

## Female X Booster

### Sexual Health

#### DESCRIPTION

Female X Booster is a proprietary blend of herbal plant adaptogens plus the amino acids L-arginine and L-citrulline to help boost the female’s sexual response by working through various physiological mechanisms in the body. ‡

#### INDICATIONS

- Female X Booster may be used as a dietary supplement to support the psychological and physiological factors that may affect female libido. ‡

#### FUNCTIONS AND MECHANISM OF ACTION

In the central nervous system, dopaminergic and serotonergic systems appear to play a significant role in various components of sexual response. Supporting endocrine, neural and vascular function, as well as mood, has the potential to promote sexual health. ‡

The Female X Booster formula supports many of the physiological mechanisms involved in maintaining female sexual health. These include the support of general vascular function, healthy stress responses, and overall well-being. Panax Ginseng supports estrogen function in addition to its ability to moderate the effects of stress on the nervous system, a function that is shared by other adaptogens in this formula, such as Eleutherococcus senticosus and Ashwagandha (*Withania somnifera*). In traditional medicine, Muira Puama (*Ptychopetalum olacoides*) is a traditionally used Brazilian adaptogen to support arousal. In a small, randomized trial, women presenting with hyposexual desire disorder took 7.5 mg of Tribulus terrestris daily for four weeks along with a placebo group. After four weeks, the trial group showed improvements in the Female Sexual Function Index areas of desire, arousal, lubrication, satisfaction and comfort domains. Black cohosh (*Cimicifuga racemose*) supports physical and sexual drive in postmenopausal women, as indicated by the “sexuality domain” of clinical reporting scales used in studies. ‡ Dopamine and norepinephrine are partially responsible for sexual excitement. Velvet bean (*Mucuna pruriens*) seeds are the best-known, naturally occurring source of L-dopa, and have been used in traditional Ayurvedic medicine to support healthy sexual function. Preliminary findings show that Maca root (*Lepidium meyenii*) consumption daily may support mood and sexual function in postmenopausal women independent of estrogenic and androgenic activity. *Ptychopetalum olacoides* support the function of dopamine D(1) receptors in the hypothalamus. ‡

#### Supports Hormone Functions

In addition to supporting the female sexual response through other mechanisms, *Angelica sinensis*, *Humulus lupulus*, and *Cimicifuga racemosa* also support estrogen function. *Lepidium meyenii*, *Ptychopetalum olacoides*, *Mucuna pruriens*, *Epimedium brevicornum*, *Tribulus terrestris*, *Eleutherococcus senticosus*, *Panax ginseng* and *Withania somnifera* also support testosterone function. If additional estrogen function support is desired, EstroMend™ may also be used. TestoGain™ may be used if additional testosterone function support is desired. ‡

#### FORMULA (#202275)

Vegetarian capsules:	2 capsules	4 capsules
Proprietary Blend .....	674 mg*	1348 mg*

Maca root (*Lepidium meyenii*), Dong Quai root Extract (*Angelica sinensis*)(standardized to 1% ligustilides, Muira Puama bark (*Ptychopetalum olacoides*), Velvet bean seed Extract (*Mucuna pruriens*)(standardized to 15% l-olacoides), Hops flower Extract (*Humulus lupulus*)(standardized to 5% flavones), Horney Goat Weed Extract (*Epimedium brevicornum*, aerial parts)(standardized to 10% icariin), Gokhru fruit Extract (*Tribulus terrestris*) (standardized to 45% saponins), *Eleutherococcus senticosus* root extract (standardized to 0.8% eleutherosides), *Panax ginseng* root Extract (standardized to 3% ginsenosides), Ashwagandha root and leaf Extract (*Withania somnifera*)(standardized to 10% withanolide glycoside conjugates and 32%

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oligosaccharides), Black Cohosh root Extract (*Cimicifuga racemosa*)(standardized to 0.8% triterpene glycosides).

L-Arginine .....	250 mg .....	500 mg*
L-Citrulline .....	230 mg .....	460 mg*

Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate and silica

### SUGGESTED USE

As a dietary supplement, adults can take 2 capsules each day with food for 1 to 2 weeks or as directed by a healthcare practitioner. If desired, the dose may then be increased to 4 capsules each day with food for 2 to 4 months, or as directed by a healthcare professional. After 2 to 4 months, dosage may be lowered back down to 2 capsules each day with food and may continue on that dosage as needed, or as directed by your healthcare professional.

### PRECAUTIONS

If you are pregnant, nursing, have any health condition or are taking any medication, consult your healthcare professional before using this product.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

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**For more information on Female X Booster visit [douglaslabs.com](http://douglaslabs.com)**

‡ 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.

Manufactured by  
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DL202275-1116