



Top Sperm Friendly Lubricants

All About Pre~Seed, Conceive Plus, and Other Fertility Friendly Lubes

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Written or reviewed by a board-certified physician. See About.com's [Medical Review Board](#).

Sperm friendly lubricants are important when you're trying to conceive. Regular lubricants, like Astroglide and KY Jelly, have been shown in research to inhibit sperm movement, cause DNA damage, and even kill sperm.

Using common lubricants probably won't keep you from getting pregnant, but they can lower your chances for success. So what can you use?

Here are some sperm friendly lubricant options. All of the following lubricants passed laboratory testing and were deemed sperm friendly.

Conceive Plus

Conceive Plus is FDA approved for trying to conceive couples. The lubricant has been found to be safe for sperm, oocytes, and embryos, making Conceive Plus safe to use in fertility testing and treatment.

Developed and sold by Sasmar, Conceive Plus is the only lubricant that includes calcium and magnesium ions, which helps keep sperm cells healthy.

Conceive Plus is available in a multi-use tube or as individual applicators. The individual applicators are on the expensive side, costing about \$15.99 for three pre-filled applicators or \$22.99 for eight applicators. The multi-use tube is a more economical buy.

- [Conceive Plus Company Website](#)

Pre~Seed (aka PreSeed)

Pre~Seed was invented by Dr. Joanna Ellington, a scientist whose research has focused on sperm physiology. Pre~Seed has been shown to be fertility friendly in a number of independent research studies.

Like Conceive Plus, Pre~Seed can be used during fertility testing, to help men who need to produce a semen sample for semen analysis, [IVF](#), or [IUI](#) cycles.

Pre~Seed also sells a kit that comes with a specialized fertility friendly condom, for those that prefer to collect the sample via sexual intercourse. (You cannot use a regular condom to collect semen samples for fertility testing or treatment.)

You can purchase Pre~Seed in a tube, along with applicators. Ideally, the product should be applied with the applicator, near the cervix. It is also available in a multi-use tube without applicators.

- [Pre~Seed Company Website](#)

Yes Baby

Yes Baby is a fertility friendly lubricant developed in the U.K. What's unique about Yes Baby is that it's certified organic by the U.K.'s Soil Association.

According to marketing information on the website, Yes Baby also takes into account what's best for vaginal health, along with sperm health. The lubricant package comes with two different formulas, one that is sperm friendly for use during the fertile window, and one that is vagina friendly, to help restore vaginal ph after ovulation.

That said, it's expensive. A Yes Baby twin pack costs \$26.99 at their website, and comes with seven sperm friendly applicators (for during the fertile window), three vagina friendly applications (for after ovulation), and five ovulation tests (so you can be sure to use the sperm friendly applicators at the right time.) This is only enough for one month's use.

- [Yes Baby Company Website](#)

Canola Oil and Baby Oil

If specialty made fertility lubricants are out of your budget, you may want to consider baby oil or canola oil. Research has found them to be trying to conceive friendly.

However, they have not been shown to be safe for use in fertility testing and treatment.

Also, remember that products like baby oil may contain additional ingredients -- like fragrance -- which may be irritating. The baby oil you purchase may be very different from the baby oil found to be trying to conceive friendly in the research.