



Naturemedies UK, EU & USA. A brand of E-Macro Initiatives  
 Suite no. G02, Kingsley House, 37-46 Balmoral  
 Road, Gillingham, Kent ME7 4NT

# Naturemedies Maca LibiBoost

COMBINATION SEXUAL HEALTH AND FERTILITY FORMULA

Last updated: 12.01.23



Naturemedies Maca LibiBoost 90 caps

Usage:

Take 1 capsule, 1 to 3 times per day or as required.

Naturemedies Maca LibiBoost is a specialist combination maca root, herb and mineral formula, designed to support sexual health, fertility and reproduction.

Primarily aimed at men, this food supplement combines 3000mg of maca root with ginkgo biloba, Panax ginseng, ginger root, L-Arginine, damiana leaf, organic black pepper and zinc.

Black pepper, combined with ginger root and ginkgo, increases the effectiveness of all the ingredients.

Maca root

The maca plant has exploded in popularity in recent years. A plant native to Peru, it has traditionally been used to:

enhance fertility (including increasing sperm production and improving sperm quality)  
 boost sex drive (in both men and women)  
 as well as to improve energy and stamina.

A review from 2010 that included four randomized clinical studies with a total of 131 participants, found evidence that maca improves sexual desire after at least six weeks of ingestion.\*

\*<https://pubmed.ncbi.nlm.nih.gov/12472620/>

Maca can also improve symptoms of menopause, including hot flashes and disrupted sleep at night.

Ginkgo biloba

Ginkgo's health benefits are thought to come from its high antioxidant and anti-inflammatory properties. It is also known to increase blood flow, play a role in how neurotransmitters in the brain operate and help relieve premenstrual syndrome (PMS) symptoms.

Panax ginseng

Going back to ancient times, Panax ginseng was used to increase energy and stamina and to give the immune system a boost.

According to a comprehensive data review of six randomized trials that occurred over 15 years, Panax ginseng may also be an effective and safe treatment for erectile dysfunction.\*\* A 2011 review of alternative medicines for sexual function arrived at a similar conclusion, finding Panax ginseng the only dietary supplement to improve erectile function with no safety issues.\*\*\*

\*\*Khera M, Goldstein I. Erectile dysfunction. *BMJ Clin Evid.* 2011;2011:1803

\*\*\*Ernst E, Posadzki P, Soo Lee M. Complementary and alternative medicine (CAM) for sexual dysfunction and erectile dysfunction in older men and women: an overview of systematic reviews. *Maturitas.* 2011;70(1):37-41. doi:10.1016/j.maturitas.2011.06.011

Ginger root

As well as its better known beneficial effects on oxidative stress, inflammation and digestion, ginger also has a reputation as an aphrodisiac that can be traced back to the first century AD (when physician Dioscorides recommended ginger for stimulating the male organ). And today, many cultures around the world, continue to use ginger as a libido boosting treatment.

L-Arginine

L-arginine is an amino acid that helps make proteins. It also becomes the gas nitric oxide (NO) in the body. NO is important for erectile function because it helps blood vessels relax, so more oxygen-rich blood can circulate through your arteries. Healthy blood flow to the arteries of the penis is essential for normal erectile function.

Damiana leaf

Damiana, also known as *Turnera diffusa*, is a low-growing plant and wild shrub with yellow flowers and fragrant leaves. It's native to the sub-tropical climates of southern Texas, Mexico, Central and South America, and the Caribbean. Damiana's use as an herbal remedy predates written history. By the time the Spanish crossed the Atlantic, indigenous cultures had been using it for centuries as an aphrodisiac and bladder tonic.

Organic black pepper

Piperine is the alkaloid responsible for the pungency of black pepper and long pepper. Black pepper has been included to potentiate the absorption and effect of the other herbal actives - a well-known herbalists' combination.

# Approved EFSA health claims:

Zinc contributes to normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal cognitive function, normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal bones, the maintenance of normal hair, nails and skin, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision, the normal function of the immune system, the protection of cells from oxidative stress and it has a role in the process of cell division.

Maca root: The maca plant, known scientifically as *Lepidium meyenii*, is sometimes referred to as Peruvian ginseng. It mainly grows in the Andes of central Peru, in harsh conditions and at very high altitudes — above 13,000 feet (4,000 meters).

Maca is a cruciferous vegetable and therefore related to broccoli, cauliflower, cabbage and kale. It has a long history of culinary and medicinal use in Peru. They use the root as a food supplement, as well as a traditional medicine for everything from fertility problems to fragile bones and poor memory. Peruvians dry maca naturally and then boil it and drink the juice.

