

# The Importance of L-Carnitine to Sperm Health



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When it comes to enhancing male fertility, there are several areas of health that must be dealt with. Stamina and performance are just two of the most important problems that men may need to deal with in order to increase their chances of having a baby with their partner. Without the ability (and the energy) to perform sexually, conception is impossible.

## Why L-Carnitine is Beneficial for Male Fertility

Supplementing with L-Carnitine has been shown to help boost energy and improve sexual stamina which may be helpful for men with low libido. How does L-Carnitine do this? L-Carnitine is necessary to shuttle fatty acids across the cells' mitochondrial membrane. The mitochondria is responsible for creating, sustaining and managing cellular energy. The mitochondria use fatty acids to burn as fuel for creating cellular energy, also known as *Adenosine triphosphate* or ATP. Being that the body is made up of cells, L-Carnitine is very important to energy, stamina and cellular function.

Also considered a potent antioxidant, L-Carnitine has been reported to increase sperm health by providing the protection the body needs to counteract free radical damage. Sperm cells are highly susceptible to damage from free radicals. [Antioxidants protect cellular health](#), including the health of a man's sperm and the DNA contained within each sperm.

Some of the negative impacts on a man's fertility from damage caused by free radicals are:

- changing the formation of the sperm and reducing sperm counts
- weakening sperm cells
- stripping sperm of the energy they need to make the long journey to the female egg for fertilization

All of these things separately and in conjunction with one another can make it more difficult for a man to impregnate his partner.

**Continued on Next Page: How L-Carnitine Can Help**

Taking an L-Carnitine supplement may help to improve male fertility in many ways. Here are just a few of its impressive benefits:

- **Increasing sperm health** – its antioxidant effect can help to stave off free radical damage that can make conception impossible
- **Increase sperm motility** – sperm that does not have the energy to swim to its destination can not fertilize an egg
- **Prevent abnormal sperm cells from regenerating** – the way a sperm is produced can have a big impact on its ability to fertilize an egg. Improperly formed sperm are less likely to be able to make the long journey to the awaiting egg (ova). Should an unhealthy sperm make it to the fertilization stage, the resulting pregnancy may end in miscarriage.
- **Increase overall energy** – this can give the man more stamina for lovemaking
- **Increase libido**

## How Much Supplementation is Beneficial?

When it comes to figuring out how much L-Carnitine to take, every person is different; as are their individual needs. While the average suggested daily amount is 500 mg a day, each person should consider their own unique biochemistry when determining a safe and effective dose of this or any nutritional supplement.\* In addition, L-Carnitine has been shown to work synergistically with CoQ10 to promote cellular health and fertility longevity. [To learn the benefits of CoQ10 supplementation for sperm health click here...](#)

## L-Carnitine for Male Factor Infertility

For couples who are finding it difficult to conceive a baby, it is going to be helpful to look at every avenue of their fertility health, this includes the male partner's sperm health, energy levels and libido. L-Carnitine is an important nutrient for men to support their energy, stamina and sperm health. We find it to be a very helpful supplement for men to increase the chance of a pregnancy, regardless if other fertility issues are present, or not.

\*It is best to consult your healthcare practitioner prior to beginning any new nutritional supplement.

Community Acupuncture carries [Designs for Health Acetyl L-Carnitine](#). If you have any questions, feel free to call us at 314-772-4325 or stop by the front desk.

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### References:

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