

TOTAL MALE

Ingredients: Each tablet supplies: Maca (*Lepidium Meyenii*) 60mg, American Ginseng (*Panax*) 50mg, Quercetin 10mg, Eleuthero 50mg, Damiana 10mg, Flaxseed 20mg, Chlorella (fractured) 20mg, Pepsin 1:3000 5mg, Lipase (veg source) 5mg, Amylase (veg source) 5mg, Vitamin A 1000i.u., Vitamin C 50mg, Vitamin E 25i.u. mixed tocopherols natural, Niacin 5mg, Folic Acid 150mcg, B-12 100mcg, B-1 1.5mg, B-2 1.8mg, B-6 3mg, Chrysin (*Passiflora Coerulea*) 10mg, Epimedium Saggitatum (Horny Goat Weed) 20mg, Tribulus Terrestris (40% Furostanols-Standardized) 10mg, Muira Puma 30mg, Avena Sativa 10mg, Serenoa Repens (Saw Palmetto) 20mg, Green Oats 10mg, Pumpkin Seed 25mg, Pygeum Extract 2mg, Selenium Chelate 20mcg, Zinc Chelate 5mg, Magnesium Malate 20mg, Boron Chelate 1mg.

Supportive Function: This formula provides comprehensive nutritional support for Male Health and vitality:

When is male health support helpful? Endocrine Balance, Male Potency & Libido, Prostate & Testes health, etc.

Clinical Applications/Research: Maca (*Lepidium Meyenii*), called the Andean Ginseng for its invigorating properties, maca's lysine and arginine have been found to promote female and male fertility and sexual desire. Maca's sterols, brassycosterol, ergosterol, carnpesterol, delta 7.22 ergostadienol, and specially sitosterol and glucosinolates are associated with balancing reproductive hormones (Espinoza CL and Poma LP, *Determinación de amino ácidos esenciales de la maca (Lepidium meyenii) y elaboración de una mezcla protéica a base de alimentos andinos*, Thesis, Universidad Nacional Del Centro Del Perú, Huancayo, 1995 Fitomédica, "Maca, ginseng andino," in Fitomédica, Madrid, 1998; Johns TA, *Ethnobotany and phytochemistry of Tropaeolum Tuberosum and Lepidium Meyenii from Andean South America* Ph.D. Thesis, The University of British Columbia, Canada, 1980).

American Ginseng helps strengthen male reproductive and adrenal glands, improves fertility, alleviates stress, and enhances immune function. It has long been prized as an aphrodisiac, helps stimulate and rebuild all body systems, and is considered the most effective of all tonic herbs. It contains measurable amounts of germanium, which helps oxygenate all cells.

Quercetin is an important member of the flavonoids. It has been reported to protect cholesterol from oxidative damage that potentially leads to blocked arteries and capillaries, which can restrict blood flow to the penis and heart. Quercetin and other flavonoids protect and potentiate vitamin C's roles in the body (Lininger, 1998:201-2).

Eleuthero helps increase blood flow, raise sexual potency, and rebuild energy and endurance. It helps stimulate and regenerate adrenal and immune function and lower blood pressure. It is considered superior by Traditional Chinese Medicine to treat impotence.

Damiana improves blood flow to the genitals. It helps balance hormones for both sexes and acts as a tonic for the hormone system. It helps enhance libido, elevate mood, and raise sexual potency by increasing oxygen to the genital area.

Flaxseed is high in omega-3 oils. Essential fatty acids (EFAs) are necessary in large amounts for the normal function of the prostate gland. Flaxseed oil has been successfully used to alleviate Benign Prostatic Hyperplasia with increases in libido. EFAs also reduce

blood clotting associated with prostate cancer and help lower the potential for spreading of tumors.

Chlorella, a micro-algae, is a vitamin-antioxidant-mineral rich nutritive tonic that accelerates tissue building and repair. It helps build blood and supports liver function.

Pepsin is a proteolytic enzyme that enhances the digestion of proteins, acts as anti-inflammatory, and aids in the treatment of food allergies.

Lipase (vegetable source), enhances the digestion and extraction of nutrients from fats.

Amylase (vegetable source), enhances the digestion of carbohydrates.

Vitamin A is a powerful free radical scavenger; aids in maintaining a healthy immune system, healthy mucus membranes, and keeps the outer layers of glands and tissues healthy.

Vitamin C, a major constituent of the prostate, the seminal vesicles, and prostatic fluid, is a powerful antioxidant that protects other antioxidants helping to promote arterial health and preserve blood flow to erectile tissues.

Vitamin E helps increase circulation important in erectile function.

Niacin is necessary for the synthesis of sex hormones, improves circulation, and helps prevent muscular weakness.

