

Tribulus

Herbal Tonic for Healthy Libido in Men & Women & Vitality*

Tribulus is traditionally used in Ayurvedic herbal preparations to/as:

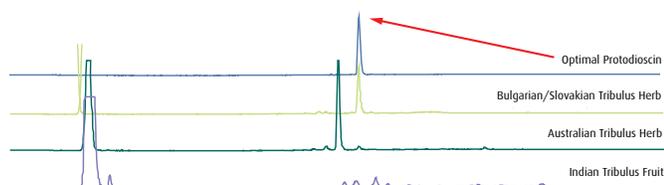
- ✓ Support **healthy libido in men and women**
- ✓ A tonic to promote **vitality**
- ✓ Promote an overall feeling of **well-being**
- ✓ Support **normal menstrual flow**

Protodioscin, a furostanol saponin from *Tribulus terrestris*, is understood to be responsible for the plant's effects on **libido and vitality**.*

MediHerb® Tribulus features a unique extract of Bulgarian Tribulus made from the above-ground herb and leaves of the plant. The extract is standardized to provide 90 mg of the active constituent protodioscin in each tablet. Generally, amounts of protodioscin can vary significantly in Tribulus, depending on plant parts used (e.g. fruit, leaves, stems, root etc.) and country of origin. However, Bulgarian Tribulus leaf extract has some of the highest levels of protodioscin when compared to Tribulus extracts from other countries,¹ as seen in the graph below. As one of the main active constituents, it is considered responsible for many of the traditional beneficial effects,^{2,3} especially on vitality or healthy libido.^{1*}

Tribulus Quality Story

Tribulus terrestris is an herb which is endemic to many different geographical zones, from the Mediterranean regions, India, China, South Africa and Australia. Research undertaken by MediHerb® has shown that the phytochemical profile of the herb varies depending upon the geographical origin and the plant part utilized. Protodioscin is an important indicator of quality and efficacy. Additionally only the leaves and stem of the plant contain protodioscin, the fruit does not contain this phytochemical. MediHerb® has undertaken this research to ensure that our Tribulus product is of the correct phytochemical profile to ensure phytoequivalence with the Bulgarian Tribulus herb.



Suggested Use:

1 tablet 1-3 times daily, or as directed.

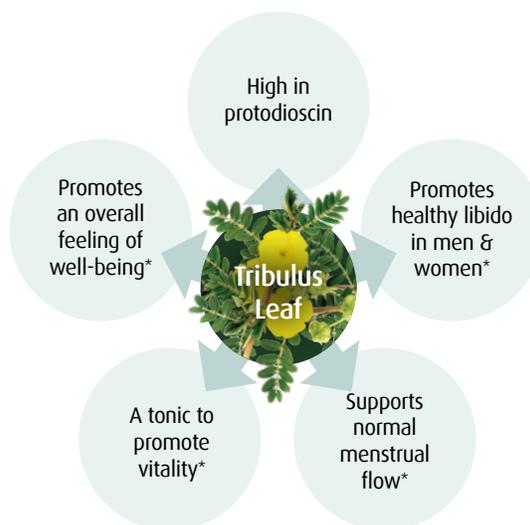
Supplement Facts

	1 Tablet	
Serving size:	1 Tablet	
Servings per container:	40	
	Amount per Serving	%DV
Calcium	98 mg	8%
Tribulus herb (aerial parts) 55:1 extract from <i>Tribulus terrestris</i> herb (aerial parts) 13.5 g Containing furostanol saponins as protodioscin 90 mg	245.45 mg	†
† Daily Value (DV) not established.		

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, hypromellose, silicon dioxide and magnesium stearate.

Cautions: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Figure 1: Overview of the Health Benefits of Tribulus Herb



How Tribulus Supports Your Health:



Supports healthy libido in men & women*

Tribulus, a native plant of the Mediterranean region, is traditionally used in India, China, Bulgaria, and South Africa.¹ In the Indian traditional system of Ayurveda where it is known as 'Gokshura,' Tribulus is renowned as an important tonic and aphrodisiac and used to support healthy libido.^{4,5} The active component protodioscin, which is contained in high amounts in Tribulus herb (and which converts in the body to dehydroepiandrosterone or 'DHEA') is considered responsible for the plant's effects on libido in both women as well as men.*



Supports normal menstrual flow in women*

In traditional Ayurvedic medicine the health of the menstrual cycle is dependent on the flow of 'Vata Dosha' and when this is disturbed may affect the menstrual cycle length, duration and flow. Tribulus leaf is used in Ayurvedic medicine as a diuretic, as a tonic herb, and to support normal healthy menstrual flow.^{6*}



Promotes vitality and an overall feeling of well-being*

In Ayurveda, Tribulus herb is used as an important tonic for men and women alike. As a 'tridosha,' it is one of the few Ayurvedic herbs that is said to balance all three doshas (vata, pitta, and kapha). Doshas are the fundamental energies or principles which govern our bodies on the physical and emotional level,⁴ and are key to vitality and overall well-being.*



MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.

References

- ¹ Dinchev D, Janda B, Evstatieva L, Oleszek W, Aslani MR, Kostova I. Distribution of steroidal saponins in *Tribulus terrestris* from different geographical regions. *Phytochemistry*. 2008 Jan;**69**(1):176-86.
- ² Bone K, Mills S. *Principles and Practice of Phytotherapy*. 2nd ed. Sydney: Churchill Livingstone; 2013.
- ³ Kostova I & Dinchev D. Saponins in *Tribulus terrestris* – chemistry and bioactivity. *Phytochemistry Reviews* (2005) **4**: 111-137.
- ⁴ Pole S. *Ayurvedic Medicine: The Principles of Traditional Practice*. Singing Dragon. London. 2006, pp.185-186.
- ⁵ Williamson EM. *Major herbs of Ayurveda*. New York: Churchill Livingstone; 2002, pp.311-314.
- ⁶ Zufar R, Lalwani M. *Tribulus terrestris* Linn. - A review of current knowledge. 1989. *Indian Drugs* **27**:3:148-153.



Please consult the product packaging label for the most accurate product information.

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