

ExtenZe: MEDICAL REFLECTIONS

Introduction.

Life is short. Why not be the best you can be? Optimum hormone balance has a profound impact on a man's sexual health. However, prior to now, optimum hormone balance required costly doctor visits and, quite possibly, the prescription of male hormone medications that are expensive and require continual monitoring.

If you are interested in achieving maximal sexual fitness, enhancing your well-being, slowing down the aging process, and maintaining youthful optimal levels of testosterone, ExtenZe is for you. ExtenZe unique combination of male pro-sexual prohormone and pro-sexual nutrients supports testosterone balance and an optimal desire and sexual performance that can dramatically improve your sexual health and well-being.

What Men Are Reporting.

A surprisingly high number of men of all ages report that they are not optimally sexually functional. The concept of sexual dysfunction suggests that non-optimal sexual function is a "problem." It is only a problem if it is associated with the inability to obtain or maintain an erection sufficient for sexual intercourse. The fact is that erection problems are frequent enough (up to 80% of men may experience weak erections), but a far more troubling problem is lack of sexual desire and performance which may affect most men at some time, and 65 to 75 percent of all men. Some argue that this is the aging process or the stressors of modern day life; others are convinced that it is physiological and biological in origin.

What is ExtenZe?

In order to understand how ExtenZe successfully works to promote optimum male sexual power, sexual pleasure, and sexual performance, we have to have a thorough understanding of: 1) the how the nervous system, arteries, blood vessels, veins and hormones work together to allow a man to acquire an erection, and 2) what ExtenZe components are and why these components have been put together the way they have.

ExtenZe is a medically designed proprietary synergistic blend of pharmaceutical-grade, standardized and guaranteed content male prohormone together with a medically designed proprietary synergistic blend of the most effective and finest quality herbal and nutritional sexual response enhancement ingredients known to man. ExtenZe is an all-natural, pro-sexual, herbal and male pro-hormonal sexual nutrition supplement designed to avoid the undesired and anabolic muscle building effects of androstendione, and optimize the sexual benefits of natural prohormones and pro-sexual nutrients. ExtenZe is designed to be taken every day just like a multi-vitamin.

ExtenZe Testosterone Quiz

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|----|--|-----|----|
| 1. | Do you have a decrease in sex drive? | Yes | No |
| 2. | Do you have a lack of energy? | Yes | No |
| 3. | Do you have a decrease in strength and/or endurance? | Yes | No |
| 4. | Have you lost height? | Yes | No |
| 5. | Have you noticed a decreased enjoyment in life? | Yes | No |
| 6. | Are you sad and/or grumpy? | Yes | No |
| 7. | Are your erections less strong? | Yes | No |

- | | | | |
|-----|---|-----|----|
| 8. | During sexual intercourse has it been more difficult to maintain your erection to complete intercourse? | Yes | No |
| 9. | Are you falling asleep after dinner? | Yes | No |
| 10. | Has there been a recent deterioration in your work performance? | Yes | No |

If you answered yes to number one and/or number seven, or have answered yes to at least three of the other questions then you may have low testosterone effect. ExtenZe may well be an enormous benefit to you without physician visits and costly blood or saliva hormone level tests, as well as expensive prescriptions that you may not need.

ExtenZe Clinical Studies.

In the 2004 ExtenZe Clinical Studies, one of the categories studied was sexual desire/sexual energy/sexual passion. This category also includes sexual thoughts and fantasies, which come from the brain.

Do you have the desire for sex? Do you feel drive for intimate sexual connection and loving from within? Do you have the fantasies and natural urges that make you want to connect in this vitally important way with your partner? You do if you are functioning at an optimal sexual performance level. However; you may not if you are stressed, depressed, over-worked, or under-loved, if you are a body builder and over-exercised, or if in fact the simple aging process has worn away optimal levels of testosterone. In all of these situations, your body may not be making enough natural testosterone to get full and optimal testosterone effect. Testosterone is the hormone of sexual desire and performance.

ExtenZe Sexual Health Questionnaire

- 1. Over the past 3 months, how often were you able to get an erection during sexual activity?**

- No sexual activity
- Almost never or never
- A few times (*much less than half the time*)
- Sometimes (*about half the time*)
- Most times (*much more than half the time*)
- Almost always or always

2. When you had erections with sexual stimulation, how often were your erections hard enough for penetration?

- No sexual activity
- Almost never or never
- A few times (*much less than half the time*)
- Sometimes (*about half the time*)
- Most times (*much more than half the time*)
- Almost always or always

The next three questions will ask about the erections you may have had during sexual intercourse.

