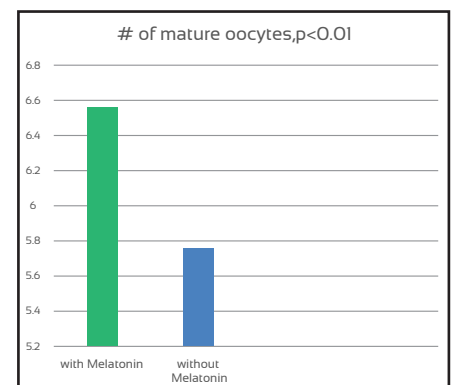
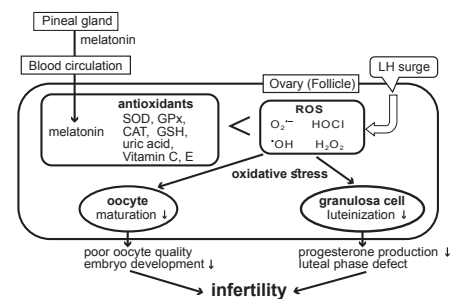
• Melatonin is secreted by the pineal gland and taken up into the follicular fluid from the blood.

**The effect of The treatment with Myo-Inositol and Folic Acid plus Melatonin in Comparison with a Treatment with Myo-Inositol plus Folic Acid on Oocyte Quality and Pregnancy Outcome in IVF Cycles. A Prospective, Clinical Trial.**

*Rizzo P, et al. Eur Rev Med Pharmacol Sci. 2010 Jun; 14(6): 555-61.*

• Melatonin ameliorates the activity of myo-inositol and folic acid by improving oocyte quality and pregnancy outcome in women with low oocyte quality history

• Clinical pregnancy rate and implantation rate were higher in the group cotreated with melatonin



## Chasteberry

- 1- Vitex increases LH production and reduces or inhibits the release of FSH. This causes a change in the ratio between estrogen and progesterone.
- 2- Vitex has Prolactin- inhibiting effect by activating Dopamine receptors ► Lengthens the luteal phase of the menstrual cycle.
- 3- Vitex can correct problems including insufficient progesterone.

**Vitamin E, CoQ10 and Grapeseed extract:** Each of these ingredients has powerful antioxidant activity to help safeguard your egg cells from free radical damage.

SUPPLEMENT FACTS			
Serving Size: 4 Capsules   Servings Per Container: 30			
Amount Per Serving		% Daily Value	
Vitamin E (as DL-alpha-Tocopheryl Acetate)	100 IU	333%	
Folic Acid	200 mcg	50%	
Co-Enzyme Q10	200 mg	**	
Chasteberry (Vitex Agnus-Castus) (Fruit)	200 mg	**	
<b>Proprietary Blend</b>		<b>1805 mg</b>	<b>**</b>
Myo-Inositol		*	
alpha Lipoic Acid		*	
Grape Seed Extract (Vitis Vinifera L.)		*	
Melatonin		*	
L-Arginine		*	
* Proprietary Blend ** Daily Value not established			





# FertiliMax



» *Helps improve the egg & embryo quality with DHEA*

» *Helps improve IVF pregnancy chances*

» *Supports ovarian reserve*

AMS® **FertiliMax** delivers all the essential vitamins & minerals needed to support the brain and spinal development of the embryo when taken by women prior to pregnancy. For instance, it enriches the body with iodine, Folic Acid, Calcium, Vitamin D , E, Magnesium & Iron.

AMS® **FertiliMax** also delivers 25 mg of pharmaceutical-grade, micronized DHEA to improve the egg quality as well as IVF pregnancy chances along with its ability to support the ovarian reserve, especially in women of 35 years of age or older.

