

Male Tonic

Bad
tasting!

Action:

This formula is an adaptogenic and supportive tonic for the male reproductive tract. It nourishes the male reproductive glands, enhancing healthy reproductive activity.

Indications:

This formula is used to maintain sexual health or restore it in states of exhaustion or weakness. It is especially indicated for impotence.

Contraindications, cautions and words of wisdom:

Sexual dysfunction may indicate a serious medical problem. Diagnosis by a qualified health care practitioner is advised.

Adjunct therapy:

- Liver formulas such as Livxir, Hepatonic, Hepacaps, Heparite
- Saw palmetto compound, for symptoms of BPH
- Yohimbe for impotence. See contraindications in "Materia Medica."

Profiles of herbs used in this formula:

Ginseng, *Panax ginseng*, is an adaptogen that has anti-fatigue activity and is used for endurance. 313, 357 It supports the endocrine or hormonal system and is used for lack of stamina and for impotence.

Saw palmetto, *Serenoa repens*, helps functional disorders of the urinary tract. It is a genito-urinary tract alterative and promotes tissue nutrition of the urinary tract. It is specific for impotence, benign prostatic hyperplasia and all wasting diseases of the male pelvic organs. 122, 343, 366 It has been shown to increase testosterone by decreasing the conversion of testosterone to dihydrotestosterone in target tissues.

Siberian ginseng, *Eleutherococcus senticosus*, has adaptogenic properties. Like others in the ginseng family, it supports the body through stressful situations and promotes strength and vitality.

Muira puama, *Ptychopetalum olacoides*, is used to enhance erectile engorgement and sexual libido. The mechanism of action is unclear but it does stimulate both penile and clitoral engorgement. Unlike yohimbe, it does not appear to have the major cardiac and nervous system side effects.

Sarsaparilla, *Smilax ornata*, is a tonic, diuretic, diaphoretic and alterative. It is thought to be an herbal hormonal precursor due to the constituents, sarsaparilloside and smilasaponin, the glycosides of the steroids, aglycone sarsapogenin and isosarsapogenin, smilagenin and pollinastanol.

Ginkgo, *Ginkgo biloba*, increases blood flow peripherally to all areas including the prostate, penis and male gonads. Clinically, ginkgo is used for peripheral vascular insufficiency and has been shown to be beneficial in erectile dysfunction. 69,71, 300

