

Folic Acid (800µg; 200% RDI)

[Sansone M](#), Sansone A, Romano M et al. Folate: a possible role in erectile dysfunction?. *Aging Male*. 2018. 21(2):116-120. [Karabakan M](#), Erkmén A, Guzel O et al. Association between serum folic acid level and erectile dysfunction. *Andrologia*. 2016. 48(5):532-535.

[Yan W](#), Yu N, Yin T et al. A new potential risk factor in patients with erectile dysfunction and premature ejaculation: folate deficiency. *Asian J Androl*. 2014. 16(6):902-906.

[Elshahid A](#), Shahein I, Mohammed Y et al. Folic acid supplementation improves erectile function in patients with idiopathic vasculogenic erectile dysfunction by lowering peripheral and penile homocysteine plasma levels: a case-control study. *Andrology*. 2020. 8(1):148-153.

[Attia A](#), Amer M, Hassan M et al. Low serum folic acid can be a potential independent risk factor for erectile dysfunction: a prospective case-control study. *Int Urol Nephrol*. 2019. 51(2):223-229.

Vitamin D3 (100µg; 500% RDI)

[Barassi A](#), Pezzilli R, Colpi G et al: Vitamin D and erectile dysfunction. *J Sex Med*. 2014. 11(11):2792-2800.

[Sorenson M](#), Grant W. Does vitamin D deficiency contribute to erectile dysfunction? *Dermatoendocrinol*. 2012. 42:128–36. [Krysiak R](#), Szwajkosz A, Okopień B. The effect of low vitamin D status on sexual functioning and depressive symptoms in apparently healthy men: a pilot study. *Int J Impot Res*. 2018. 30(5):224-229.

[Crafa A](#), Cannarella R, Condorelli R et al. Is There an Association Between Vitamin D Deficiency and Erectile Dysfunction? A Systematic Review and Meta-Analysis. *Nutrients*. 2020. 12(5):E1411.

[Frag Y, Guallar E, Zhao D et al](#). Vitamin D deficiency is independently associated with greater prevalence of erectile dysfunction: The National Health and Nutrition Examination Survey (NHANES) 2001-2004. *Atherosclerosis*. 2016. 252:61-67.

Ashwagandha (5% withanolide)

[Sengupta P](#), Agarwal A, Pogrebetskaya M et al. Role of Withania somnifera (Ashwagandha) in the management of male infertility. Review. *Reprod. Biomed (online)*. 2018. 36:311-326.

[Lopresti A](#), Drummond P, Smith S. A Randomized, Double-Blind, Placebo-Controlled, Crossover Study Examining the Hormonal and Vitality Effects of Ashwagandha (Withania somnifera) in Aging, Overweight Males. *Am J Mens Health*. 2019. 13(2):1557988319835985.

[Durg S](#), Shivaram S, Bavage S. Withania somnifera (Indian ginseng) in male infertility: An evidence-based systematic review and meta-analysis. *Phytomedicine*. 2018. 50:247-256.

[Ambye V](#), Langade D, Dongre S et al. Clinical Evaluation of the Spermatogenic Activity of the Root Extract of Ashwagandha (Withania somnifera) in Oligospermic Males: A Pilot Study. *Evid Based Complement Alternat Med*. 2013. 2013:571420. [Wankhede S](#), Langade D, Joshi K et al. Examining the effect of Withania somnifera supplementation on muscle strength and recovery: a randomized controlled trial. *J Int Soc Sports Nutr*. 2015. 12:43.

KSM-66® Ashwagandha: Boosts testosterone levels by 17%, decreases cortisol levels by 27.9%, reduces perceived stress levels by 44%, improves sleep quality, and enhances endurance and quality of life.

Mg/Serving: 

[Ambye, V.R., Langade, D., Dongre, S., et al:](#) Clinical Evaluation of the Spermatogenic Activity of the Root Extract of Ashwagandha (Withania somnifera) in Oligospermic Males: A Pilot Study. *Evid Based Complement Alternat Med*. 2013. 571420.

[Chandrasekhar K, Kapoor J, Anishetty S:](#) A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reducing stress and anxiety in adults. *Indian J Psychol Med*. 2012;34(3):255-262.

[Choudhary D, Bhattacharyya S, Joshi K:](#) Body Weight Management in Adults Under Chronic Stress Through Treatment With Ashwagandha Root Extract: A Double-Blind, Randomized, Placebo-Controlled Trial. *J Evid Based Complementary Altern Med*. 2017;22(1):96-106.