## SUPPLEMENT FACTS

Serving Size: 2 Tablets | Servings Per Container: 45

Amount Per Serving		% Daily Value
Vitamin C (as Ascorbic Acid)	85 mg	142%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as DL-alpha-Tocopheryl Acetate)	10 IU	33%
Vitamin B6 (as Pyridoxine HCl)	25 mg	1,250%
Vitamin B12 (as Cyanocobalamin)	12 mcg	200%
Vitamin B3 (as Niacinamide)	50 mg	250%
Vitamin B5 (as Calcium Pantothenate)	40 mg	400%
Omega-3 Fatty Acids	300 mg	**
Calcium (as Calcium Carbonate)	140 mg	14%
Iron (Carbonyl)	30 mg	167%
Co-Enzyme Q10	200 mg	**
Magnesium (as Magnesium Oxide)	45 mg	11%
Dehydroepiandrosterone (DHEA)	25 mg	**

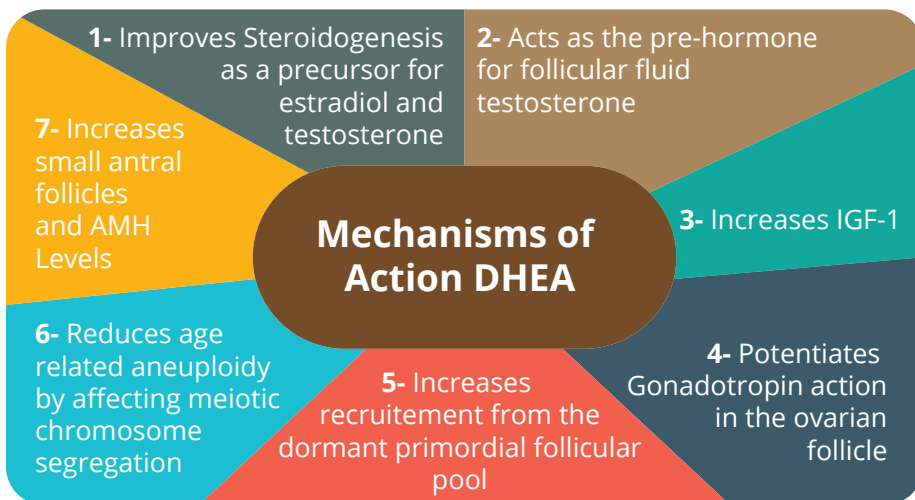
Proprietary Blend	1600mcg	**
Folate (as folic acid)		*
Iodine (as potassium iodide)		*
Biotin (as d-Biotin)		*
Selenium		*

\* Proprietary Blends | \*\*Daily Value not established.

## What is DHEA?

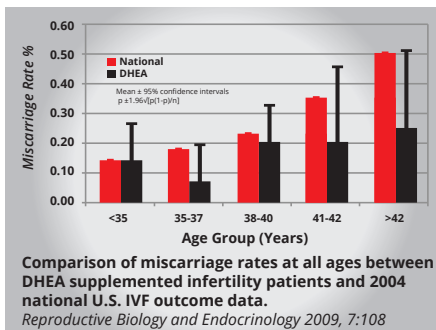
• An essential prohormone in ovarian follicular steroidogenesis during the conversion of cholesterol to the two sex hormones, oestradiol & testosterone

• It enhances the serum free IGF-I concentration by ~150% without causing any changes in GH secretion. Therefore DHEA amplifies hepatic and end organ IGF-I response to GH which in the milieu of the ovarian follicle may potentiate gonadotropin action.



## REDUCES MISCARRIAGE RATES

• DHEA supplementation has been shown to have progesterogenic effects in women with age related, poor ovarian function to support conception and prevent miscarriages.



## Omega 3 fatty acids

Adequate consumption of omega-3 fatty acids is vitally important as they are critical building blocks of fetal brain and retina.

**Omega-3 fatty acids** may also play a role in determining the length of gestation and birth weight and in preventing perinatal depression

**CALCIUM** is essential in the development and maintenance of healthy bones and teeth for mother and baby.

**Vitamin-E** plays an important role in the body's immune system, formation of red blood cells and communication between cells. It is also an antioxidant that protects the cells from oxidative damage.

