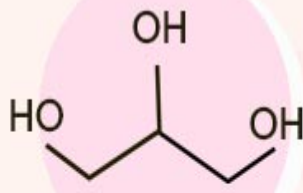


MORE ABOUT SPERM-FRIENDLY LUBRICANTS



Lubricants To Avoid If Trying To Conceive



Lubricants containing glycerol



KY lubricants (produce warming and tingling effects)

Tips For Choosing Sperm-Friendly Lubricants



Avoid opting for lubricants with preservatives such as parabens.



Do not confuse a non-spermicidal lubricant with an FDA-approved fertility lubricant.



Not all lubricants labeled natural or organic may be sperm-friendly.

Fertility-Friendly Oils That May Be Used For Lubrication



Canola oil



Baby oil



Mustard oil

References

- 1 Product classification; FDA
- 2 Struggling to conceive? Consider lubrication; Upstate Medical University
- 3 In vitro effects of coital lubricants and synthetic and natural oils on sperm motility; American Society of Reproductive Medicine