

## PROFESSIONAL INFORMATION

### SCHEDULING STATUS

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### 1 NAME OF THE MEDICINE

SPERM AID

### 2 QUALITATIVE AND QUANTITATIVE COMPOSITION

| Ingredient   | Per tablet |
|--|------------|
| L-Arginine (as L-arginine hydrochloride)   | 500 mg     |
| Zinc (as zinc gluconate)   | 5 mg       |
| Selenium (as selenium glycinate 0,2%)<br>Glycine (as selenium glycinate 0,2%) 4,9 ug | 15 µg      |

For full list of excipients, see section 6.1

### 3 PHARMACEUTICAL FORM

Round, white biconvex tablet.

### 4 CLINICAL PARTICULARS

#### 4.1 Therapeutic indication

SPERM AID tablets contribute to normal fertility and reproduction in men by facilitating the production of normal sperm, helping maintain normal testosterone levels in the blood, and protecting cells from oxidative stress. L-Arginine is an amino acid involved in muscle protein synthesis.

#### 4.2 Posology and method of administration

Adults: Take 1 – 3 tablets daily with meals, or as recommended by a healthcare provider. The dose can be taken all at once or split throughout the day.

Athletes and sports individuals taking SPERM AID for muscle repair should take their SPERM AID no later than 90 minutes after exercising.

#### 4.3 Contraindications

- Do not use SPERM AID in patients who are hypersensitive to any of the ingredients, including excipients.
- Do not use SPERM AID in patients who have had a heart attack (myocardial infarction).

#### 4.4 Special warnings and precautions for use

- Sufficient protein is provided in normal well-balanced daily meals.
- Caution is advised in patients with renal and/or cardiovascular disease.
- Use in children under the age of 18 years is at the discretion of a healthcare professional.

#### 4.5 Interaction with other medicines and other forms of interaction

No interaction studies were performed on SPERM AID. The following interactions are noted in the monographs of the active ingredients:

- ❖ Antihypertensive medicines:
  - L-arginine increases nitric oxide, which causes vasodilation. Combining L-arginine with angiotensin receptor blockers, angiotensin-converting enzyme (ACE) inhibitors or other anti-hypertensive medicines may increase L-arginine-induced vasodilation and cause blood pressure to fall too low.
  - Potassium-sparing diuretics can increase potassium levels. Concomitant use of potassium-sparing diuretics with L-arginine may increase the risk of hyperkalaemia. Caution is advised with other anti-hypertensive medicines which may also increase potassium levels.
- ❖ Concomitant use of L-arginine or selenium with anticoagulant and antiplatelet medicines may have additive effects and increase the risk of bleeding.
- ❖ L-arginine decrease blood glucose levels in patients with type 2 diabetes.

- ❖ L-Arginine should be used carefully with medicines such as nitroglycerin or sildenafil, because blood pressure may fall too low.

#### 4.6 Effects on ability to drive and use machines

The effects on ability to drive and use machines has not been studied.

#### 4.7 Undesirable effects

Possible side effects are:

- gastrointestinal discomfort (nausea, vomiting, abdominal pain, heartburn, diarrhoea, constipation, bloating)
- skin rash or flushing of the skin
- headache, dizziness or light-headedness
- sleep disturbances, night sweats

#### 4.9 Overdose

Treatment is symptomatic and supportive.

## 5 PHARMACOLOGICAL PROPERTIES

### 5.1 PHARMACOLOGICAL CLASSIFICATION

Complementary Medicines: Health Supplement  
D34.12 Multiple substance formulation

### 5.2 PHARMACOLOGICAL ACTION

- L-Arginine is an amino acid. Amino acids are involved in muscle protein synthesis. They assist in muscle cell repair after exercise and help support the immune system after periods of physical stress.
- L-Arginine may help support a modest improvement in exercise capacity in individuals with stable cardiovascular diseases.
- L-Arginine helps with sperm count and motility and supports reproductive health in men.
- Zinc contributes to normal fertility and reproduction, and to normal testosterone levels in the blood.
- Selenium is an antioxidant which protects cells from oxidative stress and contributes to normal spermatogenesis.

## 6 PHARMACEUTICAL PARTICULARS

### 6.1 List of excipients

Magnesium stearate, micro cellulose, polyvinylpyrrolidone.  
Sugar free.

### 6.2 Incompatibilities

Unknown

### 6.3 Shelf life

2 years

### 6.4 Special precautions for storage

Store at or below 25 °C. Keep container tightly closed to protect from sunlight and moisture.

KEEP OUT OF THE REACH OF CHILDREN.

### 6.5 Nature and contents of container

White plastic containers with 90 tablets

### 6.6 Special precautions for disposal and other handling

No special requirements

## 7 HOLDER OF CERTIFICATE OF REGISTRATION

iNova Pharmaceuticals (Pty) Ltd  
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## 8 REGISTRATION NUMBER

To be allocated.

This unregistered medicine has not been evaluated by the South African Health Products Regulatory Authority for its quality, safety or intended use.

## 9 DATE OF PUBLICATION OF PROFESSIONAL INFORMATION

September 2020