**VITAMIN-D** helps the body absorb calcium, which is necessary for development and maintenance of healthy bone mass before and during pregnancy.

**MAGNESIUM** is a crucial mineral needed for healthy muscle functioning and energy transport within the body.





- » Decreases insulin resistance
- » Regulates reproductive functions
- » Supports hormonal balance
- » Supports weight control
- » Promotes healthy lipid profile

AMS® Polysitol is an all-natural dietary supplement scientifically formulated to target multiple aspects of Polycystic Ovarian Syndrome (PCOS). The combination effect of the 2 inositol stereoisomers Myo-Inositol and D-Chiro-Inositol will ensure better results in terms of insulin sensitivity, hyper-androgenism, hormonal imbalance and menstrual irregularities. The product also comprises Soy isoflavones, Selenium and Chromium picolinate that help regulate metabolic status and endocrine profile in obese PCOS women having an abnormal lipid profile.

SUPPLEMENT FACTS

Serving Size: 3 Caplets | Servings Per Container: 30

Amount Per Serving		% Daily Value
Myo-Inositol	2000 mg	**
D-Chiro Inositol (DCI)	50 mg	**
Biotin (as d-Biotin)	150 mcg	50%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B6 (as Pyridoxine HCl)	25 mg	1250%
Vitamin B1 (as Thiamine HCl)	10 mg	667%
Vitamin B5 (as Calcium D-Pantothenate)	40 mg	400%
Vitamin B12 (as Cyanocobalamin)	50 mcg	833%
Vitamin B2 (as Riboflavin)	10 mg	588%
Folic Acid	1 mg	250%
Zinc (as Amino Acid Chelate)	50 mg	333%
Proprietary blend:	36.44mg	**
Soy Isoflavones	*	
Chromium picolinate	*	
Selenium	*	

\* Proprietary Blend | \*\* Daily Value Not Established



Polysitol



Myo-Inositol and DCI

The administration of Myo/D-chiro-inositol, in the physiological plasma ratio (40:1) ensures better clinical results, such as, the reduction of insulin resistance, androgens' blood levels, cardiovascular risk and regularization of menstrual cycle with spontaneous ovulation in women with PCOS.

A Combined Therapy with Myo-Inositol and D-Chiro-Inositol Improved Endocrine Parameters and Insulin Resistance in PCOS Young Overweight Women. International Journal of Endocrinology, Vol 2016 (2016), ID 3204083

Chromium:

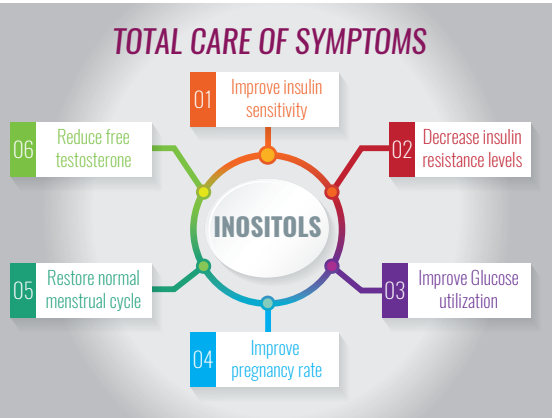
Chromium is an essential element that is involved in the metabolism of carbohydrates and lipids. Eight weeks of chromium supplementation among PCOS women had favorable effects on markers of insulin metabolism, endocrine profiles & biomarkers of inflammation.

Pregnancy rate was higher in the group of patients supplemented with Chromium compared with placebo after 8 weeks of intervention.

Jamilian, M., et al (2016). Biological Trace Element Research, 172(1), 72-78.

Soy Isoflavones:

Several studies gave evidence for a protective role of phytoestrogens against cardiovascular diseases, particularly in relation to a positive action on lipid profile. It has been shown that Soy isoflavones consumption may prevent cardiovascular and metabolic disorders in PCOS patients by improving their reproductive hormonal & lipid profiles.