3. When you attempted sexual intercourse, how often were you able to penetrate (enter) your partner?

- Did not attempt intercourse
- Almost never or never
- A few times(*much less than half the time*)
- Sometimes (*about half the time*)
- Most times (*much more than half the time*)
- Almost always or always

4. During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?

- Did not attempt intercourse
- Almost never or never
- A few times(*much less than half the time*)
- Sometimes (*about half the time*)

- Most times (*much more than half the time*)
- Almost always or always

5. During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?

- Did not attempt intercourse
- Extremely Difficult
- Very Difficult
- Difficult
- Slightly Difficult
- Not Difficult

6. Over the past 3 months, how many times have you attempted sexual intercourse?

- No intercourse
- 1-2 attempts
- 3-4 attempts
- 5-6 attempts
- 7-10 attempts
- 11 or more attempts

7. When you attempted sexual intercourse, how often was it satisfactory for you?

- Did not attempt intercourse
- Almost never or never
- A few times (*less than half the time*)
- Sometimes (*about half the time*)
- Most times (*much more than half the time*)
- Almost always or always

8. How much have you enjoyed sexual intercourse?

- No sexual activity
- No enjoyment
- Not very enjoyable

- Fairly enjoyable
- Highly enjoyable
- Very highly enjoyable

9. When you had sexual stimulation or intercourse, how often did you ejaculate?

- No sexual stimulation/intercourse
- Almost never or never
- A few times (*much less than half the time*)
- Sometimes (*about half the time*)
- Most times (*much more than half the time*)
- Almost always or always

10. When you had sexual stimulation or intercourse, how often did you have the feeling of orgasm or climax?

- No sexual stimulation/intercourse
- Almost never or never
- A few times (*much less than half the time*)
- Sometimes (*about half the time*)
- Most times (*much more than half the time*)
- Almost always or always

The next two questions ask about sexual desire. Let's define sexual desire as a feeling that may include wanting to have a sexual experience (for example, masturbation or intercourse), thinking about having sex, or feeling frustrated due to lack of sex.

11. How often have you felt sexual desire?

- Almost never or never
- A few times (*much less than half the time*)
- Sometimes (*about half the time*)
- Most times (*much more than half the time*)
- Almost always or always

12. How would you rate your level of sexual desire?

- Very low or none at all

- Low
- Moderate
- High
- Very High

13. How satisfied have you been with your overall sex life?

- Very dissatisfied
- Moderately dissatisfied
- About equally satisfied and dissatisfied
- Moderately satisfied
- Very satisfied

14. How satisfied have you been with your sexual relationship with your partner?

- Very dissatisfied
- Moderately dissatisfied
- About equally satisfied and dissatisfied
- Moderately satisfied
- Very satisfied

Blood Flow and Erections

The Process of an Erection.

The process of acquiring an erection requires a coordinated effort between a man's brain and nervous system, his circulatory system and blood vessels, and his male hormones. The crucial role of arteries and veins responsible for regulating blood flow to the male penis and the swiftness with which blood enters and exits the penis during erection determines whether he will acquire, maintain, or lose an erection. It also determines how big his erection will be.

What Triggers an Erection?

The male erection is a response to the senses of arousal (from imagination, anticipation and fantasy, as well as foreplay and sexual contact) that a man's brain perceives and transmits through nervous impulses to the penis. Erections are frequently testosterone dependent as the fantasy center of the brain is hormone dependent to some extent. A man's penis can become swollen and hard only when his consciousness is sexually aroused (mental pictures) by images or fantasies or by stimulating tastes, touch, sights, smells, sounds (the five senses) such as being directly stimulated, for example, by having his genitals caressed, or in dreams during REM sleep. The nervous system transmits mental arousal from the brain to the penis. When the nervous impulse arrives in the penis, it activates a door that allows blood to gush into the penis with increasing velocity. As the internal pressure from fast penile blood inflow mounts the veins, which would ordinarily siphon blood out of the penis, are compressed and choked off. There is a vigorous arterial inflow. Together swelling and the distention of the corpora cavernosa coupled with the stalled venous outflow cause the penis to become swollen, rigid, hard, large, and erect. This entire sequence of events occurs with lightning speed in young men, particularly teenagers, but may occur with reduced response or reduced efficiency as men age or experience decline in testosterone effect due to stress, anxiety, performance anxiety, sleeplessness, depression, or medications.

