



Aphrodisiac Herbal Support for Men and Women

Sexual dysfunction occurs in both men and women. In women, symptoms of sexual dysfunction include lack of sexual desire, insufficient lubrication and painful intercourse. The inability of certain women to achieve an orgasm is considered by many sex therapists and the medical profession to be normal. The lack of sexual desire in women can be related to stress (emotional, mental and physical), illness, changes in hormonal levels and medical drug prescriptions. In men, symptoms of sexual dysfunction include the inability to get or maintain an erection, lack of sexual desire and premature ejaculation. Sexual dysfunction in men can result from disease or illness, clogged arteries, stress (mental, physical and emotional), prescription medications, nerve damage resulting from surgery and other injuries.

In cases in both men and women where the lack of sexual desire can be traced to physical stress caused by overwork, simply taking a vacation from work will usually resolve the problem. Herbs such as Panax ginseng, Siberian ginseng and Ashwagandha are known to be adaptogenic, which means that these herbs tend to counter the effects associated with stress on the body. Panax ginseng, in many animal studies, has been shown to increase the growth of the testes, increase sperm production, and increase sexual activity. The ability of these herbs to fight the effects associated with stress means that the stressed individual will be more relaxed, energetic and thus be more interested in sexual activity.

When the lack of sexual desire results from mental stress, using an herb with calming effects can also lead to an increase in desire. Herbs in this class include valerian, hops, and kava. Sometimes, a glass of wine is sufficient to produce a relaxing effect and thus increase sexual desire. Lack of sexual desire caused by stress (physical and mental) can also be improved by regular exercise. The body's ability to withstand the effects associated with stress increases with regular exercise. They also become more physically fit, their mental outlook improves, and the muscles become more toned resulting in an improvement in the overall general appearance. Many studies have shown that the interest in sexual activity increases with overall fitness. In some instances, a lack of sexual desire in both women and men, as well as the inability to get an erection can be related to a low concentration of the hormone testosterone. There are a number of medicinal herbs that increase testosterone levels, such as *Tribulus terrestris* (Puncture vine) and *Epimedium sagittatum* (Horny goat weed). Studies have shown that *Tribulus terrestris* uncouples testosterone from its bound form to its free form, thus increasing the amount of free circulating testosterone which is responsible for the sexual effects of testosterone. In addition, herbs such as Dong Quai ginseng (Panax and Siberian) are also known to affect the female hormonal levels to produce an increase in sexual desire.

In men, where the inability to get an erection is related to arterial disease, several herbs including *Ginkgo biloba* have been shown to increase blood flow to the penis by dilating the blood vessels. Every culture has used different substances, usually medicinal herbs, which have been reputed to have aphrodisiac properties. These substances usually can lead to an increase in sexual desire but their effectiveness seems to vary between individuals. While there have been no clinical studies on these herbs as to their effectiveness, there is a great number of stories which attest to the effectiveness of these herbs. Some examples of these herbs include *Muir Puama*, Bois Bandé and Damiana. These three herbs grow in many parts of South America and the West Indies. In many of the countries, these herbs have reached legendary status as to its ability to help achieve and maintain an erection. Because of their legendary status, they are very widely used and there are many anecdotal stories attesting to the efficacy of these herbs. In conclusion, the causes of sexual dysfunction are very complex and varied. While there are some herbal treatments, not everyone will benefit from the same herbal treatment, and success is a matter of trial.

by Dr. Gordon Chang

Dr. Gordon Chang holds a PhD in Physiology and Biomedical engineering from the University of Toronto. He also has 2 years post-doctoral experience in biochemistry and has contributed numerous articles to health-oriented magazines. He is the President and Chief Scientific Officer at Omega Alpha[®] Pharmaceuticals Inc. Dr. Chang established Omega Alpha Pharmaceuticals Inc. in 1992 and his manufacturing company is known for producing innovative and efficacious herbal based and nutritional supplements for the natural health industry.

