

Tribulstan

Nutritional Support for Healthy Testosterone Levels*

Tribulstan Supplementation

Tribulstan is a testosterone-support supplement comprised of herbal Tribulus terrestris leaf extract (standardized to 60% bioactive Protodioscin). Research suggests that Tribulus terrestris can help support healthy testosterone levels in males.*¹ As such, Tribulus terrestris has a multitude of functions in the body, including, but not limited to: supporting stress levels, supporting sexdrive/libido, promoting healthy oxidative stress, and helping promote cognitive function.*²

Given the importance of proper testosterone production, individuals stand to benefit from Tribulstan in a variety of ways. Below are some of the most pertinent research-backed benefits derived from Tribulus terrestris:

- Supports healthy androgen production (which is crucial for overall health)*
- Supports proper stress levels*
- Supports healthy libido*
- Supports muscle repair*
- Supports healthy inflammatory markers and oxidative stress*

How Tribulstan Works

Tribulus terrestris has been used in Ayurveda as an aphrodisiac, cardiovascular support herb, astringent, and diuretic.* It is a member of the Zygophyllaceae family and an annual herb found in many tropical and temperate regions of the world, including the U.S., the Mediterranean, and throughout Asia.

Tribulus terrestris contains steroidal saponins (such as Protodioscin), and acts as a natural testosterone support ingredient by promoting healthy levels of luteinizing hormone (LH).*³ Testosterone is a steroid hormone produced by the testes that promotes the development of male sex characteristics and regulates male reproductive function.

Research demonstrates that testosterone increases muscle protein synthesis and net muscle protein balance, which is necessary to build and maintain lean tissue.*⁴ Data also suggests that the increase in testosterone after supplementing with Tribulus terrestris supports healthy libido and sexual function.*⁵



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	%DV
Tribulus Extract (leaf; <i>Tribulus terrestris</i> ; standardized to 60% protodioscin)	250 mg	*

Other Ingredients: Hypromellose.

Directions: Take one capsule daily as a dietary supplement, or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

1. Hussain, A. A., Mohammed, A. A., Ibrahim, H. H., & Abbas, A. H. (2009). Study the biological activities of Tribulus terrestris extracts. *World Academy of Science, Engineering and Technology*, 57, 433-435.
2. Miller, W. L., & Auchus, R. J. (2010). The molecular biology, biochemistry, and physiology of human steroidogenesis and its disorders. *Endocrine reviews*, 32(1), 81-151.
3. Qureshi, A., Naughton, D. P., & Petroczi, A. (2014). A systematic review on the herbal extract Tribulus terrestris and the roots of its putative aphrodisiac and performance enhancing effect. *Journal of dietary supplements*, 11(1), 64-79.
4. Griggs, R. C., Kingston, W., Jozefowicz, R. F., Herr, B. E., Forbes, G., & Halliday, D. (1989). Effect of testosterone on muscle mass and muscle protein synthesis. *Journal of Applied Physiology*, 66(1), 498-503.
5. K. Gauthaman, A. P. Ganesan, and R. N. Prasad. "Sexual effects of puncture vine (*Tribulus terrestris*) extract (protodioscin): an evaluation using a rat model". *Journal of Alternative and Complementary Medicine.*, 2003, 9 (2): 257-265.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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