



Supports formation of normal sperm cells

What is B-Daddy?

B-Daddy are soft gelatin capsules that contain two patented ingredients: Bio-Quinone Q10 together with the selenium yeast Seleno-Precise®, which protects the body's cells against oxidative damage and contributes to healthy spermatogenesis. The quality of both active ingredients is documented in an array of scientific studies.

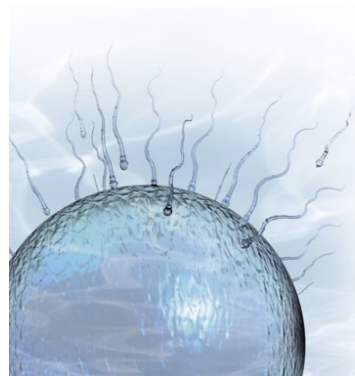
What is Q10?

Coenzyme Q10 (or just Q10) is a vitamin-like substance. It's also called ubiquinone (ubi is Latin and means "everywhere"). When a cell needs energy it convert fat, carbohydrate, protein, and alcohol to ATP (adenosine triphosphate), a molecule that stores energy in its chemical form. The cell breaks down the ATP molecule and releases the energy trapped inside. The entire process takes place inside the cells in some small bean-shaped structures called mitochondria. In all mitochondria coenzyme Q10 is found. Muscle cells are particularly dependent on large amounts of energy, which is why muscle cells contain substantially more mitochondria than other types of cells. The heart muscle is a good example of body tissue with cells that contain a large number of mitochondria and have a correspondingly large energy requirement.

What is selenium?

B-Daddy contains the patented selenium yeast, SelenoPrecise®, which is developed by Pharma Nord and manufactured under the strict Danish pharmaceutical rules. SelenoPrecise, which contains over 30 different organic selenium species, can document a high and consistent level of bio-availability (88.7%). In addition to selenium's protective effect on cells, the nutrient is also known to support:

- A healthy immune system
- A normal spermatogenesis
- A normal thyroid function



B-Daddy

Nutritional value per recommended daily dose:

		% RDA*
Ubiquinone (coenzyme Q10)	100 mg	not established
Selenium (SelenoPrecise®)	100 µg	182%

* RDA: Recommended Daily Allowance

Dosage

2 capsules daily for adults

The tablets should ideally be ingested with a meal.

Do not exceed the recommended daily dosage.

A dietary supplement is no substitute for a balanced diet.

In order to maintain good health a healthy lifestyle and a varied balanced diet is important.

Storage

Dark, dry and at room temperature. Protect against light. Keep out of reach of young children.

Pregnant women and/or children under the age of 11 should not take the product without consulting a physician or nurse in advance.

Ingredients

Vegetable oil.

Capsule: Bovine gelatin

Moisturizing agent: Glycerol (E422)

Coenzyme Q10

Selenium: SelenoPrecise® (Selenium-enriched yeast)

Moisturizing agent: Purified water

Coloring agents: Calcium carbonate, Brilliant Blue FCF (E133)

The hard-working sperm cell

An average male ejaculation delivers between 60 and 450 million microscopic sperm cells. The sperm fluid contains different sugars that serve as nutrition for the sperm cells and help them stay viable for about 2-3 days.

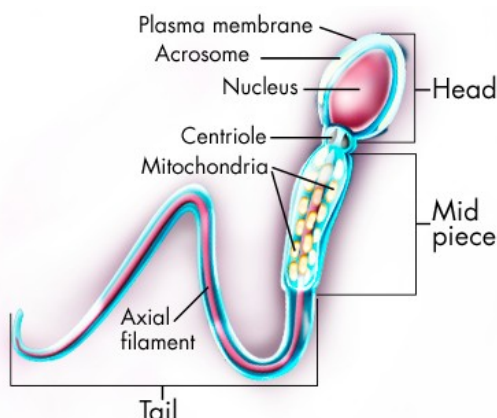
Sperm cells are matured in the testicles, a process that takes about 74 days to complete. However, as there are several million sperm-producing glands in the testicles, each testicle can produce four million sperm cells an hour.



The anatomy of the sperm cell

Anatomically speaking, a sperm cell consists of a head, a mid-piece, and a long, moveable tail. The head contains

the cell nucleus with the genetic material inside. The mid-section is saturated with mitochondria. Inside every mitochondria Q10 is found. The mitochondria supply the energy needed to fuel the rapid tail movements that propel the sperm cell on its long journey to reach the egg cell.



The number of sperm cells is reduced with each sub-sequent ejaculation but starts to increase again after a few days of abstinence. Men who wish to become fathers should therefore engage in intercourse every two or three days.

The sperm cells are some of the body's most energy-consuming cells. They need the energy to swim the relatively long way from the woman's vagina through her uterus to the fallopian tube where the egg is fertilized. It is like a race where very few sperm cells are able to complete the 15-25 cm distance to the egg.

The more healthy sperm cells a man is able to produce, and the faster they are able to swim, the greater the chances of successful conception.