

# ALTERNATIVES TO TRIBULUS

## SUPPORT FOR REPRODUCTIVE HEALTH



### PANAX GINSENG (KOREAN GINSENG) Found in MediHerb's Rhodiola + Ginseng

- Reduces the number of dyskinetic sperm<sup>1</sup>
- Improves erections and libido<sup>2</sup>
- Improves nitric oxide (NO) production (thanks to Ginsenoside Re) which plays a key role in sperm production and modulation<sup>3</sup>
- Improves sperm capacitation and acrosome reaction<sup>3</sup>
- Increases testosterone levels, sperm count, and sperm motility in cases of oligospermia whether varicocele driven or not<sup>4</sup>
- More effectively treats erectile dysfunction when compared to trazodone<sup>5,6</sup>
- Modulates stress-induced infertility and increases DHEA synthesis which improves testosterone secretion<sup>7</sup>

1. Mkrtchyan A et al. *Phytomedicine* 2005; 12(6-7): 403-409
2. Choi HK et al. *Int J Impot Res* 1995; 7(3): 181-187
3. Zhang H et al. *Mol Reprod Dev* 2007; 74(4): 497-501
4. Salvati G et al. *Panminerva Med* 1996; 38(4): 249-254
5. Choi HK, Seong DH, Rha KH. Clinical efficacy of Korean red ginseng for erectile dysfunction. *International Journal of Impotence Research*. 1995 Sep;7(3):181-186.

6. de Andrade E, de Mesquita AA, Claro Jde A, et al. Study of the efficacy of Korean Red Ginseng in the treatment of erectile dysfunction. *Asian Journal of Andrology*. 2007 Mar;9(2):241-244. DOI: 10.1111/j.1745-7262.2007.00210.x
7. Salvati G, Genovesi G, Marcellini L, Paolini P, De Nuccio I, Pepe M, Re M. Effects of Panax Ginseng C.A. Meyer saponins on male fertility, *Panminerva Med*. 1996 Dec;38(4):249-54



### WITHANIA SOMNIFERA (ASHWAGANDHA) Found in MediHerb's Withania Complex and 2:1 Liquid

- Ayurvedic medicine describes Withania as an anti-stress agent and aphrodisiac that is used to treat male sexual dysfunction and infertility<sup>1</sup>
- Traditionally known to bring "the strength of a stallion"
- Reduces oxidative stress which increases sperm count, concentration and motility in infertile men<sup>2</sup>
- In men with suboptimal testosterone, it increases LH and decreases FSH and prolactin resulting in higher testosterone levels<sup>3</sup>

1. Misra LC, Singh BB, Degenais S. Scientific basis for the therapeutic use of Withania somnifera (ashwagandha): a review. *Altern Med Rev*. 2000;5(4):334-346.
2. Ahmed, MK, et al, Withania somnifera improves semen quality by regulating reproductive hormone levels and oxidative stress in seminal plasma of infertile males, *Fert & Ster*. 2009; 6(92): 1934-1940
3. Dongre S, Langade D, Bhattacharyya S. *Biomed Res Int* 2015; 2015(2015): 284154



## ASPARAGUS RACEMOSUS (SHATAVARI) Found in MediHerb's FemCo and Wild Yam Complex

- Ayurvedic medicine regards the root as the prime rejuvenator of the female reproductive system
- Traditionally known as "she who can possess a hundred husbands"
- Promotes conception, rehabs sexual debility, decreases muscle spasms, and reduces menopausal symptoms
- Used traditionally in threatened miscarriages <sup>2,3</sup>
- The steroidal saponins, like those in Tribulus, are thought to exert subtle estrogen modulating effects <sup>1</sup>
- The estrogen modulating effect increases follicle count and improves cervical mucus

1. Hayes PY et al. *Phytochemistry* 2008; 69: 796  
2. Dev S. *Environ Health Perspect* 1999; 107: 783

3. Frawley D, Lad V. *The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine*. 2nd Edn. Lotus Press, Santa Fe, 1988



## PAEONIA LACTIFLORA (WHITE PEONY) Found in MediHerb's FemCo

- Traditional Chinese and Japanese medicine combine white peony root with licorice to aid in follicle maturation and ovulation <sup>1</sup>
- Together these herbs normalize ovarian function, aromatase action <sup>2</sup>, and optimize cycle length in PCOS patients <sup>3,4</sup>
- Decoctions of white peony root relieve pain and spasms of the uterus and ileum <sup>5</sup>

1. Ota H, Fukushima M. Stimulation by Kanpo prescriptions of aromatase activity in rat follicle cell cultures, *Recent advances in the Pharmacology of Kanpo (Japanese herbal) Medicines*, Amsterdam, 1998, Excerpta Medicine.  
2. Takahashi K, Kitao M, 1994, Effect of TJ-68 (shakuyaku-kanzo-to) on polycystic ovarian disease, *Int J Fertil Menopausal Stud.*;39(2):69-76  
3. Yaginuma T, et al, 1982, Effect of traditional herbal medicine on serum testosterone levels and its induction of regular ovulation in

hyperandrogenic and oligomenorrheic women (author's transl)], *Nippon Sanka Fujinka Gakkai Zasshi.*;34(7):939-44  
4. Bone K. A clinical guide to blending liquid herbs. St Louis: *Churchill Livingstone Elsevier*, 2003  
5. Wagner H and Farnsworth NR (eds). *Economic and Medicinal Plant Research*, Vol 1. Academic Press, London, 1985



## VITEX AGNUS-CASTUS (CHASTE TREE) Found in MediHerb's Chaste Tree Tablets and 1:2 Liquid

- One of the most widely used botanicals in Western Herbal Medicine for the treatment of female reproductive complaints
- Modulates the anterior pituitary's production of LH, while mildly inhibiting FSH, which enhances ovulation
- Down regulates excess prolactin which results in proper follicle maturation and ovulation <sup>1</sup>
- Treats corpus luteum insufficiency

1. Wuttke W et al. *Phytomed* 2003; 10: 348