

TestoPlex™

Optimal Hormone Support*



Available in 120 capsules

Discussion

The effectiveness of TestoPlex's ability to increase testosterone levels has been evaluated by laboratory analyses. Chief among this formula's benefits over pharmaceutical grade testosterone is that salivary assays following the use of TestoPlex at the recommended dose did not show an increase in estradiol or dihydrotestosterone.^[1] This conversion is likely inhibited by the rich content of apigenins which are among the 28 kinds of flavonoids present in the Green oats (Swiss Oats A111™).^[2] Traditionally used for prostate health, nettle may have some association with sex hormone binding globulin and aromatase.^[3] Sea buckthorn contains lignans. Lignans block aromatase and 5-alpha reductase, sparing testosterone.^[4] Oats, nettle and buckthorn are known to contain neurotransmitters that improve mood.*^[2]

As men age, testosterone levels decrease by approximately 1-2% annually. Lower levels of this hormone have been associated with a decline in libido, weaker erections and/or a decreased ability to become erect, lack of energy, less strength &/or endurance, loss of height, decreased enjoyment in life, being sad or grumpy, less ability to play sports, falling asleep after dinner or decreased work performance.^[5] Five percent of males aged 40-50 years and perhaps as many as 70% of men over 70 years are confronted by these problems known clinically as "hypogonadism" and also referred to as "Andropause".*^[6,7,8]

The majority of testosterone (approximately 60%) is bound to sex hormone binding globulin. Of that considered bioavailable and the best indicator of male androgen status, approximately 38% is weakly bound to albumin and the remaining approximate two percent is known as "free" testosterone.*

Against a background of earlier studies with Swiss Oats A111™ that showed significant increases in free testosterone levels and significant improvement in andropausal symptoms,^[9,10] XYMOGEN®, in partnership with Aeron Life Cycles Clinical Laboratory® confirmed the efficacy of TestoPlex in a small study. The ADAM screening questionnaire (Androgen Deficiency in the Aging Male) was

Clinical Applications

- » Support Healthy Testosterone Levels*
- » Support Healthy Libido and Performance*
- » Support Overall Vitality*
- » Optimize Physical Strength and Endurance*
- » Support Sense of Healthy Mental and Physical Well-Being*

*TestoPlex™ is a proprietary formula that includes synergistic, antioxidant-rich, bioactive extracts that support vitality and general physical and mental well-being. It features a patented green oat extract and unique mungbean sprout powder. Salivary assays have shown that the combination of ingredients in TestoPlex free up serum-bound testosterone, thereby optimizing availability of this crucially important hormone.**

administered for a baseline assessment of symptoms and repeated after one month.^[11] Saliva bioavailable testosterone was measured before and after supplementation by the Aeron SBA-T Assay.^[12] Extensive circadian testing was used to confirm a 24-hour pattern of reduced testosterone output before supplementation, followed by an increase in bioavailable testosterone after two weeks of uninterrupted supplementation with TestoPlex. Measurement of salivary testosterone after further supplementation confirmed increased levels in those men who had low levels prior to using the formula. Follow-up ADAM tests scores demonstrated symptomatic improvements.*^[13]

TestoPlex™ Supplement Facts

Serving Size: 4 Capsules

	Amount Per Serving	%Daily Value
TestoPlex™ Proprietary Blend	2 g	**
Mungbean Powder (<i>Vigna radiata</i>)(sprout), Green Oat Extract, Oat Bran Fiber, Stinging Nettle Extract (<i>Urtica dioica</i>)(leaf), and Sea Buckthorn (<i>Hippophae rhamnoides</i>)(fruit)		

** Daily Value not established.

Other Ingredients: HPMC (capsule), stearic acid, and magnesium stearate.**DIRECTIONS:** Take four capsules with 8 oz of water once a day, upon waking, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach of children.**DOES NOT CONTAIN:** Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.**References**

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4. Yang B, et al. Secoisolariciresinol and matairesinol of sea buckthorn (*Hippophae rhamnoides* L.) berries of different subspecies and harvesting times. *J Agric Food Chem*. 2006 Oct 18;54(21):8065-70 [PMID: 17032010]
5. Morley, JE, et al. Validation of a screening questionnaire for androgen deficiency in aging mice. *Metabolism* 2000 Sep;49(9):1239-1242
6. Hurman SM, Metter EJ, Tobin, et al. Longitudinal effects of aging on serum total and free testosterone levels in healthy men. Baltimore Longitudinal Study on Aging. *J Clin Endocrinol Metab*. 2001;86:724-731
7. Korenman SG, Morley JE, Mooradian AD, et al. Secondary hypogonadism in older men: it's relation to impotence. *J Clin Endocrinol Metab*. 1990;71:963-969
8. Vermeulen A, Kaufman, JM. Diagnosis of Hypogonadism in the aging male. *Aging Male* 2002, Sept;5(3):170-6
9. "Efficacy of Swiss oats in the management of male menopause as measured by change in the andropause score and testosterone levels." 1999. Peter Lim, M.D. Division of Urology Dept of Surgery, Changi General Hospital, Singapore. (Unpublished)
10. "Swiss Formula A111(Swiss Oats A111) in the treatment of erectile dysfunction- a pilot study." 1988. Jack J. Summers, M.D., Ph.D., Northwestern University College of Medicine (Unpublished)
11. Same as 5.
12. Morley JE, et al. Validation of salivary testosterone as a screening test for male hypogonadism. *The Aging Male* 2006 Sep;9(3):165-169
13. Same as 1.

Additional references available upon request

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.