

LibidoStim-F™



THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

- Helps safely promote female sexual desire
- Provides a natural and safe enhancement of testosterone
- Favorably influences aromatase activity for optimal testosterone and estrogen metabolism
- Natural optimization of blood flow for enhanced sexual function

LibidoStim-F™ is a complex formulary blend of nutraceutical and herbal ingredients for the increase of female sexual desire and pleasure. The combination of wild yam, damiana, standardized tribulis, epimedium (horny goat weed), red clover, urtica dioica, Korean ginseng, deer antler, Ginkgo biloba, DIM, and DHEA provide safe enhancement for natural testosterone production, optimization of testosterone and estrogen metabolism, increased blood flow, and adrenal support. This product is designed to help provide an overall increase in desire and sexual satisfaction specifically for women.

Suggested Dosage: Take 3 capsules daily with meals or as directed by your health care practitioner. Do not expect immediate results. Results will improve over time if used consistently. *Women with hirsutism or PCOS (polycystic ovary syndrome) should not use LibidoStim™ without permission from their healthcare practitioner.*

May be used with the following for optimal results:

- Arginine: 2 capsules twice daily
- Grape Seed Supreme: 2-4 capsules daily

Suggested Laboratory Tests: Serum total and free testosterone, as well as DHEA, can be checked for close clinical management.

References:

1. Boelsma E, Lamers RJ, Hendriks HF, van Nesselrooij JH, Roza L. Evidence of the regulatory effect of Ginkgo biloba extract on skin blood flow and study of its effects on urinary metabolites in healthy humans. *Planta Med.* 2004 Nov;70(11):1052-7.
2. Davis SR, Davison SL, Donath S, Bell RJ. Circulating androgen levels and self-reported sexual function in women. *JAMA.* 2005 Jul 6;294(1):91-6.
3. Chen F, Knecht K, Birzin E, Fisher J, Wilkinson H, Mojena M, Moreno CT, Schmidt A, Harada SI, Freedman LR, Reszka AA. Direct Agonist/Antagonist Functions of Dehydroepiandrosterone (DHEA). *Endocrinology.* 2005 Jun 30.
4. Gauthaman K, Adaikan PG, Prasad RN. Aphrodisiac properties of Tribulus Terrestris extract (Protodioscin) in normal and castrated rats. *Life Sci.* 2002 Aug 9;71(12):1385-96.

Supplement Facts

Serving Size 3 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Wild Yam (<i>Dioscorea villosa</i>)(root) [standardized to contain 2.5% diosgenin]	200 mg [†]
Damiana (<i>Turnera aphrodisiaca</i>)(10:1)	200 mg [†]
Tribulus (<i>Tribulus terrestris</i>)(aerial) [standardized to contain 20% steroidal saponins]	200 mg [†]
Chinese Ginseng (<i>Panax ginseng</i>) (root) [standardized to contain 10% ginsenoside]	200 mg [†]
Red Clover (<i>Trifolium pratense</i>)(dried blossoms) [standardized to contain 8% isoflavones]	100 mg [†]
Nettle Leaf (<i>Urtica dioica</i>)	100 mg [†]
Deer Antler (<i>Cervus nippon antler</i>)	100 mg [†]
Ginkgo (<i>Ginkgo biloba</i>) [standardized to contain 24% ginkgo flavone glycosides and 6% terpene lactones]	100 mg [†]
Horny Goat Weed (<i>Epimedium grandiflorum</i>) [standardized to contain 40% icariins]	100 mg [†]
DIM (Diindolylmethane)	100 mg [†]
Phosphatidyl Choline	100 mg [†]
DHEA (Dehydroepiandrosterone)	10 mg [†]

[†]Daily Value not established.

Other Ingredients: Rice powder, gelatin capsule, magnesium stearate.

To contact Designs for Health, please call us at (800) 847-8302, or visit us on the web at www.designsforhealth.com.

