



Formula 21

MALE

Blended to support aromatization already within normal range.

AT A GLANCE

Maintaining a healthy balance of testosterone to estrogen is critical for male health and vitality. In males, estrogen is made from the aromatization of testosterone via the aromatase enzyme. If estrogens are elevated in relation to testosterone, it is often due to enhanced expression of the aromatase enzyme, which occurs in fat tissue primarily. In these cases, herbs and nutrients that inhibit the aromatase enzyme while boosting androgen production can restore the proper hormone balance. These supplemental herbs and nutrients may decrease symptoms of estrogen dominance, such as low libido, fatigue, and poor exercise endurance.

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 endogenous production of testosterone



May inhibit aromatase activity



May help to mitigate symptoms of estrogen dominance



Promotes a healthy ratio of testosterone to estrogen

FORMULA ANALYSIS

Chrysin

Chrysin is a flavonoid commonly extracted from passionflower but is present in several common botanicals. It is found in high concentrations in honey and propolis. Chrysin inhibits the aromatase enzyme, the enzyme that converts testosterone into estrogen [1]. Through this mechanism, chrysin supports a healthy testosterone-to-estrogen balance without directly stimulating additional testosterone synthesis.

Turnera diffusa

T. diffusa, or damiana, has a long history of use as an aphrodisiac in both men and women. Multiple constituents found in damiana have demonstrated significant suppression of aromatase activity. One flavonoid in damiana, acacetin, is structurally similar to chrysin, another known aromatase inhibitor [2]. Research suggests that Damiana may contribute to the improvement of erectile function by increasing blood flow to the genital area[3]. Additionally, this herb is thought to have adaptogenic properties, helping the body cope with stress and fatigue, factors that can adversely impact male reproductive health. Furthermore, *Turnera diffusa* has been associated with potential mood-enhancing effects, which may indirectly contribute to a positive impact on male sexual health[4].

Eurycoma longifolia

Eurycoma longifolia, or Tongkat ali as it is more commonly referred to, is an herb known as Malaysian ginseng. In southeast Asia, the roots are traditionally boiled and consumed as an aphrodisiac. Tongkat ali has been touted to support testosterone production, energy levels, endurance, and muscle tone. Eurycomanone, an active quassinoid compound present in Tongkat ali has inhibitory effects on phosphodiesterase and aromatase, making it especially suited for individuals struggling with an over-aromatization of testosterone to estrogen[5].

Epimedium

Epimedium, also known as horny goat weed, barrenwort, bishop's hat and yin yang huo, has traditionally been used in Chinese medicine to enhance male sexual function, reduce fatigue, and improve cognition. This herb contains active compounds such as icariin, which has been studied for its effects on testosterone levels and sexual function. Some research suggests that icariin may act as a natural phosphodiesterase type 5 (PDE5) inhibitor, similar to the mechanism of action of popular erectile dysfunction medications[6]. By inhibiting PDE5, epimedium may promote increased blood flow to the genital area, potentially improving erectile function, while also enhancing testosterone activity.

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value
Zinc (as zinc picolinate)	1 mg 9%
Copper (as copper citrate)	0.05 mg 6%
Tribulus (<i>Tribulus terrestris</i>) (fruit) extract	250 mg †
Chrysin (from <i>Oroxylum indicum</i> seed extract)	125 mg †
Milk Thistle (<i>Silybum marianum</i>) (seed) extract	100 mg †
Tongkat ali (<i>Eurycoma longifolia</i>) (root) extract 100:1	50 mg †
Epimedium (<i>Epimedium sagittatum</i>) (aerial parts) extract	50 mg †
Beta-sitosterol (as soy phytosterol complex)	24 mg †
Damiana (<i>Turnera diffusa</i> var. <i>aphrodisiaca</i>) (leaf) extract 10:1	10 mg †
Lycopen	5 mg †
Boron (as boron citrate)	0.125 mg †

† Daily Value not established

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

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.

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