Blood Flow and Erections.

Blood is pumped from the heart through the lungs and back to the rest of the body rich in oxygen and nutrients. It can be thought of as a large oak tree, with the main trunk being the aorta and branches to smaller arteries. These arteries ultimately lead to blood

vessels that nourish and distend into the genitals including the penis and its erectile cylinder bodies (the corpora cavernosa and the corpora spongiosa). Sluggish blood flow to the penis can occur at any level of the arterial tree: large vessels, medium-sized vessels, or small vessels. (*link to sexual physiology graphic*)

The transformation of a penis from limp to a large and hard erection depends on the unusual architecture of the expandable cylinders that make it possible for a man to develop an erection. The elaborate spongy honeycomb cylinders of the corpora cavernosa and corpora spongiosa become engorged as blood is diverted to fill them up during the arousal phase of a man's sexual stimulation.

When a maximum erection is achieved, blood does not flow out of the penis because the draining veins are choked off or compressed. The penis remains erect until ejaculation. At this point, the spongy cylinders discharge their captured blood back into the blood stream and the penis reverts to its normal flaccid state. Orgasm without ejaculation can occur several, if not, multiple times, with the penis still erect and hard. (See "Passionate Sex, Discover the Sexual Power in You", p. 164.)

If a man's penile erectile chambers do not fill with blood, he will be unable to have an erection. If blood trapped or stored in the penis leaks out prior to ejaculation, he will be unable to maintain his erection. If he does not get enough blood flowing into his penis in the first place, this difficulty with blood flow and blood storage may result in a weak or incomplete erection.

Sleeping Patterns and Erections.

A good night's sleep is an involved process. We know from studies of sleeping subjects that dreams occur during a phase of sleep called REM sleep or rapid eye

movement sleep. It is during this phase of dream sleep that men have erections, and a decrease in erection response to these nighttime sexual dreams occurs as men age. Men with lower but still “normal” testosterone levels have less than four or five erections during their dream sleep and less frequently awake with morning erections.

It has been shown at the Foundation for Intimacy by using Rigi-Scan penile computer blood flow devices and documenting the erectile response of men during REM sleep, that erections only occur if nerve impulses to the penis and blood flow within the penile arteries are intact.

It is important to realize that ExtenZe promotes optimal, but not excessive, hormone effect levels and supports the nervous systems integration and blood flow synchrony. This synchrony results in increasing firmness and blood flow during nocturnal erections.

Did you ever find an old sponge that you had long since forgotten, perhaps under the kitchen sink or in the garage? Dried out, shrunken, and hard as a rock, and when you tried to use it the sponge just did not expand and soak up fluids like it did when it was supple, elastic, and fresh? I feel that the same lose of stretch ability and elasticity occurs when the sponge-like erectile chambers of the penis have not been worked regularly and vigorously. This, I feel, is due to progressive cellular aptosis and fibrosis attributable to aging and the associated decreasing frequency of nocturnal erections, morning erections, and sexual relations.

So how are the penis erectile chambers worked? By sexual relations, of course. But more importantly, by regular recurring dream sleep and optimal youthful testosterone effect producing nocturnal erections four or five times a night and morning erections four

or five times a week. This, of course, is true for the young and vibrant with higher normal testosterone levels and more frequent REM sexually arousing dreams. But, for many, Rigi-Scan computerized penile erection evaluation testing at the Foundation for Intimacy showed only one or two weak nocturnal erections and less frequent morning erections. Our patients wore this cumbersome penile erection recording device with a transformer attached by strap to their thighs three nights in a row.

A lot of trouble, but what we learned was fascinating. Fewer nocturnal erections and fewer morning erections were frequently associated with symptoms of reduced sexual energy, lower sexual desire, fewer sexual urges and fantasies, and weaker, softer, smaller erections with arousal and intimate relations. Men in this situation were frequently moody or grouchy, irritable, tired easily, slept poorly, and performed in bed less than vibrantly. They were also found to have more frequent relationship problems. However, aside from these problems directly or indirectly related to low libido and weak erections, psychological tests showed these men to be surprisingly normal.