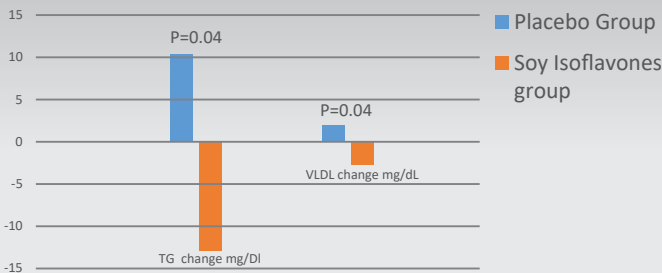
Selenium

- Plays an important role in redox reactions
- Affects carbohydrate & fat metabolism
- Improves insulin function & decreases TG and VLDL-C levels in PCOS patients

Zinc

- Reduces fasting plasma glucose (FPG) & serum insulin levels
- Has beneficial effects on lipid profile in PCOS patients

Results after 12 Weeks of Intervention with Soy Isoflavones in patients With PCOS



J Clin Endocrinol Metab. 2016 Sep;101(9):3386-94



- » Improves chances of success for IVF cycle
- » Comprehensive prenatal formula
- » Helps reduce free radical damage

AMS® Preconception Plus is a product to be taken specifically prior to conception in order to enhance the egg & embryo quality and improve a woman's fertility potential.

This super-antioxidant blend is made from a combination of vitamins, minerals and anti-oxidants to help prevent vitamin deficiencies and support the reduction of free radical damage. Regular consumption of vitamins and minerals has been shown to reduce the risk of ovulatory infertility. Also, women who are taking a proprietary blend of natural supplements have higher chances of successful IVF.

AMS® Preconception Plus is a natural and effective solution for all women who want to increase chances of conception.

SUPPLEMENT FACTS

Serving Size: 6 Capsules | Servings Per Container: 30

Amount Per Serving	% D.V.	Amount Per Serving	% D.V.
Vitamin B3 (as Nicotinamide)	50 mg 250%	Selenium	200 mcg 286%
Vitamin B5 (as Pantothenic Acid)	40 mg 400%	Chromium	200 mcg 167%
Vitamin B6	40 mg 2000%	Iodine	175 mcg 117%
Zinc (as zinc oxide)	30 mg 200%	Copper	2 mg 100%
Iron	30 mg 167%	Manganese	2 mg 100%
Vitamin A	5000 IU 100%	Folate	999 mcg 250%
Vitamin B1	10 mg 667%	Vitamin E	400 IU 1333%
Vitamin B2	10 mg 588%	Vitamin K	120 mcg 150%
Magnesium	150 mg 37.5%	Vitamin B12	50 mcg 833%
Calcium	300 mg 30%	Biotin	50 mcg 17%
Vitamin C	1000 mg 1667%	Vitamin D3	2000 IU 500%

Proprietary Blend: 1530 mg \*\*  
Omega-3 Fatty Acids, Grape Seed Extract (Vitis Vinifera)\*, Co-Enzyme Q10\*, Quercetin\*, D-Chiro-Inositol (DCI)\*, Choline Bitartrate\*, Hesperidin\*.

\* Proprietary Blend | \*\*Daily Value not established.

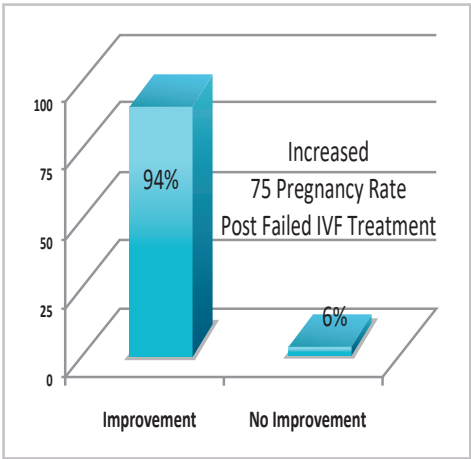


SUPREME UNIVERSAL FERTILITY  
Preconception  
Plus



Safely used during IVF Protocol

AMS® Preconception Formula is a "super antioxidant" supplement that contains specific vitamins, minerals and antioxidants to prepare women for fertility treatment. Because it does not contain any herbs that could interfere with medications or other aspects of an IVF cycle, it can be used safely throughout in-vitro fertilization (IVF) and intrauterine insemination (IUI) protocols.



