



ADVANCED  
FERTILITY  
SOLUTIONS

PUTTING YOU IN CONTROL OF YOUR FERTILITY



**Menovance 1**  
**MEN'S VITALITY FORMULA**  
IMPROVE SEXUAL FUNCTION



**Menovance 2**  
**LOW SPERM COUNT FORMULA**  
INCREASE QUANTITY



**Menovance 3**  
**LOW SPERM MOTILITY FORMULA**  
INCREASE SPEED



**Menovance 4**  
**LOW SPERM MORPHOLOGY FORMULA**  
IMPROVE QUALITY

Thank you for purchasing from the MenOvance range. Please use this as your reference guide and FAQ manual while taking your formulas.

Any queries about delivery please email [orders@advancedfertilitysolutions.com](mailto:orders@advancedfertilitysolutions.com)  
Any queries about the formulas, how to take them and what to expect please check this manual first. Contact [drmartin@advancedfertilitysolutions.com](mailto:drmartin@advancedfertilitysolutions.com) if you require more information.

**Shipping:** Your order will be shipped within 3 business days of your order being received. It typically takes 7 days for most parcels to be delivered.

You will be provided a tracking number and tracking address. Please use this information to track your parcel. Once your parcel is sent we can provide no further information than what the tracking advice says. We have no control over your delivery once it has been sent.

**Customs:** Your parcel is being shipped from Australia. This means it is coming via international post and must pass through customs before being delivered in your country. Customs has no issues letting your products into your country, how long they take to do that is up to them. Every delay we have experienced in shipping is due to customs taking their sweet time. We have no control over customs.

**Tracking:** Please use the tracking number you have been provided at this web address <https://auspost.com.au/mypost/track/#/search>. It may take a day or two for your shipment to show up on the Australia Post tracking website so please do not worry if your tracking number does not show anything immediately. We have no control how fast Australia Post updates its tracking.

**Delivery:** Once your parcel is sent we can provide no further information than what your tracking advice says. We have no control over, nor can influence, the delivery of your parcel once it has been sent. That is up to the postal service. If your delivery has not moved since arriving at your country it is likely awaiting customs clearance.

**My delivery is taking too long! What should I do?** Be patient and look to your tracking advice for updates. Once your parcel is sent we can provide no further information than what your tracking advice says.

**Contact:** If you have further queries about your delivery please contact [orders@advancedfertilitysolutions.com](mailto:orders@advancedfertilitysolutions.com)

**Please follow the instructions:** Start taking your formulas as soon as they arrive, there is no special time to start or stop them. Please take 2 pills from each bottle twice per day with food. Drink with warm water to wash them down and dissolve into your system as fast as possible. Please take your formulas with or very close to food. DO NOT take on an empty stomach. If you feel any discomfort when taking the formulas, have a glass of hot water or two and a little something to eat. This should restore your stomach quickly.

**Important information:**

Your formulas will contain 108 pills in a 10:1 concentration.

The 108 pills will last 27 days.

They should be taken 2 pills from each bottle twice per day.

The month's supply is based on a 4 week 'monthly' cycle - 28 days, not the calendar month.

When a man starts his first bottle, 27 days later the bottle will be finished. The second bottle will start on the 28<sup>th</sup> day. As these formulas are 'practitioner dispense only' a client would typically revisit their practitioner on the 28<sup>th</sup> day for assessment and prescription.

**Very important information:**

If you experience sleeplessness or restlessness, it may be the MenOvance 3 formula stimulating you. Please take your second dose earlier in the day.

## F.A.Q.

### How do I know when I am fixed?

After your first 3 months of using the formulas please do another sperm test, this will give you an exact picture of how you have progressed. If sperm factors are still below reference levels continue with the necessary formulas until they are fixed. Repeat a semen analysis every 3 months to conform results.

