

Featured Product

Testo Support™ PCCA #10190

See "The Professional Guide to Phytotherapeutic Management of Endocrine Dysfunction" for detailed clinical protocols at www.wellnessworks.com.



Phytoandrogens are phyto-compounds that mimic the effects of androgens including increased strength, endurance, and stress tolerance, sense of well-being, mood, confidence, lean body mass, libido and sexual response. The ability of phytoandrogens to mimic the anabolic, strengthening and stimulating effects of testosterone can support healthy brain, nerve, muscle, immune, cardiovascular, and other systems prone to atrophy, senescence or weakness. Androgenic herbs are adaptogens that optimize healthy hormone producing functions of androgen producing tissues including the gonads and adrenal glands in both genders. Synergist herbs that support L-arginine-nitric oxide activity and dopaminergic functions mimic the libido enhancing functions of testosterone

Clinical Relevance: Decreased function of androgens and decreased production of androgens significantly diminish quality of life and increase risks for disease in both genders.

Shatavari: Shatavari (*Asparagus racemosus*) is an adaptogenic, anti-stress and immuno-stimulating herb used for sexual debility and infertility and to protect neuronal tissue. Its aphrodisiac properties may be due to its ability to interact with androgen receptors.

Siberian Ginseng: Siberian ginseng (*Eleutherococcus senticosus*), an adaptogen used to increase endurance and adaptation to stress, has been shown to improve tissue oxygenation and physical fitness of both men and women. Siberian ginseng has been recognized as a tonic in times of fatigue, debility, declining work capacity, declining concentration and during times of convalescence. Its ability to improve strength and performance may be due to its anabolic effects. The lignans and iridoid glycosides in Siberian ginseng are mainly responsible for exhibiting the anti-fatigue, anti-stress, immuno-enhancing, cognitive enhancing and anti-depressive effects.

Horny Goat Weed: Epimedium (Horny Goat Weed), traditionally used for sexual dysfunction, fatigue and libido enhancement, has been shown to improve sexual function and quality of life even in patients with chronic disease. This therapeutic effect of overcoming sexual disorders may be due to its ability to prevent and remedy the side effects induced by corticoids, including its ability to protect adrenal gland health.

Maca: Maca (*Lepidium meyenii*) improves libido in human studies without affecting testosterone and estradiol levels, possibly by its ability to improve L-arginine-nitric oxide activity. Animal studies also have shown improved sexual performance without a change in hormone levels. The Maca alkaloids and steroids, glucosinolates, isothiocyanates and macamides are probably responsible for its aphrodisiac, adaptogen, anabolic and immunostimulant properties.

Mucana : Mucana (*Mucuna pruriens*), recognized as an aphrodisiac in Ayurvedic medicine and used for both men and women with low libido, has an unusually high content of naturally occurring L-dopa which can cross the blood brain barrier and convert to dopamine. Dopamine stimulates hypothalamic and pituitary function and regulates motor control, sex drive, immune function, lean muscle gain, bone density, energy levels, and the ability to sleep soundly. The ability of L-dopa to significantly increase sex drive and sexual impulses in humans validates its traditional use as an aphrodisiac.

Tribulus: Tribulus (*Tribulus terrestris*), considered a reproductive tonic in Ayurvedic medicine, has been clinically proven to improve sexual desire, possibly due to increased androgen levels. The ability to increase the release of nitric oxide from the endothelium and nitergic nerve endings also may account for its claims as an aphrodisiac. Tribulus also has diuretic, antispasmodic and antihypertensive properties.

Damiana: Damiana (*Turnera diffusa*), widely used in the traditional medicine as an aphrodisiac with antidepressant qualities, acts as a sexual stimulant. Its effectiveness may be associated with its vasodilatory abilities. Damiana also has documented diuretic properties and it has been used in weight loss formulations, possibly due to its nervine affect.

Ashwagandha: Ashwagandha (*Withania somnifera*), a commonly used herb in Ayurvedic medicine, is best regarded as an adaptogen with aphrodisiac properties. Through activation of the hypothalamic-pituitary-gonadal axis, ashwagandha extracts can increase gonadotrophic hormones. This trophic affect on the gonads may contribute to its adaptogenic properties. The ability of ashwagandha to increase nitric oxide synthase may contribute to the aphrodisiac affect. In addition to being antistress, neuroprotective and aphrodisiac, ashwagandha also has anti-inflammatory, antioxidant, anti-hyperglycemic and cardioprotective properties. Like testosterone, ashwagandha is able to stabilize the mood in conditions of both anxiety and depression.

INGREDIENTS

3 Capsules Contain:

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| Herbal Proprietary Blend | 2,250 mg |
| Asparagus (Young Shoots), Damiana (Leaf), <i>Epimedium</i> (Horny Goat Weed, Aerial Parts, Standardized to 10% Icarin), <i>Lepidium meyenii</i> (Maca, Root), <i>Mucuna pruriens</i> (Seed, Standardized to 10% L-dopa), <i>Tribulus terrestris</i> (Root), <i>Withania somnifera</i> (Ashwaganda, Root), and <i>Eleutherococcus senticosus</i> (Root, Standardized to 0.8% Eleutherosides) | |

This product contains NO yeast, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial color, preservatives or flavoring.

Warning: Not to be used by pregnant or nursing women.

Other Ingredients: Gelatin (capsules), dicalcium phosphate and vegetable stearate.

Suggested Usage: 1-3 capsules daily with food.