So what caused their sexual challenges? Frequently testing revealed low DHEA and lower than optimal testosterone. (I would consider total testosterone of 500 or less to be sub-optimal.) Moreover, what cured them? Replacing the testosterone deficiency by boosting the prohormone DHEA or prescribing testosterone.

Once testosterone effect was restored to optimal normal level, frequent nocturnal erections returned as did morning erections. The problem was frequently and completely solved. The old penile sponge was being worked four to five times per night while they slept and therefore restored elasticity to the penile erectile chambers allowing them to

more fully distend and expand to a larger capacity during sexual arousal and sexual relations.

Thus, both ExtenZe male prohormone support and its blood circulation enhancing ingredients combined promote penile health, corpora cavernosa and corpora spongiosa elasticity, and the increase in blood volume continued during erections. This means harder, firmer, fuller erections more frequently, more reliability, and more pleasurable.

ExtenZe also supports a healthy nervous system, and has been shown to produce an increase in genital sensitivity. This increase in genital sensitivity is attributed to ExtenZe's medically designed nutritional blend supporting healthy quantitative and qualitative nerve function in healthy men.

Hardening and Scarring of Arteries.

Two problems, atherosclerosis or hardening of the arteries, and arteriolar sclerosis or scarring of the smaller arteries called arterioles, can restrict the blood flow to the penile area. Cholesterol can lodge along and clog or harden arteries creating an ever more-narrow channel, impeding the blood flow to the pelvis and genitalia. This is associated with high blood pressure, diabetes, and poor diet.

ExtenZe has been medically designed with a proprietary synergistic blend of the most effective and finest herbal and nutritional blood flow ingredients known to man. ExtenZe does not prevent atherosclerosis, which has been shown to start as early as two years of age in the United States. However, diet, exercise, good loving and optimal normal testosterone affect work together to reduce cholesterol levels by minimizing the deposits that constrict the inside of genital arteries and restrict blood flow to the penis.

Healthy normal testosterone effect supports increased physical activity that also promotes blood flow. ExtenZe promotes sexual energy and genital circulation (see ingredients section).

What is a Hormone?

Hormones are chemical messengers that communicate information from one part of the body to another part of the body. The chemicals are produced in body organs called glands and they are carried through the blood stream to the site of action, called a target organ. For example, the hormone testosterone is produced in the male testes and secreted into the bloodstream where it is carried to many target organs: brain, blood vessels, bones, muscles, and penis, etc. Hormones have direct effect on their target organ by interacting with receptor sites. Testosterone, for example, acts directly on its receptor sites both in the brain as well as in the penis and the erectile tissue of the penis. Testosterone also improves bones, muscles, blood vessels, and the nervous system. The prohormone, or testosterone building block DHEA, contained in ExtenZe is not intended to drive or push testosterone to abnormal or high levels, but simply provides the substrate building blocks for the body to naturally produce optimal testosterone levels.

All steroid hormones derive from cholesterol as the initial building block, from specialized cells in the adrenal glands, testicles, or ovaries. Cholesterol is converted in a series of biochemical steps to testosterone, and other active steroid hormones, such as estradiol. These hormones are released by the glands into the blood stream like special keys. They travel through the blood to fit into matching locks (called receptor sites) on the cell membrane of the tissues that they affect, called target tissues. When the hormone

key circulating in the blood stream meets its matching lock (receptor sites) on a target tissue (brain, penis), it opens the lock and turns on cell metabolic functions (in the male brain testosterone turns on desire, in the penis it enhances blood flow.) (insert cholesterol → DHEA → T biochemical pathway) (see below). There are numerous steps in the process. The natural DHEA contained in ExtenZe is a key building block in the biochemical pathway to the most important male hormones. ExtenZe's DHEA is a prohormone for testosterone.

The History of Testosterone.

In 1849, a Belgium priest, Agust Bertholv, made critical observations that changed the course of history. He discovered testosterone. Bertholv noted that roosters chased hens but capons did not. (A capon is a rooster whose testicles have been removed). Bertholv found that if he re-implanted testicles in the capon, the bird promptly resumed its seductive behavior and starting chasing chickens again. This elegant yet simple experiment in chickens offered the first convincing evidence of the role of testosterone in optimal male sexual health. Testosterone is the Hormone of Desire and Performance. Forty years later, the French neurologist Claude Brown-Sequard provided further support to Bertholv's study. He reported that men were revitalized by injections of an extract of animal testes. His experiments were the last scientific inquiries into the subject of male hormone function and optimal male sexual health for decades.

