

**BioMan**

BioMan is a food supplement for the complete and all-round well-being and maintenance of men's health. It has been formulated with micronutrients to support normal fertility and sperm health.

BioMan provides readily available nutrients for use by the sperm to positively support:

- Sperm mobility, formation and maturation.
- Cellular defence systems for protection against free radical damage.

BioMan provides a number of vitamins, minerals, plant extracts and amino acids in a formulation designed to address leading concerns in men. It helps to maintain a healthy body with overall wellness. It offers immune system support, with increased energy and mental alertness. Our blend of essential vitamins and minerals is believed to support nutritional balance, promote optimal health, boost energy and stamina levels while supporting a healthy reproductive system. BioMan contains a combination of micronutrients that are important for healthy sperm development and hormonal balance.

**BioMan Product Features**

A blend of 6 botanicals - Black Pepper Extract, Grape Seeds, Ginkgo Biloba Leaves, Green Tea Leaves, Maca Root, and Fenugreek Seeds – with vitamins, minerals and amino acids.

***Black Pepper Extract<sup>1, 2</sup>:***

Black pepper extract (*Piper nigrum*) has been used as bioavailability enhancer for over 20 years. The biological activity of black pepper extract is due to its active compounds, the most notable of these being piperine.

***Vitamin C, Vitamin E, Grape Seeds & Green Tea Leaves (Antioxidants)<sup>3</sup>:***

Antioxidants are vital substances that safeguard the DNA, proteins and lipids of all the body's cells (including spermatozoa) from oxidative stress. Well-known antioxidants include vitamins C and E as well as Proanthocyanidins a type of Polyphenol from Grape Seeds and Polyphenols from Green Tea Leaves. Vitamin C is the main antioxidant in seminal plasma, however it is quickly eliminated from the body. Therefore the majority of Vitamin C usually cannot exert its positive effects. Hence BioMan contains Vitamin C making the most of its protective capacity. Vitamin E, being a lipid-soluble antioxidant, is important for safeguarding the cell membranes in particular. Proanthocyanidins a type of Polyphenol from Grape Seeds and Polyphenols from Green Tea Leaves are appreciated as antioxidants which impart the vital role to safeguard the cells.

***Ginkgo Biloba<sup>4</sup>:***

The extract of the Ginkgo Biloba leaves contains flavonoid glycosides and terpenoids (ginkgolides, bilobalides) and has been used pharmaceutically for hundreds of years. Ginkgo Biloba extract seems to have three effects on the human body: it improves blood flow

(including microcirculation in small capillaries) to most tissues and organs; it protects against oxidative cell damage from free radicals; and it blocks many of the effects of PAF (platelet aggregation, blood clotting). Although there are limited studies to back these claims.

***Maca Root*<sup>5</sup>:**

Maca root extract have studies that suggest its important role as a source of energy and supporting healthy physical and mental performance. It helps in maintaining optimal stamina, feelings and vitality, physical and mental well-being.

***Fenugreek Seeds*<sup>6</sup>:**

Fenugreek seeds are rich sources of protein, lipids, fatty acids and minerals, which cater to the body's needs for essential nutrients and delivers, through balanced diets, numerous health benefits.

***Selenium and Zinc*<sup>7</sup>:**

It is generally acknowledged that the trace elements selenium and zinc are necessary for male fertility. Zinc is an essential trace element which is crucial for many biochemical pathways within the body. It supports normal immune system function, growth and protein synthesis, simultaneously being vital for normal cell division and DNA synthesis. In addition to that it is essential for normal male fertility and reproduction and helps to maintain healthy testosterone levels.

Selenium is another essential trace element as well and is involved in many key pathways of metabolism. Being part of so-called selenoproteins it plays a major role as part of protective enzymes, safeguarding cells from reactive oxygen species. Other selenoproteins are involved in thyroid hormone metabolism, which is vitally important for healthy reproduction and fertility. In addition to that selenium is needed for spermatogenesis.

***Vitamin B6 & Vitamin B12*<sup>8</sup>:**

Vitamin B6 and Vitamin B12 are important B Vitamins. Vitamin B6 and Vitamin B12 contribute to normal homocysteine metabolism. Vitamin B12 also has a role in the process of cell division and contributes to normal red blood cell formation while Vitamin B6 contributes to the normal function of the immune system.

