Menevit—the data never seen

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Menevit has been promoted for healthy male sperm for many years, largely on the basis of the Tremellen paper which demonstrated a marginal (p=0.046) improvement in pregnancies at 3 months. Uncertainties regarding the conclusions from the Tremellen paper include: Tremellen was the inventor of Menevit; there was no significant improvement in DNA fragmentation or progressive sperm motility, which are considered to be surrogate targets for the antioxidants contained in Menevit; and 3-month live birth endpoint rather than full-term live births.

Nevertheless, the Tremellen paper is regarded by many as the standard reference for supporting the role of Menevit in sub-fertile men.

However, there was a second study with Menevit conducted by Tremellen’s team, the so-called ‘ADAM Study’, which has never been published in a peer-reviewed paper. It exists as a thesis only entitled Treatment of Oxidative DNA Damage in sperm using an Oral Antioxidant Therapy.

The ADAM trial provided mixed results:

- No statistically significant improvement in sperm concentration (p=0.304), sperm motility (p=0.778) or overall sperm morphology (p=0.938)
- A 4.0% decrease in DNA fragmentation after 90 days therapy (p=0.002)
- A 4.8% decrease in early apoptosis after 90 days therapy (p=0.004).

Menevit remains a much recommended therapy, but caution should be exercised when interpreting its full dataset.

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