The belief that sexual function is primarily a psychological problem ("it's all in your head") dominated medical teaching, including my own, until the mid-1980s. Prior to then, it was felt that all sexual problems were linked to men's relationships with their mothers, as Freud had suggested. Freud proclaimed that all men experienced sexual

conflict in relationship to their mothers. His ideas dominated sexual understanding in the 20th Century.

But studies at the Foundation For Intimacy, and elsewhere, have shown that optimal sexual health is not all attitude and psychology (it is not “all in your head”), but relies on healthy pro-sexual nutrition and optimal hormone levels. Physiology, not just psychology.

What is Testosterone?

Testosterone is the hormone for both sexual desire and sexual performance. Testosterone is a natural hormone produced in the male and female bodies that supports a healthy libido or desire for sexual connection. Its production in the human body is optimized by essential nutrients, such as zinc, which are blended together and contained in ExtenZe.

What Affects Testosterone Levels?

We produce less than the optimal natural testosterone when aging, stress, sleeplessness, sexual inactivity, fatigue, obesity, over-exercise, depression, and anxiety begin to enter our lives. Optimal healthy levels of testosterone support a strong sexual desire, high sexual energy, and sexual passion. Testosterone is also essential for sexual power, sexual pleasure, and sexual performance.

How ExtenZe Helps With Testosterone.

Testosterone is a prescription medication. When using ExtenZe, you are not directly replacing the active hormones. In other words, you are not directly replacing testosterone. However, you are providing your body with a *full adult daily dose* of the most important testosterone natural prohormone building block, DHEA.

Cholesterol → DHEA → Testosterone

DHEA prohormone is the building block of the most important hormone in the male body, testosterone. Natural DHEA supplementation in ExtenZe enables you to produce an optimal level of your own testosterone by providing a substrate for the formation of testosterone. ExtenZe's prohormone blend supports the formation of testosterone naturally, with less risk of excessive testosterone levels, or androgenic/estrogenic side effects and risks associated with direct prescription testosterone.

What is a Prohormone?

The primary effects of prohormones are providing the nutrient food, or building blocks, that the body uses to construct hormones, which in turn circulate through the blood stream to interact with cell receptors. Prohormones have very little effect on the tissue receptor sites. In other words, prohormones are reserve fuel tanks that the body uses on an as-needed basis to optimize the level of the hormones for which prohormones are the precursors. (see diagram)

The Prohormones in ExtenZe.

Prohormones are natural hormones that in themselves do not have much activity but rely on conversion by the body to more active hormones for desired results. The prohormone in ExtenZe is DHEA. ExtenZe is the only sexual enhancement nutraceutical on the market to contain the "vital prohormone" DHEA. The body's conversion of DHEA to more active hormones is a chemical pathway that starts with cholesterol and ends with testosterone. The base cholesterol molecule is converted to other prohormones including (in order of conversion) pregnenolone, DHEA, and androstenedione which

culminate in the production of testosterone. While prohormones have some activity as individuals (in particular DHEA), they are very useful for supporting the body's natural optimal production of testosterone because they are only several small biochemical steps away from testosterone. This is nutritionally identical to the concept that dietary protein helps build muscle fibers more easily than dietary fat or carbohydrates because they are nutritionally closer to the desired product – muscle fiber – and require fewer metabolic steps to build muscle. In other words, prohormones are nutritional building blocks that are naturally manufactured into active hormones on an as needed basis by the body's own cells. They support the natural manufacturing (metabolism) of healthy optimal hormone levels that may be compromised by the stressors of life: anxiety, fatigue, overwork, toxic environments, sleep dysfunction, too much to do with too little time to do it.

In Conclusion.

It should be clear from this discussion that ExtenZe's prohormone, DHEA, has been carefully selected. DHEA is the testosterone prohormone of choice in the formulation of ExtenZe. ExtenZe is the world's first and only male sexual enhancement formula containing medically designed sexually supportive male prohormone DHEA.

What is Yohimbe (Yohimbe Bark Extract)?

