



Testostamin™

Mens Health Support

Product Information Sheet



Testostimin Men's Health Support contains Phytotherapeutic Extracts of *Dioscorea*, *Eurycoma longifolia*, *Withania somnifera*, *Pinus massoniana*, *Lepidium meyenii*, *Epimedium genus*, *Camelia sinensis*, and *Cinnamomum verum*. **Testostimin** is a revolutionary dietary supplement designed to naturally support both male and female sexuality. By harnessing the power of specialized phytotherapeutic extracts, **Testostimin** aims to increase libido, endurance, and sexual prowess. This herbal remedy offers a natural alternative to pharmaceutical options like Viagra, leveraging vasodilatory mechanisms to improve sexual function.

Targeted Sexual Dysfunction

Sexual dysfunction, a condition impacting 10-52% of men and 25-63% of women, can manifest as erectile dysfunction (ED) in males—a significant public health concern affecting an estimated 30 million men worldwide. ED is characterized by the inability to achieve or maintain an erection suitable for sexual intercourse.

Mechanism of Action

During sexual arousal, nitric oxide synthase is activated, releasing nitric oxide (NO) from parasympathetic nerve endings in the blood vessel walls of the penile corpus cavernosum. NO stimulates soluble guanylate cyclase, which converts guanosine triphosphate to cyclic guanosine monophosphate (cGMP). This process activates cGMP-dependent protein kinase and, to a lesser extent, protein kinase A, resulting in vasodilation and erection.

Phytotherapeutic Extracts and Their Benefits

Dioscorea: traditionally used for hormonal balance.

Eurycoma Longifolia (Tongkat Ali): A study in *Evidence-Based Complementary and Alternative Medicine* indicates that Tongkat Ali extract may treat low libido and erectile dysfunction by increasing sexual libido.

Withania Somnifera: Known as an adaptogenic, this herb may contribute to overall vitality and stress reduction.

Pinus Massoniana: often used for its antioxidant properties.

Lepidium Meyenii (Maca): A Peruvian plant traditionally used for its aphrodisiac and fertility-enhancing properties.

Epimedium Genus: Contains icariin, which is thought to have Viagra-like properties without the side effects.

Camelia Sinensis: Rich in antioxidants, it may improve overall wellness and energy levels.

Cinnamomum Verum: Offers antioxidants like polyphenols, phenolic acid, and flavonoids, for general health.

Additional Health Benefits

Apart from addressing sexual dysfunction, **Testostimin** exhibits a range of health benefits:

- **Anti-Diabetic Properties**: Assists in lowering blood glucose levels and improving blood flow.
- **Cardiovascular Support**: Enhances peripheral blood circulation and strengthens blood vessels.
- **Anti-Inflammatory**: Reduces inflammation, potentially improving conditions such as edema.
- **Immune System Enhancement**: Exhibits anti-plasmodial, anti-fungal, and anti-microbial properties.
- **Physical Performance**: Improves physical fitness and muscular endurance.
- **Mental Health**: Acts as a natural anti-depressant, possibly due to its adaptogenic effects.



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Exploring scientifically proven herbal aphrodisiacs

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Abstract

Procreation was an important moral and religious issue and aphrodisiacs were sought to ensure both male and female potency. Sexual dysfunction is an inability to achieve a normal sexual intercourse, including premature ejaculation, retrograded, retarded or inhibited ejaculation, erectile dysfunction, arousal difficulties (reduced libido), compulsive sexual behavior, orgasmic disorder, and failure of detumescence. The introduction of the first pharmacologically approved remedy for impotence, Viagra (sildenafil) in 1990s caused a wave of public attention, propelled in part by heavy advertising. The search for such substances dates back millennia. An aphrodisiac is an agent (food or drug) that arouses sexual desire. The hunt for natural supplement from medicinal plants is being intensified mainly because of its fewer side effects. In this review, we have mentioned the pharmacologically tested (either in man or animal or in both) aphrodisiac plants, which have claimed for its uses.

Keywords: Aphrodisiac plants, herbal aphrodisiacs, impotence, sex stimulants

INTRODUCTION

An aphrodisiac is defined as any food or drug that arouses the sexual instinct, induces veneral desire and increases pleasure and performance. This word is derived from *ēAphroditaei* the Greek Goddess of love and these substances are derived from plants, animals or minerals and since time immemorial they have been the passion of man.[1] A lot of natural substances have historically been known as aphrodisiacs in Africa and Europe, like yohimbine and the mandrake plant, as well as ground rhinoceros horn in the Chinese culture and “Spanish fly” which is actually toxic.[2,3] Even in today's culture, there are certain foods that are used as aphrodisiacs, including strawberries and raw oysters. Chocolate, coffee, and honey are also believed to have aphrodisiac potential. Although these natural items are claimed as aphrodisiacs, there is no or little scientific confirmation supporting those assertions.