

Vitamin/mineral tables (2 formats) with relevent reference links.

Sexual Function	Nutrient	Food sources
Healthy testosterone levels and sex drive	Vitamin A ¹	Animal and fish livers, kidneys, eggs, milk, cheese, yoghurt, butter, oily fish, meat, margarine; Dark green leafy vegetables and yellow-orange fruits.
	Magnesium ^{2, 3}	Soya beans, nuts, yeast, wholegrains, brown rice, seafood, meat, eggs, dairy products, bananas, green leafy vegetables.
	Zinc ^{4, 5}	Red meat (especially offal), seafood (especially oysters), yeast, wholegrains, pulses, eggs, cheese
Healthy Sperm	Vitamin C ^{6, 7}	All fruit and veg, especially citrus, blackcurrants, guavas, kiwi fruit, peppers, strawberries, green sprouting vegetables
	Vitamin E ⁸	Oily fish, fortified margarine and dairy products, liver, eggs
	Selenium ^{9, 10} .	Brazil nuts are the richest source, other tree nuts, broccoli, mushrooms, cabbage, radishes, onions, garlic, celery, wholegrains, yeast, seafood, offal
Stamina and staying power	B vitamins ^{11, 12} .	Yeast extracts, brown rice, wholegrain bread and cereals, seafood, poultry and meat (especially offal), pulses, nuts, eggs, dairy products, green leafy vegetables
	Iron	Red meat (especially offal), seafood, wheatgerm, wholemeal bread, egg yolk, green vegetables, prunes and other dried fruit
	Iodine ¹³	Seafood, seaweed, iodised salt.
Arousal and orgasm	Calcium ¹⁴ .	Milk, yoghurt, cheese, green vegetables, oranges, bread.
	Phosphorus ¹⁵	Dairy products, yeast, soya beans, nuts, wholegrains, eggs, poultry, meat and fish

Micronutrient	Sexual Function	Food Sources
<i>Vitamin A</i>	Essential for the production of sex	Animal and fish livers, kidneys, eggs,

- 1 <http://www.ncbi.nlm.nih.gov/pubmed/24094424>
- 2 <http://www.ncbi.nlm.nih.gov/pubmed/14995071>
- 3 <http://www.ncbi.nlm.nih.gov/pubmed/21675994>
- 4 <http://www.ncbi.nlm.nih.gov/pubmed/17099205>
- 5 <http://www.ncbi.nlm.nih.gov/pubmed/21671089>
- 6 <http://www.ncbi.nlm.nih.gov/pubmed/22513420>
- 7 <http://www.ncbi.nlm.nih.gov/pubmed/17081174>
- 8 <http://www.ncbi.nlm.nih.gov/pubmed/19909602>
- 9 <http://www.ncbi.nlm.nih.gov/pubmed/19091331>
- 10 <http://www.ncbi.nlm.nih.gov/pubmed/15851828>
- 11 <http://www.ncbi.nlm.nih.gov/pubmed/19624286>
- 12 <http://www.ncbi.nlm.nih.gov/pubmed/17287458>
- 13 <http://www.ncbi.nlm.nih.gov/pubmed/8054857>
- 14 <http://www.ncbi.nlm.nih.gov/pubmed/2872991>
- 15 <http://www.ncbi.nlm.nih.gov/pubmed/20531458>

	hormones, including testosterone. A higher intake of plant-based vitamin A (carotenoids) is linked with better sperm quality and motility. ⁱ	milk, cheese, yoghurt, butter oily fish, meat, margarine; Dark green leafy vegetables and yellow-orange fruits.
<i>B vitamins</i>	B vitamins play a crucial role in energy production and stamina. B3 enhances dilation of blood vessels during erection – an effect used to boost erectile drugs in men with diabetes ⁱⁱ . Lack of vitamin B12 and folic acid lower sperm count ⁱⁱⁱ .	Yeast extracts, brown rice, wholegrain bread and cereals, seafood, poultry and meat (especially offal), pulses, nuts, eggs, dairy products, green leafy vegetables
<i>Vitamin C</i>	Essential for healthy, non-clumping sperm ^{iv} ; deficiency lowers male fertility, especially in smokers ^v .	All fruit and veg, especially citrus, blackcurrants, guavas, kiwi fruit, peppers, strawberries, green sprouting vegetables
<i>Vitamin E</i>	Deficiency is linked with reduced sperm quality and infertility, especially in smokers ^{vi}	Oily fish, fortified margarine and dairy products, liver, eggs
<i>Boron</i>	Involved in sex hormone production, increased intakes shown to boost testosterone levels within one week. ^{vii}	Almost all fruit, vegetables and nuts, especially almonds, hazelnuts, walnuts, peanut butter, raisins, dried apricots, avocado and red kidney beans.
<i>Calcium</i>	Needed for muscle contraction during orgasm. Calcium-channel blocker drugs used to treat high blood pressure can cause sexual problems ^{viii} .	Milk, yoghurt, cheese, green vegetables, oranges, bread.
<i>Chromium</i>	Deficiency has been linked with lowered sex drive ^{ix} .	Wholegrain cereals, egg yolk, red meat, cheese, fruit and fruit juice, honey, vegetables and condiments such as black pepper and thyme.
<i>Iodine</i>	Deficiency produces fatigue, lowered sex drive and reduced fertility ^x .	Seafood, seaweed, iodised salt.
<i>Iron</i>	Deficiency causes lack of energy, a common reason for going off sex. If you have a low sex drive, don't be embarrassed to tell your GP.	Red meat (especially offal), seafood, wheatgerm, wholemeal bread, egg yolk, green vegetables, prunes and other dried fruit
<i>Magnesium</i>	Important for sperm health and fertility ^{xi} . Deficiency is linked with lower testosterone levels, especially in older men ^{xii} .	Soya beans, nuts, yeast, wholegrains, brown rice, seafood, meat, eggs, dairy products, bananas, green leafy vegetables.
<i>Phosphorus</i>	Needed to maintain sexual arousal and testosterone levels, especially in older men ^{xiii} .	Dairy products, yeast, soya beans, nuts, wholegrains, eggs, poultry, meat and fish
<i>Selenium</i>	Deficiency is linked with lowered sex drive, decreased sperm count and male infertility ^{xiv, xv} .	Brazil nuts are the richest source. Lower amounts present in other nuts, broccoli, mushrooms, cabbage, radishes, onions, garlic, celery, wholegrains, yeast, seafood, offal
<i>Zinc</i>	Essential for male sexual maturity. Lack can cause low sex drive, low sperm count, impaired fertility and impotence ^{xvi, xvii}	Red meat (especially offal), seafood (especially oysters), yeast, wholegrains, pulses, eggs, cheese

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- iv <http://www.ncbi.nlm.nih.gov/pubmed/22513420>
- v <http://www.ncbi.nlm.nih.gov/pubmed/17081174>
- vi <http://www.ncbi.nlm.nih.gov/pubmed/19909602>
- vii <http://www.ncbi.nlm.nih.gov/pubmed/21129941>
- viii <http://www.ncbi.nlm.nih.gov/pubmed/2872991>
- ix <http://www.ncbi.nlm.nih.gov/pubmed/?term=chromium+libido>
- x <http://www.ncbi.nlm.nih.gov/pubmed/8054857>
- xi <http://www.ncbi.nlm.nih.gov/pubmed/14995071>
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