Corynantag Yohimbe is the botanical name for a tree that grows in West Africa. For hundreds of years folk medicine practiced by tribes in this region and in nearby West Indies Islands brewed a tea distilled from the inner bark of this tree that historically would amplify male virility and sexual energy. It was the traditional fuel for West Indian intense tribal sexual ceremonies reported to last as long as two to four weeks, rituals that

might never have been possible but for the power of this amazing Yohimbe bark tea (Watson, 1993, Stafford, 1992, Griffin, 1991, Gottlieb, 1974).

A large selection of Yohimbe Bark Extract, in both capsule and liquid forms, is widely available from herbal food supplement outlets. These products are simply referred to as Yohimbe. Yet, Yohimbe has a chloride, which is the active alkaloid in Yohimbe. Yohimbe Hydrochloride has been isolated as the most active chemical in Yohimbe Bark. It has become available in the United States in FDA approved prescription strength for physicians who have prescribed it to treat sexual problems with considerable success for years.

History and Analysis of Yohimbe.

Yohimbe is an old pro-sexual nutrient, as shown by the following picture of a front-cover dissertation on Yohimbe by Walter Vandenberg at the University of Frankfurt, Germany in 1927 (insert pic). While I am unable to translate the German into English, the document detailed a biochemical analysis of Yohimbe alkaloid in 60 pages and described it as, “An aphrodisiac since the turn of the century.”

Consistently, Yohimbe alone has been associated with firmer, thicker, longer-lasting, bigger erections. Green, in 1991, published a guide, claiming that Yohimbe promoted, “an increased sense of well-being and sense of openness”. Higher doses of Yohimbe can be associated with mildly psychedelic effects lasting a few hours, a phenomena characterized as “a general sensory intense sensation” by Gawin in 1978. In *Sex, Drugs and Aphrodisiacs* by Adam Gottlieb, the following sensations were described; “... warm spinal shivers, which are especially enjoyable during coitus and

orgasm (bodies feel like they are melting into one another), psychic stimulations, monopercptual changes without hallucination, and heightening of emotional and sexual feeling” (Gottlieb 1974). It does seem possible that Yohimbe has a strong and pro-sexual mental effect, as well as a direct blood-flow effect on the penis.

The history of Yohimbe has followed a contorted path much like that of DHEA. In 1984, a widely acclaimed animal study published by Carr provided strong evidence that Yohimbe stimulated libido in male rats and qualified as a “true aphrodisiac.” Typically, in the mid 80s, publication of a series of studies supported Yohimbe’s efficacy in treating male impotence (Somba 1990; Sussette 1989; Reid 1987; Morales 1987, etc.). FDA approval followed these mid and late 1980s studies and after a 20-year absence, Yohimbe re-appeared on the roster of drugs which have been dispensed legally by prescription.

The largest controlled studies include four independent but convergent meta-analyses, integrating the results of trials used in Yohimbine alone and when in combination with other drugs. These extensive and in-depth reviews, together with sophisticated statistical evaluation, found a consistent positive effect of Yohimbine alone or in combination with other drugs relative to placebo or sugar pills. The results showed a systemic, significant effect in all sexual enhancement areas. One study published by Riley, AJ, and Associates and entitled “Double Blind Trial of Yohimbine Hydrochloride in the Treatment of Erection Inadequacy” was published in 1989. A second large study explored the results of Yohimbine in the treatment of erectile dysfunction. This study focused exclusively on the controlled, randomized use of Yohimbine alone. In this assessment, the superiority of Yohimbine was clearly

demonstrated at the 95 percent confidence level (this means that the conclusion was statically significant) to be superior to placebo or “sugar pill.” This study went so far as to conclude with a recommendation for Yohimbine as “A reasonable therapeutic option for erectile dysfunction that should be considered as initial, pharmacological intervention.” Systemic administration of Yohimbine in rodents has been investigated in depth. It has been conclusively and repeatedly found to be a powerful enhancer of sexual behavior as referenced in “Enhancement of Sexual Motivation in Male Rats by Yohimbine” published in the Journal of Science in 1984 by Clark, KT, and Associates.

In the Physician Desk Reference (PDR), Yohimbe has been the only prescription medication described as possibly having activity as an aphrodisiac. This tentative choice of language was almost certainly the first appearance of the term aphrodisiac in any in edition of the Physician Desk Reference. Thus, the second coming of Yohimbe for many physicians and medical authorities was with FDA approval. However, despite FDA approval, Yohimbe remains available as an herbal alternative over the counter.

