

Are some sex lubricants really 'sperm-friendly'?

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Lubricants are used by couples during sexual intercourse for numerous reasons, and several lubricants are promoted as "sperm-friendly," suggesting that they do not negatively affect sperm motility. Results from a study published in the *International Journal of Gynecology & Obstetrics* indicate that these marketing claims may be inaccurate and

misleading.

The study tested the sperm-friendliness of Pre-Seed, Yes Baby, Optilube, [olive oil](#), and egg white to optimize the likelihood of conception in couples. With the exception of egg white, all lubricants caused significant reductions in [sperm motility](#) compared with untreated controls. When comparing sperm-friendliness among commercial brands, Pre-Seed was superior to Optilube, which in turn was superior to Yes Baby.

"This study is important because it highlights that these so-called sperm-friendly lubricants may actually hinder normal conception," said lead author Johan Markram, MBCChB, MMed, MPharm, of the University of Pretoria, in South Africa.

More information: *International Journal of Gynecology & Obstetrics*, onlinelibrary.wiley.com/doi/10.1002/ijgo.14136

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