ASL045



Lib-FX™

NPN 80031874

- ✓ Supports emotional aspects of sexual health
- ✓ Increases testosterone production
- ✓ Supports blood flow to the peripheral tissues
- ✓ Fights the effects associated with stress
- ✓ A six herbal blend concentrate
- ✓ Contains adaptogenic herbs
- ✓ For both sexes

MEDICINAL INGREDIENTS PER 3.5mL:

<i>Lepidium meyenii</i> (Maca Root).....	1000 mg
<i>Ginkgo biloba</i> (Ginkgo Leaf)	600 mg
<i>Tribulus terrestris</i> (Puncture Vine Fruit)	600 mg
<i>Turnera diffusa</i> (Damiana Leaf)	600 mg
<i>Eleutherococcus senticosus</i> (Siberian Ginseng Root).....	400 mg
<i>Withania somnifera</i> (Ashwagandha Root)	300 mg

ADDITIONAL INGREDIENTS:

Purified water, 15% Ethanol.

Lib-FX™ — is a combination of botanicals that have been traditionally used to support the emotional aspects of sexual health. It is a liquid formulation (alcohol/water extract) using the herbs listed below.

Check out these botanical properties:

Maca root is used to support the emotional aspects of sexual health, for enhancing energy levels, and for supporting the immune system. It is traditionally used for chronic fatigue, impotency in men, as well as for menopausal symptoms and menstrual problems in women. Maca root also helps to increase sexual stamina in both sexes as well as sexual interest and responsiveness. Maca root has antiseptic, aphrodisiac, emmenagogue, spermatogenic properties, and is known as a tonic for the maintenance of good health.

Ginkgo Biloba leaf helps improve mental functioning, and also has other benefits like increasing blood flow to the blood flow to the peripheral tissues, thus helping erectile dysfunction that may be caused by blockage of the arteries to the penis. *Ginkgo biloba* has been used to support brain function by enhancing oxygenation to the brain for enhanced energy. It is an adaptogenic herb that naturally increases the body's ability to cope with mild anxiety. It also has antioxidant, anti-allergic, anti-inflammatory, antiseptic, anti-spasmodic, antitussive, and cardioprotective properties.

Tribulus terrestris fruit increases the production of luteinizing hormone in both sexes. Luteinizing hormone causes maturation of the ova and leads to an increase in testosterone production. *Tribulus* has also been found to increase the level of free circulating testosterone. In studies, *tribulus* has shown that women with low testosterone levels have a low libido. In men, it has been observed to increase sperm count and also sperm motility in males with low sperm count or non-viable sperm. It is traditionally used in Ayurvedic herbal medicine as an aphrodisiac. *Tribulus terrestris* also possesses alterative, analgesic, anthelmintic, anti-fungal, anti-inflammatory, antiseptic, aphrodisiac, nervine, rejuvenative, and tonic properties.

Damiana leaf is traditionally used to balance hormones and increase the vital energies in the body. It can stimulate muscular contractions of the intestinal tract, supporting delivery of oxygen to the gonad area, and is used as an energy tonic and aphrodisiac. Damiana also contains anti-aging, aphrodisiac, diuretic, emmenagogue, energizing, expectorant, stimulant, and tonic properties.

Siberian Ginseng root has adaptogenic, anti-aging, anti-viral, cardioprotective, diuretic, and circulostimulant properties, and is an immune stimulant. It is known for its ability to enhance libido, as well as fighting the effects associated with stress. It restores energy and produces a sensation of well-being. Siberian ginseng root is a regulating root extract that helps to balance the body by boosting the immune system, improving stamina and endurance, and is known to affect almost every aspect of the body.

Ashwagandha root is an Ayurvedic herb with strong adaptogenic properties. It works synergistically to enhance the restorative effects of ginseng. Ashwagandha helps to rejuvenate energy levels and support the nervous system. It is used as a tonic for the immune system and has antioxidant properties and anti-inflammatory actions. It also has alterative, adaptogenic, analgesic, antiseptic, anti-spasmodic, aphrodisiac, hepatoprotective, and immunostimulant properties. This herb from India is also known for its ability to enhance the emotional aspect of sex by stimulating dopamine and serotonin in the brain (coping effectively with stress).