Current scientific and medical literature focuses almost exclusively on the use of Yohimbe to treat male sexual dysfunction or difficulty getting an erection. These discussions touch the broad range of intense pro-sexual sexual effects widely reported in animals and men by Yohimbe. Yohimbe appears to have the potential effect of optimizing sexual function in men who have no sexual dysfunction problems at all. An impressive body of antidotal evidence (stories of use) surrounds the use of Yohimbe in making good sex even better.

Dr. Watson (M.D.) wrote in "*Love Potions*" that Yohimbe is "One of the most popular aphrodisiac herbs available, Yohimbe has a reputation for producing electrifying sexual encounters."

Animal Testing with Yohimbe.

Yohimbe has consistently produced an impressive acceleration of sexual activity in male rats (Bowes 1992; Sala 1990; Smith 1987; Clark 1984). Even in rats who have previously displayed no sexual activity at all, Yohimbe increased the percentage and amount of sexual behavior dramatically. Yohimbe also increased the percentage of sexual inexperienced rats that were able to achieve ejaculation with their first sexual encounter with a female. Interestingly, Yohimbe does not only specifically produce stronger erections, but does seem to have an aphrodisiac effect in animals. Yohimbe increases their sex drive. In several studies, the genitals of male rats were anesthetized while the male rats were being treated with Yohimbe. Thus, reducing the rats' physical awareness of their own penises, when given Yohimbe, the initiation of sexual activity would be exclusively Yohimbe induced. In both experiments using this technique, the rats in question displayed sexual behavior with much greater frequency than usual despite the numbness of their penis.

A controlled study in San Diego confirmed that Yohimbe's pro-sexual effects extended to 18 male crocodiles. They were placed in three groups among the total of 90 female crocodiles. Eight of the males were given two doses of Yohimbe per day for the first weeks only of a three-month observation period. Crocodilian sexual delight occurred during the week that the male crocs received Yohimbe. For this period of time

only, the daily peak in sexual activity among crocodiles that ate Yohimbe lasted one hour longer and the frequency of the male crocs mating body movements was significantly higher. The total mating activity lasted three weeks longer among crocodiles given Yohimbe than among their less fortunate reptilian friends deprived of it. This means that Yohimbe has pro-sexual effects even in reptiles. Indeed, Yohimbe's sexual enhancing effects seem to act through evolutionary generations!

Interestingly, a significantly greater percentage of fertility occurred in eggs produced by female crocodiles that had been mating with Yohimbe-treated males. It was concluded that the male crocodiles probably had "more successful copulations" as a result of Yohimbe (Morporgo 1992).

Animal Studies with Clonidine and Yohimbe

Researchers have found that Clonidine can interfere with sexual function in animals in several ways. It can reduce blood flow to the penis and decrease the size of ejaculation, depress sexual activity and prevent ejaculation entirely.

Yohimbe blocks all of these sex-countering clonidine effects in animals according to Yonezawa 1992, Clark 1991, Clark 1985, and Davis 1977. Thus, Yohimbe has a long history as an herbal therapy to increase the sense of sexual well being and increase sexual arousal, potency, and orgasm.

Yohimbe's function in male animals is pro-sexual and probably both active at the central nervous system stimulating desire and the arousal response and directly at the penile level increasing blood flow.

It has been referred to as "a safe treatment" by Reed in 1987. However, there have been reports of rapid heartbeat, hypertension, and anxiety in excessive doses.

How Yohimbe Works.

Yohimbe duplicates a biological event believed to play the key role in producing male erection. Yohimbe acts upon a very specific network of neural cells called the alpha-2 adrenergic system (so named because its functions are closely tied to hormone adrenaline). Yohimbe effectively shuts down the alpha-2 adrenergic system by blocking the receptor sites for the neurotransmitters that stimulate its activity. This is compared to putting a piece of tape over a lock to prevent the key from being inserted to open the door. The body's natural blockade of the alpha-2 adrenergic system is the natural physiology of penis erections. It also results in higher levels of the neurotransmitter, acetylcholine, which is closely associated with causing that erection. Yohimbe enhances this natural process.

Thus, Yohimbe enhances the alpha-2 adrenergic system blockade that increases the flow of blood into the penis while at the same time decreasing the flow of blood out of the penis. Thus, Yohimbe's contribution to libido, sexual desire, and sexual potency likely arises because of direct stimulation of the brain's sex center in the hypothalamus.

