



# MALE ENERGY

NPN 80035769

## Rejuvenating formula for men over 35

The Ultimate line is about improving lives, one body at a time, by correcting and maintaining metabolism and hormone balance as well as providing stress and immune support. Effective nutrient supplementation can often be the missing piece to optimal health. Our supplements are carefully formulated to provide the Ultimate in abundant energy, metabolism, health, and longevity.

### Product summary

Ultimate Male Energy is a rejuvenating formula for men over age 35. It is formulated specifically to enhance men's health and features nettle extract, chrysin, indole-3-carbinol (I3C), and sulforaphane. It also provides potent antioxidant support from quercetin, turmeric, holy basil, and citrus bioflavonoids to protect the body's cells and maintain good health.

### Benefits

- Helps rejuvenate energy and vitality in men over age 35
- Protects testosterone levels
- Source of antioxidants
- Helps maintain good health

### Research

After the age of 35, men often experience a decline in testosterone levels and an increase in estrogen production. (1) Although lower testosterone is often dismissed as part of the normal aging process, this decline can affect energy, performance, muscle mass and fat distribution, hair growth, and even emotional and cognitive well-being. (2)

Certain plants and herbal extracts can be used to maintain normal levels of circulating testosterone and provide antioxidant protection to support men's health and energy as they age. Chrysin is the active component in passion flower that is responsible for elevating blood testosterone levels. It works by blocking the activity of aromatase, an enzyme needed to convert testosterone into estrogen metabolites. (3) In a placebo-controlled study, two groups of men with an average age of 35 or 55 were given 125 mg of passion flower extract per day. After 15 days of supplementation, free testosterone levels increased by 13%, energy increased by 17%, and libido increased by 9% in the older group. (3)

Stinging nettle root extracts have been shown through laboratory studies to increase usable testosterone levels by binding to the protein sex hormone binding globulin (SHBG) so that less is available to bind to testosterone. (4) Additionally, the beta-sitosterol in stinging nettle supports prostate health and helps reduce symptoms of benign prostatic hyperplasia (BPH), such as urination difficulty and enlargement of the prostate. (4) In a placebo-controlled clinical trial, BPH patients were supplemented with 360 mg of stinging nettle extract per day. After six months, 81% of patients had improved lower urinary tract symptoms, including a 77% improvement in peak urine flow rates and a modest reduction in prostate size. (4)

Cruciferous vegetables, such as broccoli, contain the anti-carcinogenic compounds indole-3-carbinol (I3C) and sulforaphane. I3C helps regulate the production of beneficial estrogens and inhibits the production of harmful ones. (5) In a clinical trial, men took 6-7 mg/kg of I3C per day for one week. Urine samples confirmed that supplementation increased men's levels of C-2 estrogens (beneficial estrogens) by 91% and lowered their levels of 16-hydroxyestrone (harmful estrogens) levels by 45%. I3C lowered the concentration of metabolites responsible for stimulating estrogen production. (5)

Ultimate Male Energy combines potent antioxidants to help neutralize free radicals and protect against oxidative damage. The main active component of turmeric is the antioxidant and anti-inflammatory compound curcumin. A placebo-controlled clinical trial supplemented infertile men with 80 mg of curcumin per day for 10 weeks. Curcumin significantly increased blood antioxidant capacity and lowered markers of oxidative stress, in addition to improving aspects of semen quality and slightly increasing testosterone levels, although not enough to reach statistical significance. (6)

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Quercetin, an antioxidant bioflavonoid found in fruits and vegetables, as well as citrus bioflavonoids, help improve the body's antioxidant status and are used therapeutically for scavenging free radicals and protecting against oxidative stress. (7,8) Holy basil, also known as tulsi, is an adaptogenic herb used to strengthen resistance to physical, mental, chemical, and metabolic stress. Its high concentration of antioxidant phenolic compounds is considered responsible for many of holy basil's protective benefits. (9)

BioPerine® black pepper extract is standardized to 95% piperine, an active alkaloid that improves the bioavailability of nutrients that may otherwise be difficult to absorb. (10)

### Ingredients

#### Each vegetarian capsule contains:

|  |          |
|--|----------|
| Citrus Bioflavonoids ( <i>Citrus paradisi</i> , <i>limon</i> , <i>reticulata</i> , <i>sinensis</i> , <i>aurantiifolia</i> ) (fruit peel) ..... | 200 mg   |
| Chrysin ( <i>Passiflora caerulea</i> ) (seed) .....  | 125 mg   |
| Turmeric ( <i>Curcuma longa</i> ) (95% curcuminoids) (rhizome).....  | 50 mg    |
| Quercetin ( <i>Sophora japonica</i> ) (flower bud) .....   | 50 mg    |
| Indole-3-Carbinol .....  | 50 mg    |
| Holy Basil Extract 20:1 ( <i>Ocimum sanctum</i> )<br>(2% ursolic acid) (leaf).....   | 37.5 mg  |
| Nettle Extract 10:1 ( <i>Urtica dioica</i> ) (root).....   | 31.25 mg |
| Broccoli ( <i>Brassica oleracea</i> ) (0.1% sulforaphane)<br>(floret and stalk).....   | 25 mg    |
| BioPerine® Black Pepper Extract ( <i>Piper nigrum</i> )<br>(standardization 95% piperine) (fruit).....   | 1.25 mg  |

**Non-medicinal ingredients:** Vegetarian capsule (cellulose, purified water), rice starch, vegetable grade magnesium stearate (lubricant).

**Recommended adult male dose:** 2 capsules 2 times daily with food, a few hours before or after taking other medications, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 12 weeks.

**Caution:** Consult a health care practitioner prior to use if you have gallstones, stomach ulcers, or excess stomach acid. Consult a health care practitioner prior to use if you have a liver disorder or develop liver-related symptoms (e.g., abdominal pain, jaundice, dark urine), if you are taking any prescription medications, or if you have diabetes, as this product may lower blood sugar. Do not use if you are trying to conceive (may induce temporary contraceptive effects in both men and women), if you are on anticoagulants or antiplatelet drugs, or if you have a bile duct obstruction. Discontinue treatment and consult a health care practitioner if symptoms of unsteadiness, nausea, headaches, tremor, imbalance, irritable bowel, constipation, skin rash, or joint pain appear. Keep out of reach of children.

*This product does not contain artificial preservatives, colours, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans.*



### References

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