Folic Acid is necessary for energy production, the production of DNA-RNA, and may alleviate depression and anxiety.

B-12 is needed for the proper digestion of food and absorption of nutrients. B-12 helps maintain fertility, cell formation, and the metabolism of carbohydrates and fats.

B-1 is necessary for hydrochloric acid formation, proper digestion, and enhances circulation, which is necessary for normal erectile function.

B-2 deficiency can present as poor digestion. B-2 maintains and improves the mucous membranes in the digestive tract. It is necessary for antibody production, cell respiration, and growth.

B-6 aids in the prevention of arteriosclerosis, promotes the formation of DNA-RNA, is needed for formation of hydrochloric acid and proper absorption of proteins and fats.

Chrysin (Passiflora Coerulea), a natural bioflavonoid (isoflavone), is a potent inhibitor of aromatase, the enzyme that converts testosterone to estradiol. Normal testosterone levels promote healthy sexual, physical, and mental health in males (Kao YC et al, "Molecular basis of the inhibition of human aromatase (estrogen synthetase) by flavone and isoflavone phytoestrogens: site-directed mutagenesis study," *Environ Health Perspect* 1998 Feb;106 (2):85-92).

Epimedium Saggitatum (Horny Goat Weed) helps enhance libido, potency, androgen and sperm production and helps strengthen the testes, prostate, levator ani, and kidneys.

Tribulus Terrestris (40% Furostanols-Standardized) has been found to help enhance erectile function, sperm production and motility, cholesterol levels, promote better moods, and self-confidence, according to a 1981 study by the Chemical Pharmaceutical Institute in Sofia, Bulgaria, of more than 200 men suffering from impotence (Harrington C, "Puncture Vine, Tribulus Terrestris, Plant dubbed "Nature's Viagra," *Canadian Press*, www.GreenCanyon.com).

Muiria Puma is known as an aphrodisiac and sexual stimulant. It enhances male and female libido, helps alleviate impotence, and supports endocrine organ regeneration.

Avena Sativa (oat seeds) have anxiety reducing and relaxing effects attributed to their alkaloids, gramine and avenine, and their saponins. They are also a rich source of iron, manganese, and zinc.

Green Oats (rapidly dried green, aerial part of the oat plant) contain steroidal compounds, vitamins B-1, B-2, D, and E, alkaloids and flavonoids. Green oats help

elevate mood, counteract anxiety, and nourish nerves. "Feeling one's oats" is an expression that has merit in male health: Dr. Robert Frankt, Budapest University, reported that green oats helped create great increases in sexual vitality and energy. **Serenoa Repens (Saw Palmetto)** helps maintain a healthy prostate and alleviates benign prostatic hypertrophy. The sterols and fatty acids, caproic, lauric, and palmitic acids, in saw palmetto inhibit dihydrotestosterone, a hormone, which contributes to enlargement of the prostate. The fatty acids in saw palmetto also discourage inflammation and infection. **Pumpkin Seed** is full of B vitamins, essential fatty acids, protein, and zinc that have proven useful in helping maintain a healthy prostate and successful in helping treat prostate disorders.

Pygeum Extract contains phytosterols, including beta-sitosterol that interferes with the formation of inflammatory chemicals that accumulate in benign prostatic hyperplasia. Pygeum's pentacyclic terpenes have a decongesting effect on the prostate. The ferulic esters of pygeum reduce prolactin in the prostate. Prolactin increases the uptake of dihydrotestosterone, which contributes to prostate enlargement.

Selenium helps provide relief from benign prostatic enlargement when combined with zinc and vitamin E. Selenium helps prevent the oxidation of fats implicated in fatty plaque obstruction of blood flow to the heart and genitals. Deficiency is associated with sterility.

Zinc is needed for prostate gland function and reproductive organ growth. Zinc supports the concentration of vitamin E in the system, which promotes circulation. Deficiencies are associated with impotence, infertility, BPH, prostatitis, prostate cancer, and high cholesterol levels.

Magnesium helps prevent the calcification of soft tissue, protect the arteries from stress damage, and prevent cardiovascular disease, which can restrict blood flow to the penis and heart. Malate helps promote aerobic glycolysis, the most efficient mode of energy production for maintenance and repair of organs.

Boron supplementation in both animals and humans results in higher estradiol, natural human estrogen levels, higher testosterone levels, and higher vitamin D levels. Low levels of boron in tissues have also been linked to lower hormonal levels (Samman, S, et al, *Biol Trace Elem Res* Winter 1998; 66(1-3):227-35).

Suggested Dosage: 1 tablet 3 times daily or as directed

Size: 90 tablets

Vegetarian: Yes

Contraindications: Those with gluten sensitivity should not take green oats.