Tribulus Terrestris

NPN 80040096 / NPN 80037155

- ✓ Improves fertility
- ✓ Maintains cardiovascular health
- ✓ Maintains kidney health and acts as a diuretic
- ✓ Promotes the health of genitourinary system
- ✓ Reduces blood lipid levels in adults
- ✓ Supports building muscle mass
- ✓ Supports prostate health
- ✓ Supports the emotional aspects of sexual health

Traditionally used in Ayurvedic herbal medicine as an aphrodisiac for men, *Tribulus terrestris* may provide relief for difficult/painful urination. It also increases in the production of luteinizing hormone. In males, luteinizing hormone leads to an increase in testosterone production. *Tribulus terrestris* has also been found to increase the level of free circulating testosterone by approximately 40%. In studies, *Tribulus terrestris* has been observed to increase sperm count and also sperm motility in males with low sperm count or non-viable sperm. In females, luteinizing hormone causes maturation of the ova and also controls the production of androgenic hormones (e.g. testosterone). Studies have shown that women with low testosterone levels have a low libido. When testosterone levels in these women were increased artificially by ingesting testosterone, an increase in libido was observed. *Tribulus terrestris* possesses alternative, analgesic, anthelmintic, anti-fungal, anti-inflammatory, antiseptic, aphrodisiac, nervine, rejuvenative, and tonic properties. It is effective for men and women.

MEDICINAL INGREDIENTS PER 5mL:

Tribulus terrestris Extract 1:2
(Puncture Vine Fruit)5000 mg

ADDITIONAL INGREDIENTS:

Purified water, 25% Ethanol.

MEDICINAL INGREDIENTS PER 1 CAPSULE:

Tribulus terrestris (Puncture Vine Fruit)625 mg



Horny Goat Weed

NPN 80031305

- ✓ Promotes vitality and physical performance
- ✓ Increases sperm production
- ✓ Expels bronchial mucus
- ✓ May decrease blood pressure and help stimulate the immune system
- ✓ Exerts beneficial effects on various inflammatory conditions
- ✓ Supports bone health
- ✓ Stimulates the sensory perception thus increasing sexual desire

Traditionally used to tonify the kidneys and strengthen the yang; beneficial for symptoms of kidney-yang deficiency, such as frequent urination and painful, cold lower back and knees. The Chinese named this herb Horny Goat Weed because it was observed that when goats ate this wild herb, they displayed an increase in their normal sexual behaviour. Research in China has demonstrated that taking this herb can lower cortisol levels (thus a stress-lowering benefit). Horny Goat Weed is effective for men and women.

MEDICINAL INGREDIENTS PER 1 TEASPOON (5mL):

Epimedium brevicornu
(Horny Goat Weed Leaf)5 g

ADDITIONAL INGREDIENTS:

Purified water, 25% Ethanol.



GinkgoSeng™

NPN 80044766

- ✓ Helps to promote a healthy immune system
- ✓ Helps the body to manage physical energy
- ✓ Helps digestion where stressful nervousness is generated
- ✓ Supports peripheral circulation
- ✓ An adaptogenic herb for stress and anxiety
- ✓ Has antioxidant properties (from flavanoids and terpenoids)
- ✓ Exerts protective effects against oxidative stress
- ✓ For recovery, stamina and endurance

MEDICINAL INGREDIENTS PER 1 TEASPOON (5mL):

Ginkgo biloba Leaf4000 mg
Panax quinquefolius
(North American Ginseng Root)500 mg

ADDITIONAL INGREDIENTS:

Purified water, 25% Ethanol.

GinkgoSeng™ — is a pleasant tasting extract of North American ginseng root and *Ginkgo Biloba* leaf. **North American ginseng root** is a regulating root extract that helps to balance the body by boosting the immune system, improving stamina and endurance, and by reducing symptoms associated with stress. It restores energy and produces a sensation of health and well-being. This herb possesses adaptogenic, aphrodisiac, carminative, diaphoretic, diuretic, expectorant, stimulant, and tonic properties.

