

size should be adjusted by the vendor as per available tooling.

Front

size: 120 x 180 mm

Back

## YTiG-Mi<sup>TM</sup>

Supports Normal Sperm Development,  
Fertility and Reproduction

وائی ٹیگ۔ ایم آئی

Sachet

YTiG-Mi Sachet supports male fertility by optimizing sperm health.

**COMPOSITION:**

Each sachet contains:	
L-carnitine (as fumarate)	1000 mg.
Acetyl L-carnitine (as HCl)	500 mg.
Fructose	1000 mg.
Citric acid	50 mg.
Vitamin C	90 mg.
Zinc (as gluconate)	10 mg.
Folic acid	200 mcg.
Selenium	50 mcg.
Co-enzyme Q 10	20 mg.
Vitamin B12	1.50 mcg.

**Product Specs.:** In-house

**L-carnitine (fumarate) and Acetyl L-carnitine:** Play a key role in sperm energy metabolism. Many clinical studies have shown that carnitines play an important role in sperm function by affecting sperm motility, morphology, concentration and count. L-carnitine and Acetyl-L-carnitine may also help to protect sperm by mitigating the production of damaging free radicals.

**Fructose:** is one of the major energy-yielding substrates that are present in seminal fluid and supports sperm motility.

**Vitamin C:** An antioxidant present in the seminal plasma. Vitamin C is one of the most abundant antioxidants in the semen of fertile men, and it contributes to the maintenance of healthy sperm by protecting the sperm's DNA from free radical damage. Supplementation of Vitamin C has reportedly improved the sperm quality of smokers as well.

**Citric acid:** is involved in certain aspects of energy metabolism.

**Zinc:** Body needs zinc to make proteins and DNA, the genetic material in all cells. Body needs zinc to grow and develop properly. Zinc is an essential mineral for sperm formation, and folate, the natural form of folic acid, depends on zinc to help form DNA in the sperm. Zinc supplementation may be associated with improved sperm quality and male fertility. It is important for the production of semen. Infertile men have shown to have lower seminal levels of Zinc than normal men.

**Selenium:** is a powerful antioxidant and is thought to stabilize the integrity of the sperm flagella. Selenium (Se) is important for reproductive functions such as testosterone metabolism and is a constituent of sperm capsule selenoprotein. The administration of Se to sub-fertile patients induced a statistically significant rise in sperm motility.

**Co-enzyme Q10:** Acts as an antioxidant as well as a metabolic substrate and is concentrated in the mitochondria of the midpiece of the sperm. Studies have demonstrated a correlation between Coenzyme Q10 levels and sperm health.

**Vitamin B12:** is involved in cell maturation and DNA synthesis.

**Folic acid:** concentrations have been shown to be higher in seminal fluid than plasma in men. Studies suggest that supplementation of Folic Acid along with Zinc improves sperm health in both subfertile and fertile men.

**DOSAGE AND ADMINISTRATION:**  
Take 1-2 sachets daily or as directed by the registered medical practitioner. One (1) sachet in the morning and one (1) sachet in the evening. Mix the contents of each sachet with at least 7 ounces (200 ml) of water or other beverage and consume. YTiG-Mi Sachet is designed for long-term administration. Initial results may be seen in as few as three (3) months; however, YTiG-Mi Sachet should be taken for at least six (6) months for optimal results. YTiG-Mi Sachet should be taken as long as the couple is attempting to conceive. On average, sperm requires 74 days to mature and up to 20 additional days to become capable of fertilization. Therefore, improvements in sperm quality taking YTiG-Mi Sachet will happen gradually over time.

**OVERDOSE AND TREATMENT:**  
In case of accidental over dosage, call a doctor or refer to healthcare facility immediately.

**CONTRAINDICATION:**  
Do not use the supplement in case of known allergy or hypersensitivity to any of the ingredient.

**INSTRUCTIONS:**  
- Store below 30°C.  
- Protect from heat, sunlight & moisture.  
- Keep out of the reach of children.

**PRESENTATION:**  
YTiG-Mi Sachet : Pack of 1 x 30 sachets.

ہدایات:  
۳۰ ڈیجسٹوٹی گریڈ سے کم درجہ حرارت پر رکھیں۔  
گرمی، دھوپ اور نمی سے بچائیں۔  
بچوں کی پہنچ سے دور رکھیں۔  
خوراک: ایک سے دو سائے روزانہ  
یاسٹنڈا کنٹرول ہدایت کے مطابق استعمال کریں۔

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Nexpharm Healthcare (Pvt.) Ltd.  
65 Industrial Estate, Kot Lakhpat, Lahore, Pakistan.

FOR FURTHER INFORMATION PLEASE CONTACT:

**CCL** Consumer Healthcare  
Manufactured for:  
CCL Pharmaceuticals (Pvt.) Ltd.  
62 Industrial Estate, Kot Lakhpat, Lahore, Pakistan.