

# TECHNICAL DATA SHEET



## GENDER HEALTH MEN'S VITALITY™

Supports healthy testosterone levels.

**Men's Vitality** formula is a state of the art formula containing a unique blend of nutrients that tonify, support, and strengthen the healthy male body and reproductive system. After age 30, most men begin to experience a gradual decline in testosterone. When men (and, for that matter, women) think about the powers of testosterone, they are not likely to consider mental processes. Indeed, the male hormone has much more obvious roles in a man's body. Still, new research suggests that testosterone plays a vital role in masculine mentality. Many of the ingredients in **Men's Vitality** have been used to support healthy testosterone levels which correlates to a stronger libido, sexual function, and muscle mass. The ingredients in **Men's Vitality** have also been shown to support healthy circulation, endocrine function, blood pressure, nervous system function, and promote feelings of stamina and mental acuity. **Men's Vitality** is a most supportive and complete men's health formula.



### Supplement Facts

Serving size: 1 capsule

Servings per container: 60

Amount per serving		%DV
Vitamin B3 (as Niacinamide)	30 mg NE	188%
Zinc (as Zinc Citrate)	20 mg	182%
<b>Men's Vitality Proprietary Blend:</b>	610 mg	*
L-Arginine, L-Citrulline, Horny Goat Weed extract (Epimedium spp), Tongkat Ali extract (Eurycoma spp), Tribulus spp extract, Maca (Lepidium spp), Ashwagandha extract (Withania spp), Panax Ginseng extract, Muira Puama extract (Ptychopetalum spp), Saw Palmetto extract (Serenoa spp), Stinging Nettle extract (Urtica spp)		

\* Daily Value not established.

**Other ingredients:** vegetarian capsules (hypromellose, purified water), silicon dioxide

### INGREDIENTS:

#### L-Arginine

L-arginine is an amino acid necessary for protein synthesis. Alpha-ketoglutaric acid provides the most bioavailable form of arginine. L-arginine is best known for its role in the function of the vascular system. L-arginine is a substrate for the nitric oxide synthase (NOS) enzyme. NOS in vascular endothelial cells converts L-arginine to nitric oxide (NO), also known as endothelial-derived relaxation factor (EDRF), which supports vasodilation. By enhancing the action on NO, this in turn relaxes the muscles surrounding blood vessels supplying the penis (1). As a result, healthy blood vessels in the penis dilate, increasing blood flow, which may help maintain an erection (2).

#### Epimedium (Horny Goat Weed)

Researchers believe flavonoids, icariin, polysaccharides, glycosides, ceryl alcohol, essential oils and fatty acids are the active constituents of the leaf, which is the applicable part. Epimedium may support vasodilation, possibly by blocking calcium channels. Researchers believe Epimedium supports normal testosterone secretion (3).

#### Stinging Nettle Root

Stinging nettle contains polysaccharides with immunomodulating effects. Recent European research has identified constituents of nettle root that bind sex hormone binding globulins (SHBG) in place of testosterone, thus reducing SHBG's binding of free testosterone. As the authors of one study state, these constituents of nettle root may help keep the healthy blood levels of testosterone more active.

Replaces all previous versions: 3.12.24

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.

### **Tribulus Terrestris**

The applicable parts of Tribulus terrestris are the leaf, fruit and root, and contain saponins such as diosgenin and protodioscin, flavonoids and alkaloids. Preliminary research suggests Tribulus terrestris supports healthy levels of testosterone via stimulation of the pituitary gland. This stimulation promotes the secretion of luteinizing hormone (LH), which increases unbound free testosterone levels, dehydroepiandrosterone (DHEA) and dihydrotestosterone (6). The main and active constituent is protodioscin, which supports healthy levels of the hormones testosterone, dihydrotestosterone, and DHEA (7).

### **Tongkat Ali**

Tongkat Ali has been used traditionally to support healthy libido and sexual function. The active ingredients in Tongkat Ali extract support healthy levels of free testosterone in the blood. Tongkat Ali supports the balance between testosterone and estrogen.

### **Ashwagandha**

Ashwagandha supports healthy cortisol and DHEA levels which support enhanced energy and performance. Ashwagandha may support the increase in oxygenation of tissues through the synthesis and activity of NO synthase, the enzyme that produces NO in the body (9). The resulting expansion of healthy blood vessels helps improve blood flow and oxygenation of tissues leading to increased energy in the body (10).

### **Zinc**

Zinc is a biologically essential trace element and is the second most abundant trace element in the body. Zinc is involved in more than 300 of the body's different metabolic enzymes and is also a large factor in both immune function and hormone function. Testosterone is a male hormone that is responsible for increasing muscle mass and fertility in men. A zinc deficiency may result in lower serum testosterone levels of healthy adults (11).

### **Panax Ginseng**

The applicable part of Panax ginseng is the root. Ginseng is widely used as a general tonic and adaptogen. We utilize a Panax ginseng that is standardized to contain 80% ginsenosides, making it the most potent and effective Panax ginseng available. Ginsenosides are the active ingredient and have a wide range of beneficial activity and effects. Panax ginseng supports male reproductive health by supporting healthy testosterone and spermatozoa levels.

### **Muir Puama**

Muir puama, found in the Amazon rainforest, is used for healthy sexual activity as an aphrodisiac. Muir puama supports a healthy libido, erectile function, and promotes the growth of neurons which support memory and learning processes. Muir puama is useful in increasing feelings of energy levels in both mental and physical fatigue and helps with feelings of anxiety.

### **L-Citrulline**

L-Citrulline is an alpha-amino acid that the body converts into L-Arginine and nitric oxide (NO), a gas that helps dilate blood vessels. The L-citrulline to NO path supports healthy blood flow in the body, including the penis. L-citrulline may also benefit muscle and metabolic health (via vascular and non-vascular pathways) in susceptible/older populations.

### **Maca (Lepidium meyenii)**

Maca is the root of a vegetable native to the Andes region of Peru. Known as "Peruvian ginseng," maca is actually a member of the cruciferous family and cultivated and eaten as a vegetable root crop. Maca is used to boost energy and support a healthy libido. Two polyunsaturated fatty acids, macaene and macamide, are the two most studied constituents of maca.

### **Saw Palmetto**

Saw palmetto is an extract of the berry of the saw palmetto tree (*Serenoa repens*). The Seminole tribe in Florida used Saw palmetto to support urinary and sexual function. Saw palmetto inhibits 5-reductase, an enzyme that converts testosterone into dihydrotestosterone (DHT)(12). By decreasing the conversion of testosterone to DHT, Saw palmetto can support healthy testosterone levels.

*Patients: Consult with your healthcare professional for the proper use of this formula.*

For more information about this and other Condition Specific Formulas® please visit our website at:

[mountainpeaknutritionals.com](http://mountainpeaknutritionals.com)

email us: [support@mtnpeaknutrition.com](mailto:support@mtnpeaknutrition.com)



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## REFERENCES:

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