

# LIBIDO-M

For Ultimate Enhancement of  
Male Stamina and Performance\*

## DOSAGE

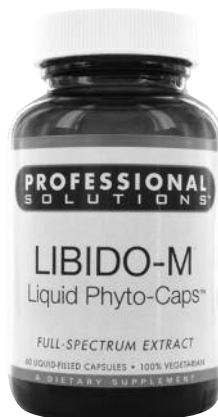
Liquid Phyto-Caps: 1 capsule, 3 times daily

## DURATION OF USE

2-3 months

## BEST TAKEN

Between meals, with water



## Supplement Facts

Daily Serving Size 3 Capsules  
Servings Per Container 20

Calories per serving - 30

Proprietary Synergistic Blend: 402 mg

Maca tuber (*Lepidium meyenii*)<sup>+</sup>, Saw Palmetto berry supercritical extract (*Serenoa repens*)<sup>+</sup>, Epimedium herb (*Epimedium grandiflorum*)<sup>+</sup>, Tribulus fruit (*Tribulus terrestris*)<sup>+</sup>, Yohimbe bark (*Corynanthe yohimbe*)<sup>+</sup>, Sarsaparilla root (*Smilax regelii*)<sup>+</sup>, Muira Puama bark (*Ptychopetalum olacoides*)<sup>+</sup>, Fo-Ti root (*Polygonum multiflorum*)<sup>+</sup>, Wild Oats milky seed (*Avena sativa*)<sup>▲</sup>

Total Dry Herb Equivalency: 2,700 mg

Other ingredients: Vegetable glycerin, vegetable cellulose (capsule).  
▲ = Certified Organic Ingredient + = Ecologically Harvested

## A COMPREHENSIVE APPROACH

This formula supports sexual health for men. For most of us who live in modern society - we are stressed beyond the natural bounds of our physiology. Stress levels affect sexual performance. Whether it's the stress of the job, or the stress of a bad diet, the effects may very well be the same. This compound takes a tonic approach. We have brought together powerful nervous system tonics that are reported to enhance sexual performance and/or desire. We have not used stimulants here. To drive an already exhausted physiology with stimulants is counterproductive. While maintaining balance in the hormonal system and liver is addressed here, - maintaining nervous system health is the primary focus of this formula.

Maca is reported being used by native Peruvians for some 5,000 years. In fact, it is believed due to the plant's effect that the Inca's traditionally restricted Maca's use to the court of royalty. Its reputation is primarily as a performance enhancer and as an aphrodisiac. Early clinical reports suggest its effects are perhaps due to its normalizing influence over the endocrine system - specifically, the Hypothalamus-Pituitary-Adrenal (HPA) axis. Following the first U.S. study of this Andean Mountain herb, researchers have corroborated Maca's aphrodisiac affects in animals.

Tribulus is reported to be a folkloric medicine used to support the cardiovascular system and healthy vision. It has also been used traditionally as an aphrodisiac. A small number of *in-vitro* studies have lent support to this traditional use as an aphrodisiac, suggesting that protodiosin (an isolated constituent of Tribulus) can promote healthy sexual activity (in animals).

Epimedium is better known by its common name, Horny Goat Weed. As such a name might imply, this plant is considered an aphrodisiac. Traditionally it is also used as a tonic. In the

Chinese system of Medicine, Epimedium is known to increase sexual desire and activity.

Saw Palmetto is well known for its ability to support the prostate. Traditionally, it was said to exert its influence over all the reproductive organs, helping to sustain sexual activity after 'exhaustive excesses'. Wherever compromised performance is accompanied by stress, Saw Palmetto is said to be useful; particularly when taken with a nervous system tonic, such as Wild Oats (see below).

Sarsaparilla is an alterative (blood purifier) that is known for its normalizing activity. Liver supportive properties are also noted. Sarsaparilla is included in this performance formula for its overall influence on healthy metabolism.

Muira Puama is commonly known as Potency Wood. This herb is said to strengthen the digestion and tonify the nervous system - particularly where stress is evident. This rainforest botanical has a reputation as an aphrodisiac. One preliminary clinical trial has suggested its benefits with normal sexual function. Both psychological and physical aspects of sexual function were supported in this particular trial.

Fo-Ti is traditionally considered to be of much value for maintaining the health of the liver and kidneys. It has been included here as a nervous tonic. Traditional Chinese Medicine (TCM) regards Fo-Ti as one of the five major tonic herbs. Due to the fact that many hormones are metabolized in the liver, modern research focusing on the liver effects of this plant suggest it is a highly valuable addition to this performance formula.

Wild Oats are present here for their influence on stress. They are often used to promote digestive health where there is also temporary physical weakness and fatigue. Wild Oats may also be used as nourishment. This plant combines well with Saw

Palmetto where stress temporarily compromises sexual performance.

Yohimbe is a highly praised traditional aphrodisiac. Scientific research focusing on the alkaloid yohimbine has implied support to normal sexual function. In addition to these popularized benefits, Yohimbe has been included here for its support to the Central Nervous System.

Note: The intention of this information is to represent the traditional use of the individual botanicals found in these formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

### COMPLEMENTARY HERBS/FORMULAS

Energy & Vitality, Endurance Tonic

### SAFETY EVALUATION/CONTRAINdicATIONS

Do not use this product during pregnancy or lactation.

### KNOWN DRUG INTERACTIONS

Consult a physician if you are taking any pharmaceutical drugs.

### REFERENCES

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\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.