



## 2008 Practice Committee Report on Optimizing Natural Fertility

The November 2008 Fertility and Sterility Journal Supplement of the 2008 Compendium of Practice Committee Reports, included a report on “Optimizing Natural Fertility”.

In this report, Pre~Seed was the only commercial lubricant specifically mentioned for use while trying to conceive and as not harming sperm. These reports represent best practice guidelines from the American Society of Reproductive Medicine.

Specifically, this article abstract states,

**“This committee’s opinion provides practitioners with suggestions for optimising the likelihood of achieving pregnancy in couples attempting conception who have no evidence of infertility.”**

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