

## TECHNICAL DATA SHEET

# Andropause Formula



*In Mountain Peak Nutritional's Adropause formula we developed a specific group of nutrients that tonify and strengthen the male reproductive system and erectile function. By stimulating circulation, improving endocrine function, strengthening the nervous system and promoting energy and stamina Adropause formula delivers a most effective male formula.*

### INGREDIENTS

#### Vitamin E

Vitamin E is a fat-soluble vitamin. Maximum vitamin E intake from diet alone typically reaches about 60 IU per day. Vitamin E's therapeutic benefits have primarily attributed to its antioxidant effects (1). Fertilization rates increased significantly from 19% to 29% after one month of treatment (2).

#### L-Arginine

L-arginine is an amino acid necessary for protein synthesis. It is best known for its effects on the vascular system. L-arginine is a substrate for the nitric oxide synthase (NOS) enzyme. NOS in vascular endothelial cells converts L-arginine to nitric oxide (NO), also known as endothelium-derived relaxation factor (EDRF), which causes vasodilation.

#### Yohimbe

The applicable part of yohimbe is the bark. The active constituent for yohimbe's effects is the alkaloid yohimbine. Yohimbine's effect on impotence seems to be mediated through both increased penile blood flow and increased central sympathetic excitatory impulses to the genital tissue (3).

#### Epimedium

Epimedium, known as horny goat weed and yin yang hou, is a pungent herb found in Asia and the Mediterranean. Yin yang hou is one of the most valued tonics in Chinese herbalism for supporting healthy sexual activity. Epimedium causes vasodilation, possibly by blocking calcium channels. Testosterone levels are increased (4).

#### Tribulis Terrestris

Tribulis terrestris, also known as puncture vine contains saponins (diosgenin and protodioscin), flavanoids, and alkaloids. Tribulus terrestris has long been used in the traditional Chinese and Indian systems of medicine for the treatment of various ailments and is popularly claimed to improve sexual function in men. The aphrodisiac activity of tribulis terrestris is attributed to its androgen increasing properties (5) (12).

#### Ashwagandha

Ashwagandha contains several active constituents including alkaloids, steroidal lactones (withanolides and withaferins) and saponins. Ashwagandha is used as a general tonic and "adaptogen", helping the body adapt to stress (6). Ashwagandha is historically used as an aphrodisiac and has the ability to restore sexual health and improve overall vitality while promoting a calm state of mind.

#### Maca

The applicable part of maca is the root. Dried maca root contains 59% carbohydrates, 10.2% protein, 8.5% fiber, and 2.2% lipids including linolenic, palmitic and oleic acids. Lipid extracts of macaene and macamide seem to increase sexual activity and correct erectile dysfunction in animal studies (7).

#### Muir Puama

The applicable parts of muira puama are the wood and root. Muira puama is used for preventing sexual disorders, and as an aphrodisiac.

#### Stinging Nettles

The applicable parts of stinging nettle are the above ground parts and root. Stinging nettle root contains polysaccharides with immunomodulating and anti-inflammatory effects. Stinging nettle root is used for urination disorders associated with benign prostatic hyperplasia (BPH) due to its diuretic and astringent qualities.

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### **Ginkgo**

The applicable parts of ginkgo are the leaf and the seed. Ginkgo leaf is the most commonly used form of ginkgo, usually as an extract. Some ginkgo constituents may also have a potent relaxing effect on vascular smooth muscle and improve blood flow to the corpus cavernosum; which is thought to be helpful for erectile dysfunction (8).

### **Panax Ginseng**

The applicable part of Panax ginseng is the root. Ginseng is widely used as a general tonic and "adaptogen". Panax ginseng supports male reproductive health by supporting testosterone and spermatozoa levels. It also works in premature ejaculation by increasing the penile vibratory threshold and reducing the amplitude of penile somatosensory evoked potentials (9).

### **Niacin**

The term niacin refers specifically to nicotinic acid. Niacin is a water-soluble vitamin, which is well absorbed orally. Niacin can enhance circulation and favorably impact lipid profiles. Niacin produces vasodilation of cutaneous blood vessels.

### **Zinc**

Zinc is a biologically essential trace element and is the second most abundant (2 grams total) trace mineral in the body. Zinc is found in more than 300 enzymes. Infertile males have lower seminal plasma zinc with normal or reduced blood zinc. Clinical research suggests that short-term dietary zinc depletion results in reduced serum testosterone concentrations, seminal volume, and total seminal zinc per ejaculate (10).

## **Andropause Formula**

**Quantity:** 60 capsules

**Serving size:** 1 capsule

**Directions:** 1 capsule as needed with food or as directed by your health care professional.

**Each capsule contain:**

Vitamin E (as d-Alpha Tocopherol)	50 IU
Niacin	40 mg
Zinc (as Methionine)	20 mg
L-Arginine base	150 mg
Yohimbe extract (8% yohimbine) (bark)	150 mg
Epimedium (goat weed) (leaf)	120 mg
Tribulis Terrestris extract (40% furostanol) (leaf, fruit, & root)	100 mg
Ashwagandha extract (3.5% withanolides) (root & berry)	50 mg
Maca (root)	50 mg
Muira Puama extract 4:1 (root)	50 mg
Nettles extract (5%) (root)	25 mg
Ginkgo biloba extract (24% ginkgoheterosides & 6% terpene lactones) (leaf)	25 mg
Panax ginseng extract (30% ginsenosides) (root)	

**Other ingredients:** Vegetarian capsules.

**Contains no:** wheat, dairy, corn or preservatives. No binders, fillers or flowing agents

*Patients: Consult with your healthcare professional for the proper dosage and use of this formula.*

*For more information about this and other Condition Specific Formulas®, please visit our website at:*

**[www.mpn8.com](http://www.mpn8.com)**



**Portland, OR 97225**

*This formula is designed to be safely used with Ultra High Formula*

#### REFERENCES:

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