

Men, are you eating the right food for your reproductive health?

Did you know....

Figs look like testes and hang in two when they grow. They are filled with countless seeds (resembling sperm) that improve male fertility increasing sperm production. Figs are a male fertility powerhouse.

Dried figs are excellent sources of minerals like calcium, copper, iron, potassium, manganese, selenium and zinc. The minerals in figs improve the health of sperm cells and boost production.

Raisins unlike grapes, are rich and concentrated sources of energy, vitamins, electrolytes, minerals, and anti-oxidants. They increase quality and quantity of semen, sperm count and sperm mobility.

Dates act as a body coolant and provide the best atmosphere for sperm production. They are known as the semen increasing fruit. Dates also have plenty of vitamins and minerals to help overcome nutrition deficiency such as anemia.

When was your last date?

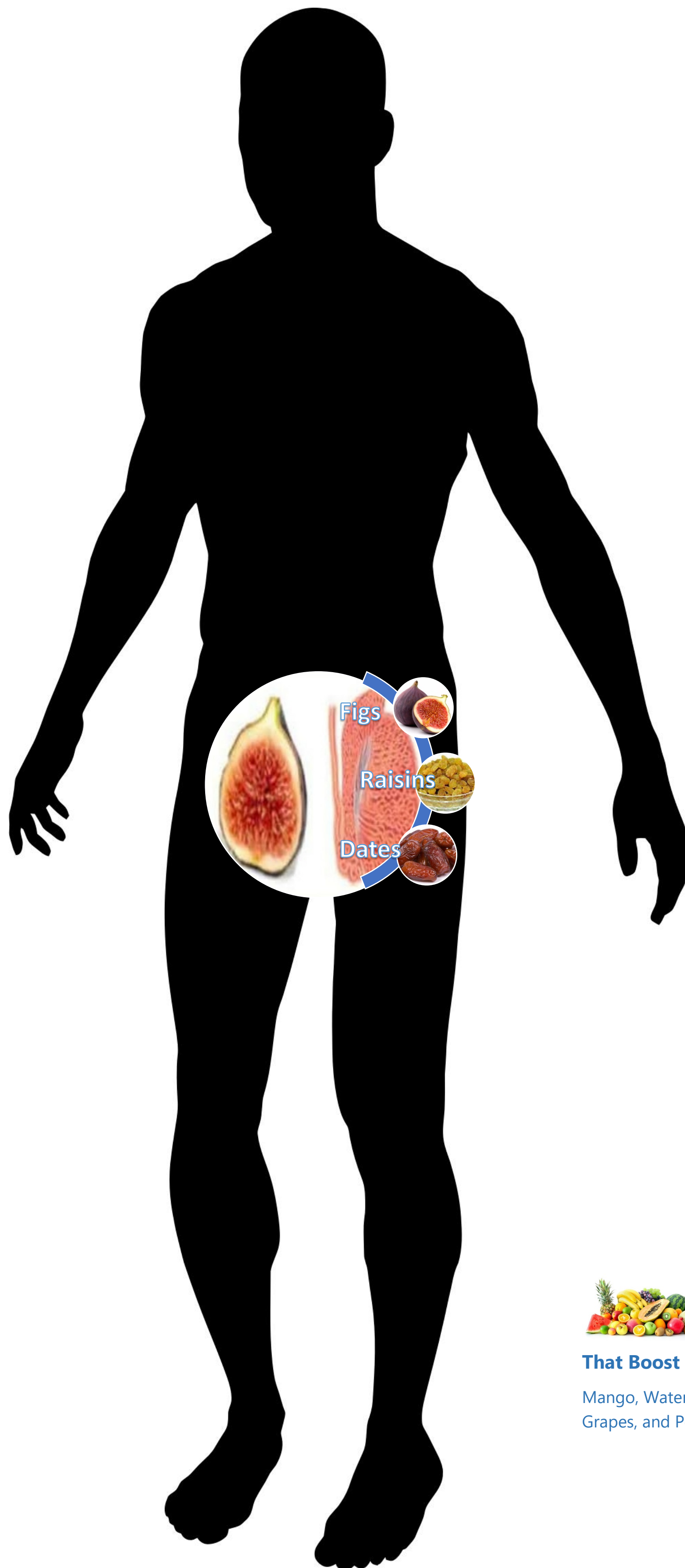


Fig Fertility Smoothie

A creamy, delicious quick and easy smoothie that is exploding with antioxidants, vitamins, minerals and fiber.

Takes less than 5 minutes to make!

Ingredients

- 4 Lg Fresh figs cut in quarters
- 1 Lg Frozen bananas sliced
- 1 Tbsp Chia seeds
- 3 Tbsp Oats
- 1 - 2 Tbsp Brazil nuts
- 1/3 Cup Natural coconut yogurt
- 1 1/2 Cup Almond milk
- 2 Tbsp Honey
- 1/2 Cup Ice

Instructions

1. Add all the ingredients to a high speed blender and process on high for 1 minute or until smooth. Add more liquid if necessary to adjust thinness and blend again.
2. Divide between two tall glasses and serve immediately.
3. ENJOY!



Other Fruits That Boost Sperm Count:

Mango, Watermelon, Banana, Black Grapes, and Pomegranate