***Pantothenic Acid*<sup>8</sup>:**

Pantothenic Acid contributes to normal steroid hormone metabolism. Many of these hormones are sex hormones, playing major role for reproduction.

***Micronutrients*<sup>8</sup>:**

Micronutrients such as iron, iodine and antioxidants are vital as well. While iron is essential for the transport of oxygen in the blood, iodine, being a key element of thyroid hormones, is involved in normal thyroid function.

***Vitamin A*<sup>9</sup>:**

Vitamin A ( $\beta$ -Carotene) is essential for growth, maintenance of skin and mucous membranes, and of normal vision.

***Vitamin B1*<sup>9</sup>:**

Vitamin B1 (Thiamin) is involved in the proper functioning of the heart muscles and for the release of energy by contributing to normal energy-yielding metabolism. Thiamin has also been shown to play a vital role in the normal functioning of the nervous system.

Riboflavin (vitamin B2), niacin (vitamin B3), pantothenic acid, vitamin B6 and vitamin B12, as well as magnesium and iron gently contribute to the reduction of tiredness and fatigue<sup>10</sup>.

***Biotin<sup>9</sup>:***

Biotin is needed for normal growth and development of the skin and hair, the maintenance of a healthy nervous system.

***Calcium<sup>9</sup>:***

Calcium is necessary for the formation of bones and teeth and plays a vital role in cell function, muscle contraction and in the nervous system.

***Copper<sup>9</sup>:***

Copper is an important micronutrient contributes to the maintenance of normal connective tissues in the human body and the protection of cells from oxidative stress.

***Magnesium<sup>9</sup>:***

Magnesium is essential for the maintenance of bones and teeth, and for the release of energy from food.

***Manganese<sup>9</sup>:***

Manganese contributes to the normal formation of connective tissue, the maintenance of normal bones and the protection of cells from oxidative stress.

***Chromium<sup>9</sup>:***

Helps the body contributes to the maintenance of normal blood glucose levels.

**How to Use:**

2 Tablet daily with water during meal or as directed by Physician.

**Advisory:** Food supplements must not be used to replace a varied and balanced diet and healthy lifestyle. If you are taking prescription medication or under medical supervision, please consult a doctor or healthcare professional prior to taking any supplements. Discontinue use and consult doctor if adverse reactions occur. Do not exceed the recommended intake.

This product contains vitamin A. Do not take if you are pregnant or likely to become pregnant except on the advice of a doctor or antenatal clinic.

**Storage:** Store below 25°C in a dry place. Keep out of reach of children. Do not use if seal is broken.

**Manufactured in the UK for:**

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To explore our Concept, the minds behind BioNutrica, and be part of our journey of building a healthier self - visit us on [www.bionutrica.uk](http://www.bionutrica.uk), write us on [info@bionutrica.uk](mailto:info@bionutrica.uk), or just follow us on Instagram @bionutricaIE

## References

- <sup>1</sup><https://www.bioperine.com/index.php/aboutbioperine>
- <sup>2</sup><https://www.sabinsa.com/products-from-sabinsa/131-bioperine>
- <sup>3</sup><https://www.fertilovit.com/files/en/Fertilovit-MT.pdf>
- <sup>4</sup>Wei Zuo. Et al. Advances in the Studies of Ginkgo Biloba Leaves Extract on Aging-Related Diseases. *Aging Dis.* 2017 Dec; 8(6): 812–826.
- <sup>5</sup>Zhong Ai, et al. Antidepressant-Like Behavioral, Anatomical, and Biochemical Effects of Petroleum Ether Extract from Maca (*Lepidium meyenii*) in Mice Exposed to Chronic Unpredictable Mild Stress. *J Med Food* 17 (5) 2014, 535–542.
- <sup>6</sup>Żuk-Gołaszewska K., Wierzbowska J. 2017. Fenugreek: productivity, nutritional value and uses. *J. Elem.*, 22(3): 1067-1080.
- <sup>7</sup><https://fertilovit.com.ua/files/Fertilovit-Mplus-en.pdf>
- <sup>8</sup><https://www.fertilovit.com/files/en/Fertilovit-For2.pdf>
- <sup>9</sup><https://docplayer.net/21015971-Patient-information-leaflet-forceval-capsules.html>