

# LibidoStim-M™



Natural support for enhanced male sexual desire and function

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The combination of ingredients in LibidoStim-M™ provides safe support for natural testosterone production, enhanced erectile function, and increase in desire.

## LibidoStim-M™ may be beneficial for:

- ▶ Safely promote male sexual desire
- ▶ Providing a natural and safe enhancement of testosterone
- ▶ Favorably influencing aromatase activity for optimal testosterone metabolism
- ▶ Natural optimization of erectile function

## Highlights

- **Tongkat Ali** (*Eurycoma longifolia*) helps maintain normal testosterone levels which are important for supporting sexual desire and fertility (sperm concentration/motility), as well as mood and energy.

Increasing testosterone is the key factor in increasing sex drive. Testosterone, which plays a major role in the development and maturity of male sex organs, also promotes secondary sex characteristics, such as the appearance of facial hair, sexual desire, and sexual behavior.

Tongkat ali works by affecting the luteinizing hormone, and is very specific as to which hormone derivatives it affects. It works to increase testosterone, but not 5 $\alpha$ -dihydrotestosterone, which could cause aromatization (conversion) to estrogen. It also helps to increase free testosterone (FT) over bound testosterone (BT), a notable difference because BT is not bioavailable and in high levels may be associated with prostate cancer.

- **Tribulus** (*Tribulus terrestris*) has long been used in the traditional Chinese and Indian systems of medicine and is popularly claimed to improve sexual functions in men. It has been studied in animals and shown to be useful for erectile dysfunction. Tribulus increases some of the sex hormones, possibly due to the presence of the steroidal saponin protodioscin. After oral ingestion of Tribulus, testosterone, dihydrotestosterone (DHT) and DHEA-S (DHEA sulfate) have all been shown to increase significantly. DHEA can also convert into testosterone. It is concluded that Tribulus extract appears to possess aphrodisiac activity, most likely due to its androgen-increasing property.
- **DIM and Chrysin** have been included to safely manage increased testosterone levels by favorably influencing aromatase activity and reducing the potential of testosterone being converted to estrogen.
- **Ginkgo Biloba** provides improved blood flow for enhanced sexual performance and enjoyment.
- **Boron** may be helpful for increasing the conversion of total testosterone to free testosterone and decreasing estradiol (E2) levels, thereby raising the ratio of FT to both total testosterone and E2, with one study calling boron an “androgen amplifier.” Elevation of free testosterone may be particularly beneficial for older men, in whom levels of sex hormone binding globulin (SHBG) are increased. Data is mixed, but evidence exists for an association between increased dietary boron and reduced risk for prostate cancer.
- **Sunflower Lecithin** is included for increased absorption and bioavailability of the active ingredients in this product.

## Should LibidoStim-M™ be used by men with metabolic syndrome?

According to research published in the journal *Metabolism*, the percentage of men characterized by three or more features of metabolic syndrome increases with decreasing testosterone and DHEA-S levels. Since LibidoStim-M™ is designed to naturally increase testosterone levels, men with metabolic syndrome may expect to see improvements in their health and observe fewer signs of aging from regular use of this product.

**Suggested Laboratory Tests:** Serum total and free testosterone and DHEA-sulfate can be assessed for close management (optimal ranges: total T: 600–800 ng/dL; free T: 150–180 pg/mL; DHEA-S: 300–450 mcg/dL). Long-term users should have serum PSA and hs-estradiol measured at one-year intervals to assure that levels are within normal range.

**LibidoStim-M™ may be used in combination with the following for optimal results:**

- **Arginine:** 2–4 capsules twice daily
- **Grape Seed Supreme™:** 2–4 capsules daily

### How to Take

- As a dietary supplement, take two capsules per day, or as directed by a health care practitioner.

## Supplement Facts

Serving Size 2 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Tribulus ( <i>Tribulus terrestris</i> )(aerial) [standardized to contain 40% saponins]	300 mg *	Horny Goat Weed ( <i>Epimedium sagittatum</i> ) (aerial)[standardized to contain 20% icariins]	100 mg *
Chrysin	200 mg *	Ginkgo Extract ( <i>Ginkgo biloba</i> )(leaf) [standardized to contain 24% ginkgo flavonglycosides and 6% terpene lactones]	100 mg *
Tongkat ali (as LJ100®) ( <i>Eurycoma longifolia</i> )(root) [standardized to contain 22% bioactive europeptides and 40% glyco saponins]	100 mg *	Boron (as Bororganic Glycine)	6 mg *
DIM (Diindolylmethane)	100 mg *	*Daily Value not established.	

**Other Ingredients:** Cellulose (capsule), microcrystalline cellulose, sunflower lecithin, silicon dioxide, vegetable stearate.

LJ100® is a registered trademark of HP Ingredients Corp.



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