

PRODUCT INFORMATION

Tribulus

Tribulus is a plant-based «testosterone booster» which enhances physical performance, libido and muscular growth in a natural way.

Basic Facts

Tribulus is a natural, non-hormonal food supplement and is obtained from the medicinal plant *tribulus terrestris*. The medicinal plant, which grows in Hawaii, Eastern Europe, India and Africa, has been used to treat a number of various different diseases in these regions for centuries: muscular atrophy, reduced libido, impotency, infertility, edemas, liver complaints, renal diseases, heart problems and many others.

Studies have shown that upon intake of tribulus the body's own testosterone levels rise by more than 50 percent. Tribulus is therefore called a testosterone booster. Contrary to DHEA and androstenedione, it raises the testosterone levels by stimulating the release of LH (luteinising hormone).

On account of its effects, tribulus is the best plant alternative to the synthetic – and mostly illegal – anabolic agents, as it comes closest to them in its effect. The only difference is that tribulus does not have any toxic side effects.

For athletes this means muscular growth and greater physical power as well as shorter recuperative times and convalescence periods after injuries. Together with the diuretic testosterone effect, this causes a well-defined muscular profile. Other positive effects of tribulus or the raised testosterone levels are increased general wellbeing and mood as well as a lowering of the cholesterol levels.

Effects

The active ingredients contained in tribulus are special secondary plant substances, the so-called saponines. The saponines (latin *sapo* = soap) are water-soluble natural glycosidic substances frequently occurring in plants. The main active ingredient is the substance protodioscine, a steroid-like compound. By stimulating the pituitary gland, tribulus causes the release of luteinising hormone (LH), which in turn speeds up testosterone production. The result is a raising of the free testosterone level in men and a raising of the progesterone level in women.

The traditional healing effect induced a medical research group at the chemical research institute in Sofia, Bulgaria, to subject *tribulus terrestris* to an intensive series of trials. A wide variety of different tests were carried out in humans and animals in the past 20 years, which proved that tribulus releases increased quantities (up to 72 percent) of the luteinising hormone (LH), thereby signaling the body to send more testosterone (up to 42 percent) into the blood stream.

The reason why the mechanism of action of tribulus is of great importance is that, in contrast to anabolic steroids, the body's own testosterone production is not suppressed; on the contrary, more of the body's own testosterone is produced. This is due to the fact that steroids inhibit LH release. Apart from LH and testosterone, tribulus also triggers the release of FSH (follicle stimulating hormone) and of estradiol.



Composition

One capsule contains 250mg tribulus terrestris extract in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate.

Dosage

In normal cases take 1–3 capsules a day at mealtimes with plenty of fluid.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

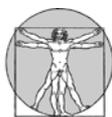
Store in a cool and dry environment, out of reach for children.

Tribulus Product Groups

Tribulus can be found in the following product groups (www.vitabasix.com):

-  **Hormones & Hormone-like Substances**
-  **Cardiovascular System**
-  **Men's Health**
-  **Power & Energy**
-  **Pain & Inflammation**
-  **Sexuality & Libido**
-  **Sports & Muscles**

Manufacturer:



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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version May 2020