LibidoStim-M™



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- Helps safely promote male sexual desire
- Provides a natural and safe enhancement of testosterone
- Favorably influences aromatase activity for optimal testosterone metabolism
- Natural optimization of erectile function

This unique product provides a blend of nutraceutical and herbal ingredients for the enhancement of male sexual desire and erectile function. The combination of LongJax™ (E. longifolia), tribulis, epimedium (horny goat weed), Peruvian maca, muira, saw palmetto, and coleus provide safe support for natural testosterone production and elevation in cAMP production to enhance erectile function and promote an overall increase in desire. DIM and chrysin have been included to safely manage increased testosterone levels by favorably influencing aromatase activity. Arginine and Ginkgo biloba provide improved blood flow for enhanced performance and enjoyment, particularly when used as part of the Designs for Health comprehensive male enhancement protocol.

Suggested Dosage: Take 2 capsules twice daily with meals or as directed by your health care practitioner. Do not expect immediate results. Results will improve over time if product is used consistently. *Any male with a history of prostate cancer should not use LibidoStim-M™.*

May be used with the following for optimal results:

- Arginine: 2 capsules twice daily
- Grape Seed Supreme: 2-4 capsules daily

Should LibidoStim-M be used by men with the metabolic syndrome?

According to research published in the journal Metabolism, the percentage of frequency of men characterized by 3 or more features of the metabolic syndrome increases with decreasing testosterone and DHEA-S levels. Since LibidoStim-M™ is designed to naturally increase testosterone levels, men with metabolic syndrome should expect to see improvements in their health and feel less signs of aging from regular use of LibidoStim-M™.

Suggested Laboratory Tests: Serum total and free testosterone and DHEA can be checked for close management (optimal ranges: total T: 600-800 ng/dL; free T: 150-180 pg/mL; DHEA-S: 300-450 mcg/dL). Long-term users should have serum PSA and hs-estradiol measured at 1-year intervals to assure that levels are within normal range.

References:

1. Gauthaman K, Adaikan PG, Prasad RN Aphrodisiac properties of Tribulus Terrestris extract (Protodioscin) in normal and castrated rats. Life Sci. 2002 Aug 9;71(12):1385-96.
2. Boelsma E, Lamers RJ, Hendriks HF, van Nesselrooij JH, Roza L Evidence of the regulatory effect of Ginkgo biloba extract on skin blood flow and study of its effects on urinary metabolites in healthy humans. Planta Med. 2004 Nov;70(11):1052-7.
3. Succu S, Mascia MS, Melis T, Sanna E, Melis MR, Possenti R, Argiolas A. Pro-VGF-derived peptides induce penile erection in male rats: Involvement of paraventricular nitric oxide. Neuropharmacology. 2005 Aug 5.
4. Wu Y, Lu Y, Hu Y, Li R. Cyclic AMP-dependent modification of gonad-selective TAF(II)105 in a human ovarian granulosa cell line. J Cell Biochem. 2005 Aug 8.

Supplement Facts

Serving Size 4 capsules	
Servings Per Container 30	
Amount Per Serving	% Daily Value
L-Arginine	500 mg*
LongJax® (Eurycoma longifolia)(20:1)	200 mg*
Tribulus (Tribulus terrestris)(ariel)	200 mg*
[standardized to contain 20% steroidal saponins]	
Forslean® (Coleus forskohlii)(root)	200 mg*
[standardized to contain 10% forskolin]	
Chrysin	200 mg*
Horny Goat Weed (Epimedium grandiflorum)	100 mg*
[standardized to contain 40% icariins]	
Ginkgo (Ginkgo biloba)	100 mg*
[standardized to contain 24% ginkgo flavone glycosides and 6% terpene lactones]	
Saw Palmetto (Serenoa repens)(berry)	100 mg*
[standardized to contain 45% fatty acids]	
Muira Puama (Ptychopetalum olacoides)	100 mg*
(bark)(20:1)	
Maca (Lepidium meyenii)(root)	100 mg*
[standardized to contain 0.6% glucosinolates]	
DIM (Diindolylmethane)	100 mg*
Phosphatidyl Choline	100 mg*
*Daily Value not established.	

Other Ingredients: Rice powder, gelatin capsule, magnesium stearate.