

# LIBOOST®

## Why use this material?

liboost® is a damiana (*Turnera diffusa*) extract to enhance sexual life and increase sexual appetite. liboost® is the first damiana commercial extract standardised to  $\geq 1.5\%$  bioflavonoids by HPLC. The standardisation ensures the extract's homogeneity and prevents adulteration.

## The science behind the indications

### Main mechanism of action for men:

- **Nitric Oxide (NO) release:** May increase NO release in endothelial tissue, promoting vasodilatation
- **PDE-5 activity inhibition:** May inhibit an enzyme key to the degradation of cGMP, which induces smooth muscle relaxation resulting in penile erection
- **Testosterone levels balance:** May inhibit testosterone degradation, maintaining its levels for an adequate erectile function

### Main mechanism of action for women:

- **Nitric Oxide (NO) release:** Would increase the release of NO, favouring the normal behaviour of the first stage of female sexual function
- **PDE-5 activity inhibition:** May inhibit an enzyme key to the degradation of cGMP, which induces smooth muscle relaxation, resulting in vaginal smooth muscle relaxation
- **Increases testosterone levels:** May inhibit testosterone degradation, maintaining its levels of adequate sexual desire

## Dose

300mg extract per day

---

## References

[https://pharmactive.eu/ingredient/liboost\\_r-improves-mens-sexual-health/](https://pharmactive.eu/ingredient/liboost_r-improves-mens-sexual-health/)