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(71) Applicant: THE CEUTICS COMPANY GESMBH

[AT/AT]; Getreidemarkt 8, 1010 Vienna (AT).

(72) Inventor: FRITZ, Stefan Ulrich; Gaadnerstraße 27c1,
2371 Hinterbrühl (AT).

(74) Agent: REDL, Gerda et al.; REDL LIFE SCIENCE
PATENT ATTORNEYS, Donau-City-Straße 11, 1220 Vi-
enna (AT).

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(54) Title: IMPROVING SEMEN QUALITY

(57) Abstract: Composition for use in a method of improving the human male's semen quality, said composition comprising at least one source of spermidine, and optionally one or more further components and/or one or more carriers or excipients.



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