

15 Tips To Increase Sperm Count

Weight
loss

Physical
exercise

Reduce
stress

Get the
right amount
of sleep

Do not
keep phones
in your trouser
pocket

Exposure
to heat

Minimise the
impact of
air pollution

Quit
Smoking

Say no to
alcohol
and drugs

Avoid certain
prescription
medications

Utilise
Ashwagandha

Eat
fenugreek
seeds

Increase
antioxidant
intake

Exotic
foods and
supplements

Foods you
should avoid

How To Increase Sperm Count Naturally

JG Myers



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