[Langade D, Kanchi S, Salve J, et al:](#) Efficacy and Safety of Ashwagandha (Withania somnifera) Root Extract in Insomnia and Anxiety: A Double-blind, Randomized, Placebo-controlled Study. *Cureus*. 2019;11(9):e5797.

[Tiwaria, S., Gupta, S.K., Pathak, A.K.:](#) A double-blind, randomized, placebo-controlled trial on the effect of Ashwagandha (Withania somnifera dunal.) root extract in improving cardiorespiratory endurance and recovery in healthy athletic adults. *Journal of Ethnopharmacology*. 2021. 272.

Fenugreek (50% fenuside)

[Wilborn C](#), Taylor L, Poole C et al. Effects of a purported aromatase and 5α-reductase inhibitor on hormone profiles

in college-age men. *Int J Sport Nutr Exerc Metab.* 2010. 20(6):457-465.

[Maheshwari A](#), Verma N, Swaroop A et al. Efficacy of Furosap™, a novel *Trigonella foenum-graecum* seed extract, in Enhancing Testosterone Level and Improving Sperm Profile in Male Volunteers. *Int J Med Sci.* 2017. 14(1):58-66. [Park H, Lee K, Lee E et al.](#) Efficacy and Safety of a Mixed Extract of *Trigonella foenum-graecum* Seed and *Lespedeza cuneata* in the Treatment of Testosterone Deficiency Syndrome: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial. *World J Mens Health.* 2018. 36(3):230-238. [Rao A](#), Steels E, Inder W et al. Testofen, a specialised *Trigonella foenum-graecum* seed extract reduces age-related symptoms of androgen decrease, increases testosterone levels and improves sexual function in healthy aging males in a double-blind randomised clinical study. *The Aging Male.* 2016. 19(2):134-142. [Steels E, Rao A, Vitetta L.](#) Physiological aspects of male libido enhanced by standardized *Trigonella foenum-graecum* extract and mineral formulation. *Phytother Res.* 2011. 25(9):1294-1300.

5-Hydroxytryptophan (5-HTP)

[Wa T](#), Burns N, Williams B et al. Blood and urine 5-hydroxytryptophan and 5-hydroxytryptamine levels after administration of two 5- hydroxytryptamine precursors in normal man. *Br J Clin Pharmacol.* 1995. 39(3):327-329.

[Wa T](#), Freestone S, Samson R et al. A comparison of the effects of two putative 5-hydroxytryptamine renal produgs in normal man. *Br J Clin Pharmacol.* 1993. 36(1):19-23.

[Joy T](#), Walsh G, Tokmakejian S et al. Increase of urinary 5-hydroxyindoleacetic acid excretion but not serum chromogranin A following over-the-counter 5-hydroxytryptophan intake. *Can J Gastroenterol.* 2008. 22(1):49-53.

[Giuliano F.](#) 5-Hydroxytryptamine in premature ejaculation: opportunities for therapeutic intervention. *Trends Neurosci.* 2007. 30(2):79-84.

[Lau D](#), Thompson C, Mikhailidis D. The peripheral serotonergic pathway: a new target for treating erectile dysfunction?. *Am J Mens Health.* 2008. 2(1):37-39.

Korean Red Panax Ginseng (80% ginsenoside)

[Sung J](#), Han K, Zo J et al. Effects of red ginseng upon vascular endothelial function in patients with essential hypertension. *Am J Chin Med.* 2000. 28(2):205-216.

[Jovanovski E](#), Peeva V, Sievenpiper J et al. Modulation of endothelial function by Korean red ginseng (*Panax ginseng* C.A. Meyer) and its components in healthy individuals: a randomized controlled trial. *Cardiovasc Ther.* 2014. 32(4):163-169. [de Andrade E](#), de Mesquita A, Claro Jde A et al. Study of the efficacy of Korean Red Ginseng in the treatment of erectile dysfunction. *Asian J Androl.* 2007. 9(2):241-244.

[Jang D](#), Lee M, Shin B et al. Red ginseng for treating erectile dysfunction: a systematic review. *Br J Clin Pharmacol.* 2008. 66(4):444-450.

[Choi H](#), Seong D, Rha K. Clinical efficacy of Korean red ginseng for erectile dysfunction. *Int J Impot Res.* 1995;7(3):181-186.