

ALTERNATIVES TO TRIBULUS

SUPPORT FOR REPRODUCTIVE HEALTH



PANAX GINSENG (*Korean Ginseng*) Found in MediHerb Rhodiola + Ginseng

IN CLINICAL TRIALS BEEN SHOWN TO:

- Reduce the number dyskinetic sperm¹
- Improve erection and libido²
- Ginsenoside Re improved nitric oxide (NO) production. NO plays an important role in sperm production and modulation³
- Improve sperm capacitation and acrosome reaction³
- Increase testosterone levels, sperm count and motility in patients with oligospermia, some of whom had varicocele⁴
- Effective for erectile dysfunction, had superior effects to the drug trazodone^{5,6}
- Modulate stress-induced infertility or lowered testosterone from insufficient DHEA synthesis⁷

1. Mkrtychyan 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, Withania*) Found in MediHerb Withania Complex and Liquid

- Has been described in Ayurvedic medicine as an anti-stress agent, aphrodisiac, used to treat male sexual dysfunction and infertility¹
- Stress has been reported to be a causative factor for male infertility
- It is said to bring “the strength of a stallion” and provide the strength, character, essence, or stamina of a horse
- Reduced oxidative stress, increased testosterone and LH, while decreasing FSH and prolactin, among infertile men having suboptimal testosterone levels²
- Significant increase in sperm count, concentration, and motility among infertile men²

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



ASPARAGUS RACEMOSUS (*Shatavari*) Found in MediHerb FemCo and Wild Yam Complex

- Root is highly regarded in Ayurveda for its rejuvenative action on the female reproductive system and was said “to give the capacity to have a hundred husbands”.
- It is used as a galactagogue, to promote conception and for sexual debility, menopause, for body ache and general debility
- Like Tribulus, Shatavari contains steroidal saponins¹. The presence of steroidal saponins in Shatavari suggests its activity on the female reproductive system may be due to subtle oestrogen modulating activity.
- Optimizes estrogen levels providing positive effects on cervical fluid
- Preparations based on Shatavari are often recommended for threatened miscarriage^{2,3}

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 (*Peony*) Found in MediHerb FemCo

- Commonly used in traditional Chinese medicine (TCM) in the treatment of women’s disorders
- The active constituent paeoniflorin has been shown to affect ovarian follicle maturation, ovulation and corpus luteum function and steroid hormone synthesis¹
- Supports normal ovarian function, normal aromatase activity² and normal hormonal balance³
- Peony combined with licorice has been shown to regulate LH:FSH ratio, normalise ovarian testosterone production, and induce regular ovulation in patients with PCOS⁴
- A combination of peony and cinnamon is widely used in traditional Japanese herbal medicine for its ovulation-inducing effect

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 Medica.
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. Sun WS, Imai A, Tagami K, et al. In vitro stimulation of granulosa cells by a combination of different active ingredients of unkei-to. Am J Chin Med 2004;32(4):569-78



VITEX AGNUS-CASTUS (*Chaste Tree*) Found in MediHerb Chaste Tree Tablets and Liquid

- One of the most widely used herbs in Western Herbal Medicine for the treatment of female reproductive complaints
- Beneficial for ovulatory factors associated with infertility, in particular, modulating the anterior pituitary’s production of lutenising hormone (LH), while mildly inhibiting follicle stimulating hormone (FSH)
- Has been shown to down regulate the production of excess prolactin, a condition known as hyperprolactinaemia. Hyperprolactinaemia attributes to ovulatory factors in infertility. Excess levels of prolactin can inhibit ovulation and cause relative progesterone deficiency¹

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