Successful in Vitro Fertilization (IVF) after prior failed IVF utilizing a proprietary blend of supplements

• 17 of 18 patients who used multivitamins supplements had successful IVF. These patients failed an average of 2 previous IVF attempts.

- Vitamin D** Essential for the development and maintenance of healthy bone mass
- Vitamins A & E** Powerful antioxidants that help fight oxidative stress.
- Vitamin C** Has positive effect in women with luteal insufficiency
- Zinc** Required to promote egg quality and normal cell division
- Co-Enzyme Q10** Supplementation with CoQ10 reduces the risk of developing pre-eclampsia in women at risk for the condition. The oocyte is the beneficial target of CoQ10 supplementation
- Folic Acid** Helps increase birth rate & prevents neural tube defects
- Omega-3** Critical building blocks for fetal brain & retina.
- Selenium** Involved in the regulation of immune & thyroid function
- Grape Seed Extract** Reduces oxidative stress & has Anti-inflammatory effects
- B-Complex** Involved in the release of energy from cells; involved in DNA synthesis and cell division; deficiency may result in low birth weight or miscarriage.





- » Ensures a smooth pregnancy experience
- » Provides Omega-3 fatty acids to help improve infant cognitive functions during lactation
- » Supports pregnant women with their needs of Folic Acid & Iron

AMS® Royal Plus provides pregnant women with a rich source of Omega 3 fatty acids that strongly contribute to the cognitive functions development of the fetus.

AMS® Royal Plus also contains Royal jelly which increases the elasticity of the skin helping to prepare mothers for birth and encourages a smooth delivery by balancing hormones and feeding the placenta. Another benefit of Royal Jelly is improved collagen production for smooth, youthful and picture-perfect skin.

## SUPPLEMENT FACTS

Serving Size: 1 Softgel | Servings Per Container: 30

Amount Per Serving		% D.V.
<b>Fish Oil Omega-3</b>	235 mg	**
EPA	*	
(Eicosapentaenoic acid)		
DHA	*	
(Docosahexaenoic acid)		
<b>Royal Jelly</b>	1200 mg	**
<b>Folic Acid</b>	410 mcg	103%
<b>Iron</b>	18 mg	100%
(Ferrous Fumarate)		

\* Proprietary Blend | \*\*Daily Value not established

## Omega 3 fatty acids

- Adequate consumption of omega-3 fatty acids is vitally important during pregnancy as they are critical building blocks of fetal brain and retina.
- Omega-3 fatty acids may also play a role in determining the length of gestation and in preventing perinatal depression.
- Omega-3 fatty acid consumption during pregnancy is associated with improved neurodevelopmental outcomes in the child.



# Royal Plus



## Royal Jelly:

Royal Jelly is an exceptionally-rich nutritional glandular nectar created by the worker bees. It is one of nature's most concentrated foods. Royal Jelly is rich in amino acids, trace minerals, flavonoids, Pantothenic acid, B-1, B-2, B-6 and B-12 vitamins. It is a potent antioxidant and a special rejuvenating substance that promotes tissue growth, muscle and cell regeneration.

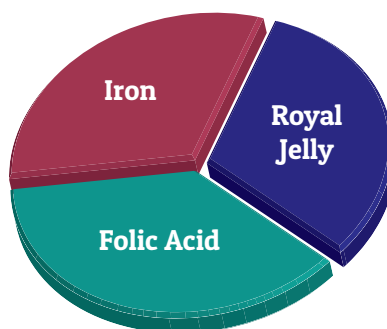
**Royal Jelly** is rich in lipids, sugars, vitamins, and most importantly, proteins. It contains high levels of vitamins D and E, and also has ample levels of iron and calcium. As all of these are essential to proper health and organ function, it is very easy to see how Royal Jelly can ensure a healthy pregnancy experience.

