



Tribulus Terrestris

(Puncture Vine)
60 or 120 caps/bottle
or 100 ml/bottle

Effective Supplements Through Science

Ingredients per capsule

Puncture Vine (*Tribulus terrestris*)* 625 mg
*Standardized Extract 35% Saponins

Indications: Male and Female Infertility, Impotence, Low libido in non-menopausal females

Mode of Action: Increases production of Luteinizing hormone.

In the Male, Luteinizing hormone leads to an increase in testosterone production. *Tribulus terrestris* has also been found to increase the level of free circulating testosterone by approximately 40%. In studies, *Tribulus terrestris* has been observed to increase sperm count and also sperm motility in males with low sperm count or non-viable sperm.

In the Female, Luteinizing hormone causes maturation of the ova and also controls the production of androgenic hormones (e.g. testosterone). Studies have shown that women with low testosterone levels have a low libido. When testosterone levels in these women were increased artificially by ingesting testosterone, an increase in the libido was observed.

Suggested dose for adults: 1-2 capsules daily with food or as directed by your health care practitioner.



Ingredients per 100 ml

Puncture Vine 100 g/100 ml
Grain Alcohol 25%



Suggested dose for adults: 1-2 teaspoons daily with food, or as directed by your health care practitioner. Shake well before use.

Cautions: **1.** Menopausal woman may experience hot flashes with *Tribulus terrestris*. While there is no direct evidence that luteinizing hormone is directly responsible for hot flashes, studies have shown that hot flashes are preceded by a surge in luteinizing hormone release by menopausal women. Since *Tribulus terrestris* increases luteinizing hormone production there may be an increase in the frequency of hot flashes in menopausal women. **2.** Stomach upsets have been reported as an infrequent side effect. Taking *Tribulus terrestris* with meals will diminish this effect. **3.** If pregnant or breastfeeding consult your health care practitioner prior to use.

Tribulus Terrestris Capsules and Liquid are manufactured to strict **GMP** standard. They do not contain artificial colours, flavours or sweeteners, preservatives, chemical additives, wheat, yeast or animal derivatives.