

PRODUCT INFORMATION

Tribulus

Tribulus is a plant-based supplement that promotes healthy testosterone levels, naturally supporting optimal physical performance, libido and muscle growth.

Basic Facts

Tribulus is a natural, non-hormonal food supplement obtained from the medicinal plant *Tribulus terrestris*. The plant, which grows in Hawaii, Eastern Europe, India and Africa, has been used in those regions for centuries to benefit many health concerns, including muscular atrophy, insufficient libido, poor sexual function in men, fertility concerns, edemas, liver and kidney complaints, heart health concerns and many others.

Studies have shown that supplementing with tribulus can increase the body's testosterone levels by more than 50 percent. Tribulus is therefore considered an effective way to maintain healthy testosterone levels. Unlike DHEA and androstenedione, this plant supports healthy testosterone levels by stimulating the release of LH (luteinising hormone).

Due to its powerful 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 primary difference is that tribulus does not have any toxic side effects.

For athletes, this means optimal muscle growth and physical power as well as shorter recovery times and convalescence periods after injuries. Along with testosterone's diuretic effect, this contributes to a well-defined muscular profile. Other positive effects of tribulus and its ability to help maintain healthy testosterone levels are increased general feelings of well-being and healthy mood as well as the maintenance of healthy cholesterol levels within normal ranges.

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.

Uses

Studies have shown that tribulus **supports optimal myocardial activity**, has an **antibacterial effect**, can be used in **cases of fungal infections and inflammation**, protects against the formation of **kidney stones**, supports healthy **white and red blood cells** and promotes a **strong, healthy immune system**. It has also been used in **cases of abnormal chest pain and pressure** and exhibited significant improvement of complaints and symptoms.



Tribulus

- ▶ Supports healthy physical performance
- ▶ Promotes endurance and energy
- ▶ Helps maintain healthy blood pressure within normal ranges
- ▶ Has antibacterial and fungicidal properties
- ▶ Supports healthy cellular inflammatory properties
- ▶ Supports healthy blood formation and a healthy immune system
- ▶ Helps maintain healthy cholesterol levels within normal ranges
- ▶ Protects against kidney stones
- ▶ Helps support healthy sexual function

At a Glance

Tribulus

Sexual Function

Men: Studies have proven that the daily intake of 750–1000 mg of tribulus promoted healthy testosterone levels in men within 30–60 days.

In another test group taking 750 mg of tribulus daily, after only five days, testosterone levels had increased by 30 percent. At the same time, the participants experienced better **libido**, healthier **sexual performance** and healthier spermatogenesis (formation of sperm). Most of the test participants also exhibited greater self-confidence and/or an improved general emotional state.

Women: In female test subjects, tribulus was shown to promote optimal levels of follicle-stimulating hormone (FSH) and estradiol. Frigidity was decreased, **libido** increased, optimal **fertility** supported and **menopausal complaints** reduced. Clear mental improvements were also observed, for example, less **aggressivity**, less **dejection** and greater **vitality**.

Sports

Tribulus has proven to be an extremely effective way to support optimal **energy and endurance** during athletic activities. It acts both directly and indirectly on muscle fibers and also supports healthy testosterone levels. In contrast to anabolic steroids, it has no side effects of any kind and is proven to be completely safe.

Furthermore, tribulus helps maintain healthy blood pressure already within normal ranges, supports a healthy balance of sodium, has a positive effect on the fluid balance of the tissues and promotes a healthy pain threshold. For these reasons, tribulus has become an important dietary supplement for Olympic athletes.

Composition

One capsule contains 250 mg Tribulus terrestris extract in pharmaceutical grade.

Other ingredients: rice flour, magnesium stearate.

Dosage

In normal cases take 1–3 capsules daily 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.

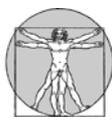
Store in a cool and dry environment, out of reach for children.

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**

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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.

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