

Ultimate Nutrition

Bulgarian Tribulus Terrestris L.

Testosterone is the most important representative of the male sex hormones collectively called androgens. Using cholesterol as a base, the male gonads (testes) produce between 4 and 10 mg of testosterone per day. Testosterone itself is responsible for three major functions in animals.

Testosterone is responsible for the development of secondary male sex characteristics also called the androgenic functions of testosterone. Some examples of these characteristics are increased growth of body hair, beard growth, deep voice, increased production of sebaceous glands, development of the male genitals, aggressiveness, sexual behavior, libido, and the maturation of sperm.

It also promotes the protein biosynthesis that is responsible for the highly anabolic characteristics of testosterone. This is a pretty important function. It accelerates muscle buildup, increases the formation of red blood cells, speeds up regeneration, and speeds up recovery time after injuries or illness. It also stimulates the entire metabolism, which results in the burning of body fat.

Testosterone also plays an important role in the inhibition of the gonad regulating cycle, which regulates the amount of testosterone produced in the organism. If the testosterone level in the blood is high, the testes will signal the hypothalamus to release less LHRH (leuteinizing hormone releasing hormone). Thus the cells in the testes reduce the production of testosterone. During puberty, testosterone levels are at their lifetime peak. They begin to decline around the age of 23.

Tribulus terrestris is a plant that grows in many tropical and moderate areas of the world. Many different cultures have used it for a number of conditions. Traditional uses include treatment of sexual impotency, edema, abdominal distention, cardiovascular disease, kidney problems, and as a cough remedy. It also has a reputation for having anabolic effects in some areas of the world. A large amount of potential active components have been identified in tribulus, including steroidal saponins, lignanamides, alkaloids, and flavanoids. The current research indicates that the steroidal saponins, particularly the dominant saponin protodioscin, are responsible for the pharmacological activities of tribulus.

Tribulus terrestris is a testosterone enhancer. Tribulus terrestris saponins appear to bind with the receptors of the hypothalamus that detect sex hormones. It in-part blocks the receptors leading to the hypothalamus misinterpreting the body's sex hormone levels as being lower than they really are. The hypothalamus signals to start the production of Luteinizing hormone (LH). When LH levels are increased, the natural production of testosterone also increases. LH is a hormone that also deals with sex drive.

SELECTED REFERENCES:

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FREQUENTLY ASKED QUESTIONS:

1. Is it OK for women to take Tribulus terrestris?

Yes, Tribulus can be taken by women. There have been clinical studies on menopausal women that show Tribulus can reduce the symptoms of menopause including an alleviation of hot flashes, sweating, depression, insomnia, and anxiety. Testosterone levels in women become slightly elevated, but not enough to result in any masculinity effects. They are able to lose body fat more rapidly, increase strength and lean body mass with no water retention.

2. How much should I take?

Suggested use is 1-2 capsules daily divided among meals. One capsule contains 750 mg of Tribulus Terrestris L.

3. Can I stack Tribulus?

Studies show that it works very well when stacked with DHEA and androstenedione. Some people stack it with about 100 mg per day of DHEA. The steroid precursor DHEA (dehydroepiandrosterone) is promoted as a testosterone enhancer, but it works differently than Tribulus. DHEA provides the raw material for testosterone formation, while, as

mentioned previously, Tribulus increases luteinizing hormone levels and therefore may affect testosterone production.

4. Are there side effects?

About one in ten people have associated some gastrointestinal upset with taking Tribulus terrestris. Taking food with it can minimize these effects if you are that one in ten.