## Folic Acid:

Folic acid is a pregnancy superhero! Taking a prenatal vitamin with folic acid before and during pregnancy can help prevent birth defects of the baby brain and spinal cord.

## Iron Supplementation during Pregnancy:

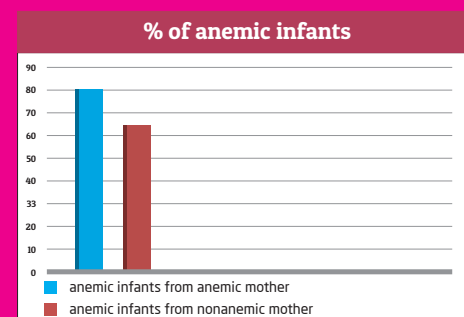
Anemia is common in pregnancy because a woman needs to have enough red blood cells to carry oxygen around her body and to her baby, so AMS® Royal Plus is taken as a health and energy tonic for pregnant women, and as source of iron and folic acid to ensure needed amount for healthy pregnancy to prevent and treat anemia.



## Anemia during pregnancy as a risk factor for iron-deficiency anemia in infancy.

A sample of 107 anemic (Hb < 11 g/dl) and 125 non-anemic mothers was selected at 37 weeks' gestation and matched for age and parity, and infant data at birth obtained.

Anemia during pregnancy compromises the health of mothers, and their infants also appear to be at increased risk of developing iron-deficiency anemia, undetected at birth.





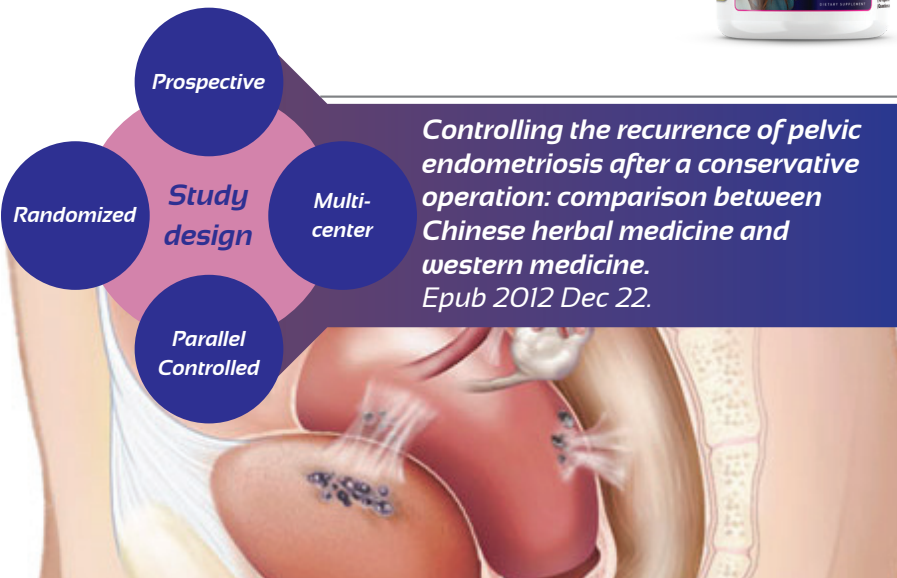
# MetrioMed



- » Elevates energy levels
- » Improves emotional health
- » Helps control symptoms
- » Promotes hormonal balance

**MetrioMed** by **AMS**® is a dietary supplement specially designed to tackle hormonal imbalance and potential nutritional deficiency that are known for aggravating endometriosis, a painful disorder wherein tissue that usually lines inside of the uterus grows outside of it.

**AMS® MetrioMed** is a natural formula including black cohosh, red clover, olive extract, dandelion, wild yam, chaste berry, and so on. A combination of these powerful ingredients balances hormones, and decreases estrogen level (higher estrogen amount is associated with endometriosis). Energy boost, alleviating cramps, and emotional health are just some of many benefits associated with regular consumption of **AMS® MetrioMed**.



