



Tribulus terrestris

Description:

Tribulus terrestris (puncture vine) is a vine that has been used as a general tonic (energy) and herbal treatment for impotence. Because of the plants reputed benefits, athletes have used *Tribulus terrestris* extract dietary supplements to boost energy levels, to promote healthy hormone function, to enhance muscle tone and to support athletic training. Although it is unclear how *Tribulus terrestris* extract exerts its effects, scientific research has suggested several possible mechanisms of action.

Theory:

The idea behind Tribulus is that it may increase testosterone levels indirectly by raising blood levels of luteinizing hormone (LH). LH is a hormone produced by the pituitary gland and plays the role in regulating natural testosterone production and testosterone serum levels. *Tribulus terrestris* contains steroidal saponins, alkaloids, and flavonoids. Its protodioscins content is believed to be responsible for its effects on hormone, libido and body composition.

Scientific Support:

Clinical research has shown that Tribulus may support healthy libido function in humans, and that it may also support healthy blood pressure and healthy cholesterol profiles. If Tribulus extract does indeed elevate testosterone levels, yet keeps them within normal ranges, it may be an effective supplement for individuals with reduced testosterone levels. Individuals such as athletes who are at risk for overtraining syndrome and individuals on a prolonged low-calorie diet may benefit from Tribulus. It will not, however, cause you to start sprouting muscles from all parts of your body as many body building magazines would have you believe.

Dosage:

A typical dosage of 250-1500 mg of tribulus per day is fairly common. Pure Advantage's Tribulus is standardized to 45% steroidal saponins (furostanol) and contains 625 mg's of Tribulus per capsule.

References:

1. Antonio J, Uelmen J, Rodriguez R, Earnest C. The effects of Tribulus terrestris on body composition and exercise performance in resistance-trained males. *Int J Sport Nutr Exerc Metab.* 2000 Jun;10(2):208-15.
2. Arcasoy HB, Erenmemisoglu A, Tekol Y, Kurucu S, Kartal M. Effect of Tribulus terrestris L. saponin mixture on some smooth muscle preparations: a preliminary study. *Boll Chim Farm.* 1998 Dec;137(11):473-5.
3. Bourke CA. Hepatopathy in sheep associated with Tribulus terrestris. *Aust Vet J.* 1983 Jun;60(6):189.
4. Bourke CA. Staggers in sheep associated with the ingestion of Tribulus terrestris. *Aust Vet J.* 1984 Nov;61(11):360-3.
5. Duhan A, Chauhan BM, Punia D. Nutritional value of some non-conventional plant foods of India. *Plant Foods Hum Nutr.* 1992 Jul;42(3):193-200.
6. Wu G, Jiang S, Jiang F, Zhu D, Wu H, Jiang S. Steroidal glycosides from Tribulus terrestris. *Phytochemistry.* 1996 Aug;42(6):1677-81.
7. Xu YX, Chen HS, Liang HQ, Gu ZB, Liu WY, Leung WN, Li TJ. Three new saponins from Tribulus terrestris. *Planta Med.* 2000 Aug;66(6):545-50.
8. Yan W, Ohtani K, Kasai R, Yamasaki K. Steroidal saponins from fruits of Tribulus terrestris. *Phytochemistry.* 1996 Jul;42(5):1417-22.

Introducing Our



Family of Brands

