## TestoGain™

Hormone Specific Formulation<sup>™</sup>

### DESCRIPTION

TestoGain<sup>™</sup>, provided by Douglas Laboratories<sup>®</sup>, is a *Hormone Specific Formulation*<sup>™</sup> of phytoandrogens, androgenogenic adaptogens, androgen agonists and androgen mimetics to help promote optimal testosterone function by maintaining the health of testosterone producing glands and by supporting the healthy functions of testosterone responsive tissues in both men and women. †

TestoGain<sup>™</sup> is a *Hormone Specific Formulation*<sup>™</sup> formulated by Dr Joseph J Collins, created to support the optimal function of specific hormones through the use of hormone specific adaptogens, hormone specific agonists and hormone specific functional mimetics. This formulation may be used to as part of a hormone health program with dietary and nutrient support. In addition, these formulations may be used by clinicians as adjuvants to support optimal hormone health in patients who have been prescribed bioidentical hormone therapies, including testosterone replacement therapy.

### FUNCTIONS

The primary functions of TestoGain<sup>™</sup> are to support the natural production of testosterone and other androgens by gonadal tissue in both genders, and to support how tissues throughout the body respond to testosterone. This is accomplished by supporting the function of testosterone producing glands in both gender, and by supporting the function of testosterone tissues through the use of herbs that mimic the actions of testosterone.

The synergistic combination of specific herbs in TestoGain<sup>™</sup> support important functions associated with optimal testosterone health in both genders:

- Promote production of testosterone by gonadal tissue†
- Promote production of other androgens by adrenal glands†
- Mimic specific functions of testosterone, thereby acting as testosterone functional agonists†

### INDICATIONS

TestoGain<sup>™</sup> may be a useful dietary supplement for individuals wishing to support healthy testosterone production and function.

### FORMULA (#201397)

Serving Size.....4 v.caps

Horny Goat Weed Extract (*Epimedium sagittatum*, aerial parts, standardized to 10% icariin), Velvet bean Extract (*Mucuna pruriens*, seed, standardized to 15% I-dopa), Gokhru fruit Extract (*Tribulus terrestris*, standardized to 15% saponins), Maca root (*Lepidium meyenii*), Damiana leaf (*Turnera diffusa*), Muira Puama bark(*Ptychopetalum olacoides*), *Eleutherococcus senticosus* root Extract(standardized to 0.8% eleutherosides), Tongkat Ali 100:1 Extract (*Eurycoma longifolia*), *Panax ginseng* root Extract (standardized to 3% ginsenosides), Ashwagandha root Extract (*Withania somnifera*, standardized to 8% withanolides, 1% alkaloids, and 1% withaferine-A).

Other Ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate, silica

### SUGGESTED USE

As a dietary supplement, adults may take **2** capsules each day with food for **1 to 2 weeks** or as directed by your healthcare professional.

The dose may then be increased to **4** capsules each day with food for **2 to 4 months** or as directed by your healthcare professional.

# 2

## TestoGain™

#### Hormone Specific Formulation<sup>™</sup>

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.

### SIDE EFFECTS

WARNING: Not to be used by pregnant or nursing women.

### STORAGE

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

### REFERENCES

Al-Ali M, Wahbi S, Twaij H, Al-Badr A. Tribulus terrestris: preliminary study of its diuretic and contractile effects and comparison with Zea mays. J Ethnopharmacol. 2003 Apr;85(2-3):257-60.

Al-Qarawi AA, Abdel-Rahman HA, El-Badry AA, Harraz F, Razig NA, Abdel-Magied EM. The effect of extracts of Cynomorium coccineum and Withania somnifera on gonadotrophins and ovarian follicles of immature Wistar rats. Phytother Res. 2000 Jun;14(4):288-90.

Archana R, Namasivayam A. Antistressor effect of Withania somnifera. J Ethnopharmacol. 1999 Jan;64(1):91-3.

Arletti R, Benelli A, Cavazzuti E, Scarpetta G, Bertolini A. Stimulating property of Turnera diffusa and Pfaffia paniculata extracts on the sexual-behavior of male rats. Psychopharmacology (Berl). 1999 Mar;143(1):15-9. Arushanian EB, Baida OA, Mastiagin SS, Popova AP, Shikina IB. [Effect of eleutherococcus on short-term memory and visual perception in healthy humans] Eksp Klin Farmakol. 2003 Sep-Oct;66(5):10-3. Russian. Gauthaman K, Ganesan AP. The hormonal effects of Tribulus terrestris and its role in the management of male erectile dysfunction--an evaluation using primates, rabbit and rat. Phytomedicine. 2008 Jan;15(1-2):44-54. Gonzales GF, Cordova A, Vega K, Chung A, Villena A, Gonez C, Castillo S. Effect of Lepidium meyenii (MACA) on sexual desire and its absent relationship with serum testosterone levels in adult healthy men. Andrologia. 2002 Dec;34(6):367-72.

Rowland DL, Tai W. A review of plant-derived and herbal approaches to the treatment of sexual dysfunctions. J Sex Marital Ther. 2003 May-Jun;29(3):185-205.

Shukla KK, Mahdi AA, Ahmad MK, Shankhwar SN, Rajender S, Jaiswar SP. Mucuna pruriens improves male fertility by its action on the hypothalamus-pituitary-gonadal axis. Fertil Steril. 2009 Dec;92(6):1934-40. Singh S, Nair V, Gupta YK. Evaluation of the aphrodisiac activity of Tribulus terrestris Linn. in sexually sluggish male albino rats. J Pharmacol Pharmacother. 2012 Jan;3(1):43-7.

Tambi MI, Imran MK, Henkel RR. Standardised water-soluble extract of Eurycoma longifolia, Tongkat ali, as testosterone booster for managing men with late-onset hypogonadism? Andrologia. 2012 May;44 Suppl 1:226-30. doi: 10.1111/j.1439-0272.2011.01168.x.

Zhang ZB, Yang QT. The testosterone mimetic properties of icariin. Asian J Androl. 2006 Sep;8(5):601-5.

#### For more information on **TestoGain™** visit **Douglaslabs.com** or **TestoGain.com**

Hormone Specific Formulation<sup>™</sup> is a trademark of Your Hormones, Inc.

† 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 Douglas Laboratories 600 Boyce Road Pittsburgh, PA 15205 800-245-4440 douglaslabs.com



You trust Douglas Laboratories. Your patients trust you.