- We compared the clinical effect of Chinese medicine (CM) as Oat Straw, Dong Quai Extract, Black Cohosh and Western medicine (WM) for controlling the recurrence of pelvic endometriosis after a conservative operation.
- Treatment with Chinese herbal medicines prevented the recurrence of endometriosis after a conservative operation, improved the conception rate and showed fewer adverse reactions than did treatment with WM therapy.
- Treatment with Chinese herbal medicine meets the need of patients wishing to have a child following endometriosis.

## The importance of Phytoestrogens: Black Cohosh, Chasteberry & Red Clover

They have anti-estrogenic effect on uterus and breast leading to beneficial effects in endometriosis. Estrogenic effect on bone and brain thus having beneficial effects in perimenopausal symptoms.

## SUPPLEMENT FACTS

Serving Size: 2 Capsules | Servings Per Container: 30

Amount per Serving	% Daily Value	
Saw Palmetto ( <i>Sereno repens</i> )(dried Berries)	355 mg	**
Blessed Thistle ( <i>Cincus Benedictus</i> )(Herb)	20 mg	**
Red Raspberry ( <i>Rubus Idaeus</i> )(Leaf Extract)	20 mg	**
Fennel Extract ( <i>Foeniculum vulgare</i> )(Seed)	50 mg	**
Dandelion ( <i>Taraxacum officinale</i> )(Leaf Extract)	10 mg	**
Fenugreek ( <i>Trigonella foenum grecum</i> )(Seed)	225 mg	**
Red Clover ( <i>Trifolium Pratense</i> )(Tops)	20 mg	**
Olive Extract ( <i>Olea Europaea</i> )(Leaf)	35 mg	**
Cat's Claw ( <i>Uncaria tomentosa</i> )(Inner Bark)	35 mg	**
Proprietary Blend	275mg	**
Black Cohosh ( <i>Cimicifuga racemosa</i> )(root & Stem)	*	
Wild Yam ( <i>Dioscorea Opposita</i> )(Root)	*	
Dong Quai ( <i>Angelica Sinensis</i> )(Root)	*	
Oat Straw ( <i>Avena Sativa</i> )(Grass)	*	
Chasteberry ( <i>Vitex Agnus Castus</i> )(dried Berries)	*	

\* Proprietary Blend | \*\* Daily Value not established

### Dong Quai

Used regularly in female disorders – such as menstrual cramps, premenstrual syndrome, and symptoms of endometriosis

### Wild Yam

Often used to help with menopause, menstrual irregularities and symptoms of PMS. Combined with chaste berry, Wild Yam reduces the symptoms of endometriosis.

### Cats Claw and Fenugreek

Have potent anti-inflammatory properties, which is essential in the management of Endometriosis; as this condition is highly linked to inflammation.

### Dandelion

Contains high levels of potassium and helps boost immune system

### Olive Extract

Endometriosis sufferers have shown lasting results in studies with natural antifungals like olive extract, probiotics and caprylic acid.





- » Establishes hormonal balance
- » Helps prevent growth of fibroids
- » Supports regulation of menstrual cycle
- » Helps to suppress over-production of estrogen

**FibroMed** is a dietary supplement from **AMS**® created to improve various symptoms experienced by women with fibroids (abnormal growths that develop in the uterus) such as pelvic pain/cramps, bloating & weight gain.

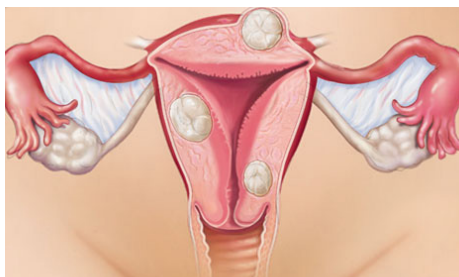
**AMS® FibroMed** contains a unique formula with chaste berry and red clover as key ingredients. Chaste berry stops over-production of estrogen, alleviates the severity of PMS, and regulates hormones. Red clover improves circulatory function and regulates the menstrual cycle. The one of a kind formulation maintains the health of ovaries and uterus and helps women with fibroids in a natural manner.

