EndoAxis

Formula 20

MALE

A blend of herbs and nutrients designed for androgenic activity and performance.

AT A GLANCE

Supporting healthy levels of sex hormones in men is crucial for overall well-being and proper physiological function. Testosterone, the primary male sex hormone, plays a pivotal role in various aspects of men's health.

Adequate testosterone levels are essential for the development of male reproductive tissues, including the testes and prostate, as well as the maintenance of sperm production and fertility. Beyond reproductive functions, testosterone influences muscle mass, bone density, and the distribution of body fat. Moreover, it contributes to energy levels, mood regulation, and cognitive function.

Low sex hormone levels in men, especially testosterone, can lead to a range of adverse effects, such as decreased libido, fatigue, muscle weakness, and an increased risk of osteoporosis. Addressing and supporting optimal hormone levels through lifestyle interventions, proper nutrition, herb and mineral support and, if necessary, medical guidance can positively impact men's overall health and quality of life.

Our formulation provides well-researched herbs and minerals essential for male hormonal balance and provides a proactive step to support hormone balance for long-term well-being.

Meet Enhance

With a focus on optimizing testosterone function, these formulations encourage the enhancement of male hormone potential.

Scan to view all formulas.

KEY BENEFITS

Supports healthy testosterone output

Supports a healthy libido and sexual function

May improve symptoms of hormone-related fatigue

FORMULA ANALYSIS

Lepidium meyenii
Lepidium meyenii, commonly known as Maca, has been used for centuries in natural medicine as a hormone balancer, aphrodisiac, and as a source of physical stamina. In clinical studies, maca has been shown to significantly increase subjective sexual desire. It has been shown to improve sperm production, motility, and volume in men [1]. Maca supplementation may also support improvements in memory and mood [2].

Tribulus terrestris
Tribulus terrestris, or simply *Tribulus*, has a long history of traditional use for supporting androgen production, sexual function, and exercise performance[3]. Tribulus supplementation may support increases in testosterone production. Athlete studies suggest that Tribulus supports improved recovery after strength training and aids in mitigating fatigue [4]. Tribulus may also aid in healthy erectile function.

Mucuna pruriens
Mucuna pruriens, a tropical legume commonly known as Velvet bean, has gained a lot of attention in research for its potential benefits on androgen production and male health. In studies, it has been shown to significantly improve sperm count and motility while increasing testosterone levels [5]. Additionally, it has been shown to support increases in luteinizing hormone (LH), which stimulates the testicles to make testosterone [6]. This plant is a natural source of l-DOPA[7], a precursor to dopamine, a neurotransmitter that plays a crucial role in mood regulation, craving support and reproductive health.

Zinc
Zinc plays a vital role in supporting male health and well-being. This essential mineral is involved in numerous physiological processes critical for maintaining optimal reproductive function and overall vitality in men. Zinc is a key component in the production of testosterone, the primary male sex hormone, and it contributes to the development and maturation of sperm cells. Adequate zinc levels are essential for maintaining a healthy prostate gland, which is crucial for reproductive health. While zinc deficiency can lead to a range of issues, including reduced sperm quality and libido, incorporating zinc supplementation can help ensure that men maintain sufficient levels of this important mineral for optimal health[8].

Boron
Boron supplementation has been shown to increase blood levels of sex steroids. More specifically, boron supplementation has been shown to significantly increase free testosterone in men after just one week of use[9]. 98% of testosterone molecules are typically protein bound, most notably to sex hormone binding globulin (SHBG). As men age, there are increases in SHBG levels and subsequent decreases in free testosterone. Boron's elevation of free testosterone may contribute to significant changes in symptoms of low testosterone by making testosterone more available to the tissues[10].

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin E (mixed tocopherol)	20 mg	133%
Vitamin B_6 (as pyridoxal 5-phosphate)	5 mg	294%
Zinc (as zinc picolinate)	0.5 mg	5%
Tribulus (*Tribulus terrestris*) (fruit) extract	250 mg	†
Velvet bean (*Mucuna pruriens*) (seed) extract	100 mg	†
Ashwagandha (*Withania somnifera*) (root) extract	100 mg	†
Tongkat ali (*Eurycoma longifolia*) (root) extract	50 mg	†
Maca (*Lepidium meyenii*) (root) extract 10:1	15 mg	†
Boron (as boron citrate)	0.05 mg	†

† Daily Value not established

Other ingredients: Vegetable capsule (hypromellose), magnesium stearate, silicon dioxide, and microcrystalline cellulose.

SUGGESTED USE

Take 1 capsule 2 times a day with a meal or as directed by your healthcare practitioner.

CAUTION: Do not use if pregnant or nursing. Consult your physician before use if you have a medical condition, or taking any medication. Do not use product if the safety seal is broken or damaged. Keep out of reach of children.

MADE WITHOUT

Wheat or soy.

***These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

REFERENCES

1. Shin BC, Lee MS, Yang EJ, Lim HS, Ernst E. Maca (L. meyenii) for improving sexual function: a systematic review. BMC Complement Altern Med. 2010 Aug 6;10:44.
2. Gonzales GF. Ethnobiology and Ethnopharmacology of Lepidium meyenii (Maca), a Plant from the Peruvian Highlands. Evid Based Complement Alternat Med. 2012;2012:193496.
3. Neychev V, Mitev V. Pro-sexual and androgen enhancing effects of Tribulus terrestris L.: Fact or Fiction. J Ethnopharmacol. 2016 3 Feb 17;179:345-55.
4. Fernández-Lázaro D, Mielgo-Ayuso J, Del Valle Soto M, Adams DP, González-Bernal JJ, Seco-Calvo J. The Effects of 6 Weeks of Tribulus terrestris L. Supplementation on Body Composition, Hormonal Response, Perceived Exertion, and CrossFit® Performance: A Randomized, Single-Blind, Placebo-Controlled Study. Nutrients. 2021 Nov 7;13(11):3969.
5. Gupta A, Mahdi AA, Ahmad MK, Shukla KK, Bansal N, Jaiswer SP, Shankhwar SN. A proton NMR study of the effect of Mucuna pruriens on seminal plasma metabolites of infertile males. J Pharm Biomed Anal. 2011 Jul 15;55(5):1060-6.
6. Santos HO, Howell S, Teixeira FJ. Beyond tribulus (Tribulus terrestris L.): The effects of phytotherapics on testosterone, sperm and prostate parameters. J Ethnopharmacol. 2019 May 10;235:392-405.
7. Fernandez-Pastor I, Luque-Muñoz A, Rivas F, Medina-O'Donnell M, Martinez A, Gonzalez-Maldonado R, Haidour A, Parra A. Quantitative NMR analysis of L-Dopa in seeds from two varieties of Mucuna pruriens. Phytochem Anal. 2019 Jan;30(1):89-94.
8. Prasad AS, Mantzoros CS, Beck FW, Hess JW, Brewer GJ. Zinc status and serum testosterone levels of healthy adults. Nutrition. 1996 May;12(5):344-8.
9. Naghii MR, Samman S. The role of boron in nutrition and metabolism. Prog Food Nutr Sci. 1993 Oct-Dec;17(4):331-49.
10. 10 Pizzorno L. Nothing Boring About Boron. Integr Med (Encinitas). 2015 Aug;14(4):35-48.