The main edible part of the plant is the root, which grows underground. It can come in several colours, ranging from white to black. The taste of maca root powder has been described as earthy and nutty. Many people add it to their smoothies, oatmeal and sweet treats.

Maca root powder is highly nutritious, leading many to refer to it as a superfood. It packs high levels of iron and iodine to promote healthy cells and to help keep your metabolism on track. Its big doses of potassium aid digestion and muscle function. It is also rich in fibre, calcium, amino acids, vitamins (including vitamin C), and minerals. Furthermore, it contains various plant compounds, including glucosinolates and polyphenols

Maca is claimed to be an adaptogenic plant, which means it gives your body the ability to adapt to or resist what's going on in and around it - issues such as anxiety, stress and depression.

Libido

Reduced sexual desire is a common problem among adults. Consequently, interest in herbs and plants that naturally boost libido is very high. Maca, specifically, has traditionally been used to:

- enhance fertility (including increasing sperm production and improving sperm quality)
- boost sex drive (in both men and women)
- as well as to improve energy and stamina.

A review\* from 2010 that included four randomized clinical studies with a total of 131 participants found evidence that maca improves sexual desire after at least six weeks of ingestion.

\*<https://pubmed.ncbi.nlm.nih.gov/12472620/>

What does maca do for men?

When it comes to male fertility, sperm quality and quantity is very important. There is evidence to suggest that maca root increases men's fertility\*.

\*<https://pubmed.ncbi.nlm.nih.gov/26421049/>

\*<https://pubmed.ncbi.nlm.nih.gov/11753476/>

A recent review summarized the findings of five small studies. It showed that maca improved semen quality in both infertile and healthy men\*.

<https://pubmed.ncbi.nlm.nih.gov/27621241/>

One of the studies reviewed included nine healthy men. After consuming maca for four months, researchers detected an increase in the volume, count and motility of sperm\*.

\*<https://pubmed.ncbi.nlm.nih.gov/11753476/>

What does maca do for women?

Menopause is defined as the time in a woman's life when her menstrual periods stop permanently. The natural decline in oestrogen that occurs during this time can cause a range of unpleasant symptoms.

These include hot flashes, vaginal dryness, mood swings, sleep problems and irritability. One review of four studies in menopausal women found that maca helped alleviate menopausal symptoms, including hot flashes and interrupted sleep\*.

\*<https://pubmed.ncbi.nlm.nih.gov/21840656/>

Additionally, animal studies\* suggest that maca can help protect bone health. Women have a higher risk of osteoporosis after menopause.

\*<https://pubmed.ncbi.nlm.nih.gov/20616517/>

\*<https://pubmed.ncbi.nlm.nih.gov/19689071/>

\*<https://pubmed.ncbi.nlm.nih.gov/16466876/>

Mood

Several studies\* have shown that maca can enhance your mood. It has been associated with reduced anxiety and symptoms of depression, particularly in menopausal women. Maca contains plant compounds called flavonoids, which have been suggested to be at least partly responsible for these psychological benefits.

\*<https://pubmed.ncbi.nlm.nih.gov/18784609/>

\*<https://pubmed.ncbi.nlm.nih.gov/24931003/>

\*<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1755-5949.2008.00052.x>

Sporting performance and energy levels

Maca root powder is a popular supplement among bodybuilders and athletes. It has been claimed to help you gain muscle, increase strength, boost energy and improve exercise performance. Also, some animal studies\* indicate that it enhances endurance performance.

Moreover, one small study in eight male cyclists found that they improved the time it took them to complete a nearly 25-mile (40-km) bike ride after 14 days of supplementing with maca extract\*.

\*<https://www.sciencedirect.com/science/article/abs/pii/S1756464612000436>

\*<https://agris.fao.org/agris-search/search.do?recordID=KR2009003407>

\*<https://pubs.acs.org/doi/abs/10.1021/bk-2002-0803.ch018>

\*<https://pubmed.ncbi.nlm.nih.gov/19781622/>

Ginkgo biloba: Ginkgo biloba has been used in traditional Chinese medicine for about 1,000 years.

It came on the Western culture scene a few centuries ago, but has enjoyed a surge of popularity over the last few decades. It may be best known for its potential health applications in relation to dementia, Alzheimer's disease and fatigue.