According to the University of Maryland, scientists have found more than 40 components in *Ginkgo Biloba*, but only two are believed to act as medicinal: flavonoids and terpenoids. Flavonoids are plant-based antioxidants. Laboratory and animal studies show that flavonoids protect the nerves, heart muscle, blood vessels, and retina from damage. Terpenoids (such as ginkgolides) improve blood flow by dilating blood vessels and reducing the stickiness of platelets. *Ginkgo biloba* is used to increase blood flow to the peripheral tissues and may help erectile dysfunction that may be caused by blockage of the arteries to the penis. It has antioxidant, anti-allergic, anti-inflammatory, antiseptic, anti-spasmodic, and stimulant properties.

Prosta-FX™

NPN 80051672

- ✓ Men's Health
- ✓ Organ System Support (Prostate)
- ✓ Supports bladder, kidney and prostate health
- ✓ Supports overall urinary health
- ✓ Improves urinary flow
- ✓ Decreases urinary frequency at night



Prosta-FX™ — is used for prostate health and indicated for BPH (Benign Prostatic Hyperplasia – enlarged prostate). It is used to promote the health of the genitourinary system. It may help to reduce symptoms of benign prostatic hyperplasia (BPH) leading to a reduction in the number of times that a gentleman may need to use the bathroom at night thus helping with sleep, stress and irritation.

MEDICINAL INGREDIENTS PER CAPSULE:

Serenoa repens (Saw Palmetto Liposterolic Extract)

(Standardized 85% Fatty acids)110 mg

Coix lacryma-jobi (Adlay Seed)110 mg

Polyporus umbellatus (Zhuling Sclerotium)90 mg

Urtica dioica (Stinging Nettle Root)85 mg

Prunus africana (Pygeum Stem Bark Extract)

(Standardized 15% Phytosterols)80 mg

Cuscuta chinensis (Dodder Seed)50 mg

Medicago sativa (Alfalfa Leaf)45 mg

Cellulase20 mg (3500 *FCC CU)

*Food Chemicals Codex Cellulase Units

ADDITIONAL INGREDIENT:

Hypromellose (vegetarian capsule shell).

Check out these botanical properties:

Saw Palmetto Liposterolic Extract (*Serenoa repens*) (Standardized 85% Fatty acids): Helps relieve urological symptoms such as weak urine flow, incomplete voiding, frequent daytime and night time urination associated with mild to moderate benign prostatic hyperplasia (BPH); Has antioxidant, anti-inflammatory, antiseptic, diuretic, immunostimulant and nervine properties.

Adlay Seed (*Coix lacryma-jobi*): High in dietary fibre which can increase absorption of cholesterol; Prevents the growth of microbes, protects cells against damage caused by free radicals.

Zhuling Sclerotium (*Polyporus umbellatus*): Exerts beneficial effects on various inflammatory conditions; Helps maintain a healthy immune system; Promotes urine flow and kidney health and protects the liver.

Stinging Nettle Root (*Urtica dioica*): Helps reduce difficulty in urination associated with the early stages of prostate enlargement; Helps relieve rheumatic complaints; Helps relieve seasonal allergy symptoms; Promotes urination and is a nutritive tonic. It has astringent, diuretic, hemostatic and nutritive properties.

Pygeum Stem Bark Extract (*Prunus Africana*) (Standardized 15% Phytosterols): Promotes flow of urine and supports prostate health; Promotes health of genitourinary system; Has anti-inflammatory and antiprostaglandin actions.

Dodder Seed (*Cuscuta chinensis*): Invigorates the reproductive system, supports prostate health, maintains kidney and liver health; Maintains bone health; Provides antioxidants for the maintenance of good health; Has diuretic, hepatotonic and tonic actions.

Alfalfa Leaf (*Medicago sativa*): Nutritive tonic that provides antioxidants for the maintenance of health; Reduces blood lipid levels in adults; Supports digestive system; Has antibacterial, anti-inflammatory, cardiotoxic, digestive, diuretic, stomachic and tonic properties.

Cellulase: A digestive enzyme used for the maintenance of good digestive health.