## SUPPLEMENT FACTS

Serving Size: 2 Capsules | Servings Per Container: 30

Amount per Serving		% Daily Value
Motherwort ( <i>Leonurus Heterophyllus</i> )(Leaf)	20 mg	**
Eleuthero Root ( <i>Eleutherococcus Senticosus</i> )(Root)	200 mg	**
Goldenseal ( <i>Rhizoma Coptidis</i> )(Root)	25 mg	**
Chasteberry( <i>Vitex Agnus Castus</i> )(Berries)	40 mg	**
Licorice Extract ( <i>Glycyrrhiza Glabra</i> )(Root)	100 mg	**
<b>Proprietary Blend</b>	<b>1280mg</b>	<b>**</b>
Burdock ( <i>Arctium Lappa</i> )(Root)	*	
Red Clover Extract ( <i>Trifolium Pratense</i> ) (Tops)	*	
Echinacea ( <i>Echinacea Purpurea</i> )(Root)	*	

\* Proprietary Blend | \*\* Daily Value not established



# FibroMed



## Chaste Berry

- Chaste Berry suppresses the over-production of estrogen and is widely used to balance hormones and treat premenstrual symptoms.
- **The Institute for Health Care and Science in Germany** found that 52% of women taking this supplement experienced significant improvements in menstrual symptoms such as bloating, headaches and irritability.
- ***Vitex agnus-castus extracts for female reproductive disorders: a systematic review of clinical trials.*** van Die MD, Planta Med. 2013 May;79(7):562-75.
- In latent hyperprolactinaemia, one trial reported it to be superior to placebo for reducing TRH-stimulated prolactin secretion, normalizing a shortened luteal phase, increasing mid-luteal progesterone and 17 $\beta$ -oestradiol levels. Another study found Vitex comparable to bromocriptine for reducing serum prolactin levels and ameliorating cyclic mastalgia.

## Red Clover

- Red clover aids in improved circulatory function, this is very important for all functions of the body, including the reproductive function.
- Red Clover has been shown to increase cervical mucous, aiding in alleviating vaginal dryness. In addition to its important role in improving uterine disorders such as Uterine Fibroids and Endometriosis.
- Red Clover has antispasmodic and sedative properties. As a phytoestrogen (plant estrogen), it helps balance the body's natural estrogen levels and regulate the menstrual cycle.

## Motherwort

- It contains leonurine which relaxes the smooth muscles of the uterus, preventing cramping, and reducing menstrual pain.
- Motherwort helps balance hormones and reduces heavy bleeding.

## Goldenseal

- Has an antibacterial and antiviral effects , which helps the body fight infections and strengthens the immune system, especially when combined with Echinacea.

### Echinacea

Recent studies suggest that Echinacea enhances the immune system, reduces inflammation and relieves pain.



### Burdock Root

- Burdock Root is blood purifying herb, used to support the liver and detoxify excess estrogen and xenoestrogens.
- Its anti-inflammatory properties also assist in shrinking fibroids in size.

### Licorice Root

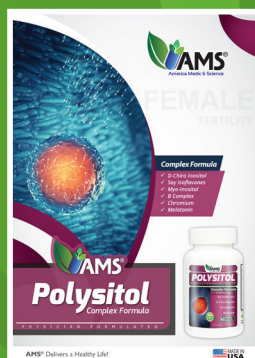
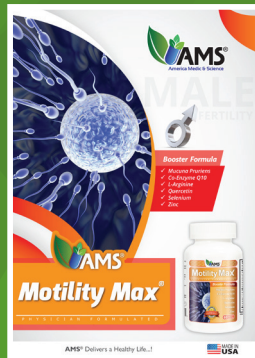
- Licorice Root is used to treat fluid retention, helping with bloating and weight gain during menstruation.





**America Medic & Science**

# MEN'S & WOMEN'S FERTILITY



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