



Product Description

Testofen[®] (*Trigonella foenum graecum*)

APPLICATIONS

Testofen[®] is a product containing a special fenugreek extract recommended to:

- Increase the libido
- Increase the sexual performance

COMPOSITION

Testofen[®] is obtained from the seeds of fenugreek (*Trigonella foenum-graecum*) through a special extractive process which allows to concentrate a specific proportion of active principles registered as Fenuside[®]. Testofen[®] has 3 years of stability.

DESCRIPTION

Fenugreek seeds are well known for their traditional use to treat asthenia, hyperlipidemia and hyperglycemia. Several studies have demonstrated the effectiveness and safety of their consumption.

Testofen[®] is a special extract that contains saponins that support male sexual health. This extract has been clinically proven to promote male healthy libido, sexual vitality and desire.

According to the results, Testofen[®] has a positive effect on sexual behaviour that can be attributed to its content in Fenuside[®].

CLINICAL TRIALS

Two double-blind randomized clinical trials have been carried out to evaluate the efficacy of Testofen[®] in healthy men in Queensland (Australia).

The first trial was conducted on 60 heterosexual males aged between 21 and 50 years without any sexual dysfunction, but that were interested in increasing their libido.

Participants were divided in two groups: control group (Testofen[®]) and placebo. The control group received a capsule **containing 300 mg of Testofen[®]** plus piridoxine, zinc and magnesium, 2 times per day. During the trial biochemical parameters were evaluated at the beginning of the study and at the third and sixth week.

In order to evaluate Testofen[®] efficacy on sexual function, volunteers were asked to fill in a questionnaire with 21 questions shared in four main areas: sexual perception, sexual awakening, sexual behaviour and orgasm.

A significant result was obtained in the morning erection, which increased from 2 to 3 times a week to 5 to 6 in the control group whereas the placebo group did not show any changes (Fig. 1), as well as an increase in the frequency in the sexual intercourse.

Testofen[®] showed also a significant improvement on sexual function when compared to placebo group.

Morning Erection

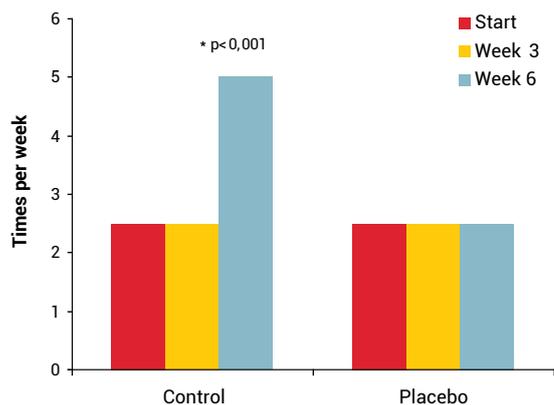


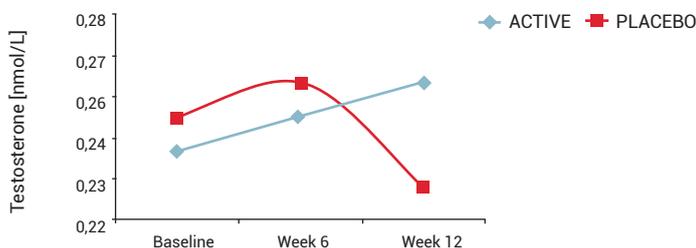
Fig.1 Complete morning erection during the study carried out on the two groups.

The purpose of the second clinical trial was to evaluate the efficacy of Testofen® in several andropause conditions: somatic, psychological and sexual. 120 healthy males were enrolled to receive Testofen® or placebo during 12 weeks. The severity of andropause conditions of participants were evaluated using two questionnaires as well as serum hormone levels at weeks 0, 6 and 12.

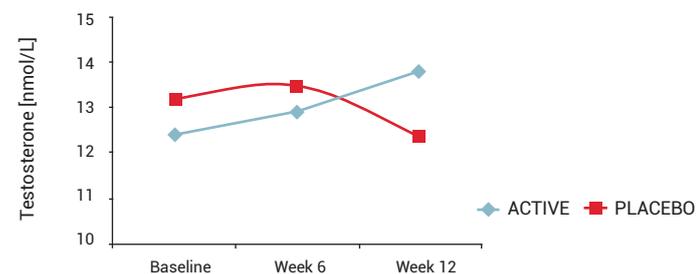
The results of this trial showed that the Testofen® group presented a reduction in andropause conditions when compared to placebo group, as well as an increase in sexual function, arousal and desire. In addition, Testofen® group increased testosterone and free testosterone levels in plasma, that could explain all these improvements (Fig.2).

Testosterone and Free Testosterone

Calculated Free Testosterone



Serum Testosterone



According to the clinical results obtained with these studies, a daily consumption of 600 mg of Testofen® produces a positive effect on sexual function, improving specific areas such as sexual activity and awakening, intercourse frequency, body muscular development, physical strength, energy and well-being in all stages of men age including andropause.

MECHANISM OF ACTION

Testofen® seems to have properties for its own due to the steroidal structure of its actives that could join testosterone receptors exercising a testosterone-like action, as well as to increase free testosterone acting over the sexual hormone binding protein.

SAFETY

There are no known side effects related to the intake of Testofen®. Besides, Testofen® has been affirmed GRAS (Generally Recognized As Safe).

RECOMMENDED DOSES

We recommend **600 mg of Testofen® per day**, to be taken in two times (2 x 300 mg) before or during the main meals.

References

Steels E., Rao A. and Vitetta L. Physiological aspects of male libido enhanced by standardized *Trigonella foenum-graecum* extract and mineral formulation. *Phytotherapy Research*, 2011.

Testofen® for the management of Andropause conditions in healthy men aged between 40-75 years. (Data not published), 2014.

Fig.2 Testosterone and free testosterone levels during the study carried out on the two groups.