Other conditions it is sometimes used for include: anxiety and depression, blood flow / blood pressure, erectile dysfunction, premenstrual syndrome (PMS) and many others. Ginkgo's potential health benefits are thought to derive from its high antioxidant and anti-inflammatory properties.

According to a study\*, ginkgo may improve erectile dysfunction caused by antidepressant medications. Researchers believe ginkgo increases the availability of nitric oxide gas which plays a role in increasing blood flow to the penis.

Ginkgo may also help relieve PMS symptoms, according to a 2009 study\*. During the study, participants taking either ginkgo or a placebo experienced a reduction in symptoms. Those taking ginkgo had significantly more relief.

\*<https://pubmed.ncbi.nlm.nih.gov/9611693/#:~:text=In%20an%20open%20trial%20ginkgo,SSRIs%2C%20N%20%2D%2062063.>

\*<https://www.liebertpub.com/doi/abs/10.1089/acm.2008.0493>

Panax ginseng: Panax ginseng is the botanical cousin of Siberian ginseng, but should not be confused with it. It is a rich source of phyto-oestrogen and the biologically active ingredients are called eleutherosides, supporting the recuperative power of the body. As such, it is traditionally used for supporting overall health and well-being, to strengthen

the immune system and to help fight off stress and disease. It is also linked to increased alertness and the improvement of erectile dysfunction / treatment of impotence.

Ginger root: Ginger is the knotted, beige-coloured root (or rhizome) of the Zingiber officinale plant.

Modern scientific research has revealed that ginger possesses numerous therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds and direct anti-inflammatory effects. This is because ginger contains potent anti-inflammatory compounds called gingerols.

As well as its better known beneficial effects on oxidative stress, inflammation and digestion, ginger also has a reputation as an aphrodisiac that can be traced back to the first century AD (when physician Dioscorides recommended ginger for stimulating the male organ). And today, many cultures around the world, continue to use ginger as a libido boosting treatment.

How? This humble spice can improve blood flow and circulation naturally - poor circulation is one of the most common causes of erectile dysfunction in men.

According to a 2017 study\* on the use of ginger a circulatory supplement, this spice may offer male enhancement and may even work as a treatment for erectile dysfunction. Certainly, there is evidence that it improves sex drive in older men.

\*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5422695/>

In addition, a 2018 study links ginger and testosterone production. And this may be the true key to ginger benefits to manhood. Testosterone is one of the vital hormones for men's sexual performance. And it also plays a role in fertility.

According to the study, ginger may stimulate testosterone production.

\*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6316093/>

L-Arginine: L-arginine may benefit men with erectile dysfunction, because it can enhance nitric oxide and, in turn, relax the muscles surrounding blood vessels supplying the penis. As a result, blood vessels in the penis dilate, increasing blood flow, which may help maintain an erection.

In a 2017 study\* published in the journal *Andrology*, for instance, levels of L-arginine and L-citrulline (another amino acid) were measured in people with erectile dysfunction. Researchers found that levels of both amino acids were lower in men with erectile dysfunction than in those without erectile dysfunction.

\*Barassi A, Corsi romanelli MM, Pezzilli R, et al. Levels of L-arginine and L-citrulline in patients with erectile dysfunction of different etiology. *Andrology.* 2017;5(2):256-261. doi:10.1111/andr.12293

Damiana leaf: Damiana, also known as *Turnera diffusa*, is a low-growing plant with yellow flowers and fragrant leaves. It is native to the sub-tropical climates of southern Texas, Mexico, Central and South America, and the Caribbean.

Damiana's use as a herbal remedy pre-dates written history. By the time the Spanish crossed the Atlantic, indigenous cultures had been using it for centuries as an aphrodisiac and bladder tonic.

Damiana is said to help enhance sexual health by increasing sexual arousal and stamina in men and women.

Black pepper: Black pepper is the fruit of the black pepper plant from the Piperaceae family. Piperine is the alkaloid within black pepper that is responsible for its pungency. It increases thermogenic activity in the body - the way of developing cellular energy - and this results in an increase in the metabolic rate. Black pepper is also a very good anti-inflammatory agent.

Together, black pepper, ginger root and ginkgo increase the effectiveness of all the ingredients.

Zinc: As confirmed by the EFSA in the EU Register of nutrition and health claims made on foods, zinc contributes to normal fertility and reproduction, the maintenance of normal bones, normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal cognitive function, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal hair, nails and skin, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision, the normal function of the immune system, the protection of cells from oxidative stress and it has a role in the process of cell division.



Please SCAN the QR-Code to find out more information and related products

