

# 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.



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### 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 <sub>6</sub> (as pyridoxal 5-phosphate)	5 mg	294%
Zinc (as zinc picolinate)	0.5 mg	5%
Tribulus ( <i>Tribulus terrestris</i> ) (fruit) extract	250 mg	†
Velvet bean ( <i>Mucuna pruriens</i> ) (seed) extract	100 mg	†
Ashwagandha ( <i>Withania somnifera</i> ) (root) extract	100 mg	†
Tongkat ali ( <i>Eurycoma longifolia</i> ) (root) extract	50 mg	†
Maca ( <i>Lepidium meyenii</i> ) (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, gluten, corn, yeast, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

\*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

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