\*\*Please be aware that a test done exactly 3 months after you start using MenOvance will be a reflection of those sperm at the very beginning of the treatment. Sperm tested at month 4 or 5 will be a reflection of the sperm that have had 4 - 8 weeks treatment. This is why sperm values can keep raising months after the treatment has stopped.

### Why does it take 3 months to fix?

3 months is the standard amount of time it takes for brand new sperm to be formed, matured and ready for action. You cannot hurry the process, this is nature.

### Are my levels likely to stay high?

Yes they should, provided lifestyle and dietary factors that may have contributed to the poor sperm quality in the first place and ruining you all over again. Read these two articles for more information.

<https://www.advancedfertilitysolutions.com/blog/the-best-way-to-get-pregnant-when-you-have-poor-sperm>

<https://www.advancedfertilitysolutions.com/blog/does-your-man-need-help-to-make-a-baby>

I am having a reaction to the formulas! What should I do?

Make sure it is not just morning sickness! Sometimes it is related, most often because the dosage is too strong for the digestive system to begin with.

Please follow these steps.

1. Stop taking the formulas until your symptoms pass.
2. Introduce one formula back at half dose – 1 pill twice per day for one day. Do the symptoms return? If not, return to the normal dose 2 pills twice per day the following day. Do the symptoms return? If yes, we know it is this formula that is creating the problem. Please contact [drmartin@advancedfertilitysolutions.com](mailto:drmartin@advancedfertilitysolutions.com) as soon as possible.
3. Repeat step 2 with your other formulas one at a time and keep an eye out for the return of your symptoms.

Using this method we can isolate which formula may be creating the problem and address the issue. Typically reducing the dosage of all formulas you are taking to one pill of each twice per day is sufficient to solve the problem. And then 2 weeks slowly return to the normal dose. This tends to solve most problems. If this does not solve your problems please contact [drmartin@advancedfertilitysolutions.com](mailto:drmartin@advancedfertilitysolutions.com) as soon as possible.

Can I still take prescription medication while taking these formulas?

Yes, you can.

Does this medication interact with other medicines?

Typically not. There is no known interaction with other medicines.

I am taking supplements, vitamins, and minerals, is there a problem with taking this medicine at the same time?

As a general rule, there are few complications with medicines and these products. Vitamins, minerals, and supplements tend to come under the 'food' category. That means they are safe for consumption and if the body does not require them, they are passed harmlessly out of the body via the urine.

I have had recent surgery, is it safe to take these formulas?

We encourage you to allow yourself the proper time to heal from your surgery as recommended by your doctor. After then the formulas are safe to use.

### Objections.

My GP, Doctor or Specialist says I shouldn't use these products because:

1. They don't believe they work.
2. Are not checked for safety or production standards.
3. They are worried they interfere with other drugs they wish to prescribe.
4. They don't like people taking them, and that is that.

### Reasons why your doctor may raise objections.

Your doctor may be trained in pharmaceuticals and surgery. Do they have any training at all in Chinese Herbal Medicine? Are they familiar with any research or studies into the effectiveness of this therapy?

Our products have the highest production and safety standards and are rigorously tested for heavy metals and industrial toxins before production. Safety and effectiveness are top priorities. Our formulas are both safe and effective. Please feel as confident in that as we do.

Unwanted interactions are always possible; however, these interactions tend to be between pharmaceutical products, not natural ones. There are no known drugs that interact with these formulas.

As doctors and prescribers of Chinese Herbal Medicine, we are trained in pharmaceuticals as well as our own medicine. Unless your doctor has a degree in Chinese Herbal Medicine, it is likely we are more familiar with the effects of the combinations you may be taking than your doctor, GP or specialist.

We wish you all the best while using the MenOvance range.

Please leave your feedback or post any questions to [drmartin@advancedfertilitysolutions.com](mailto:drmartin@advancedfertilitysolutions.com).

We would love to share further in your fertility journey, and please let us know if there is anything else we can do for you.

Sincerely

Advanced Fertility Solutions.