Animal studies (Naumenko, 1991) demonstrate that the heightened sex drive induced by Yohimbe does not involve an increase in testosterone. Clark in 1985 showed that Yohimbe stimulated sexual activity in castrated male rats with negligible levels of testosterone, as well as in female rats during the non-sexually receptive stage of their sexual cycle when natural testosterone levels are low. Grossman in 1993 showed that this effect may be due to Yohimbe stimulating the natural production of the neurotransmitter, norepinephrine (66% increase). Norepinephrine stimulates the brain's sex drive center! The Yohimbe in ExtenZe thus is likely to work directly on penile blood

flow and indirectly on the sexual drive center in the male brain. However, this is not the only effect of Yohimbe. In addition to promoting larger, stronger blood flow into the penis and reduced blood flow out of the penis contributing to a stronger, firmer, and bigger erection, Yohimbe's blockade of the alpha-2 adrenergic receptors the likely mechanism by which the brain's sex drive and sexual energy is increasingly aroused.

Who does Yohimbe work for?

Yohimbe works for men who experience sexual challenges two major categories: 1. Psychogenic Impotence, which results from psychological issues interfering with normal sexual activity; and 2. Organic Impotence, which results from underlying medical problems. At the Foundation for Intimacy, treatment approaches for the two types of conditions can be very different. Amazingly, Yohimbe produced the same overall response rate in both categories. Most patients taking Yohimbe with improvement in erection response also reported increased sexual desire, and 4 out of 11 patients reported improved orgasm on Yohimbe (Rosen 1993). Thus, Yohimbe's level of success for psychogenic impotence was roughly equal to that of sex psychotherapy that is the alternative approach to treating psychogenic erection problem.

Dosage of Yohimbe in ExtenZe.

The dosage of Yohimbine Hydrochloride in prescription strength is 5.4 milligrams. The dosage present in ExtenZe is 90 percent of the 12.5 milligrams of pharmaceutical grade Yohimbine Alkaloid on the label. This is ExtenZe total daily dose. In contrast, the prescription dose normally used is higher, being 16.2 to 42 mg per day. (Susset, 1989). No other pro-sexual or male sexual enhancement product on the market

delivers more than ExtenZe's Yohimbe Alkaloid. Most do not ever specify how much of the bark is active ingredient contained in their product.

Through clinical trial at the Foundation for Intimacy, we have found that the Yohimbe dosage in ExtenZe results in safe and gradual increase in sex performance, genital blood flow, erect penile size, penile engorgement, erection hardness, firmness, and response, penile sensitivity, and boosts arousal and sexual desire in the synergistic blend of ExtenZe's all natural pro-sexual nutrient formula.

Side Effects of Yohimbe.

Yohimbe has been referred to as "a safe treatment" by Reed in 1987. However, there have been reports of rapid heartbeat, hypertension, and anxiety side effects. Yohimbe can cause anxiety; however, this usually requires very large doses. Other adverse effects include nausea, vomiting, increased blood pressure, obsessive sweating, over-stimulation, salivation, elevated heart rate, irritability, in-coordination, dizziness, headache, and skin flushing. The carefully chosen dose of Yohimbe in ExtenZe has little or no side effects. In the 2004 ExtenZe Clinical Study of eight weeks duration, there were no side effects from Yohimbe.

Yohimbe should be used with caution by very old people, pregnant women, people with heart beat irregularities or heart disease, children, people with kidney problems, and people with history of gastric or duodenum ulcers. It should also be used with caution in psychiatric patients in conjunction with anti-depressants or other mood-altering drugs. Finally, Yohimbe should be administered with caution to patients with high blood pressure, especially in individuals undergoing concurrent treatment with

tricyclic anti-depressants or other drugs that interfere with neuronal uptake or metabolism of norepinephrine. These cautions and contradictions apply to the Yohimbe in ExtenZe and should be taken seriously. ExtenZe is not for children or adolescents. Individual result may vary, as do individual circumstances and sensitivity. If in doubt, consult your healthcare provider.

Yohimbine has been used for over a century in the treatment of erectile dysfunction. Among the erectogenic drugs (drugs that produce erection in the flaccid penis) no medication has been used longer and assessed more than Yohimbe. Yohimbe hydrochloride, today, is FDA approved for the treatment of erectile dysfunction and may be prescribed by physicians as a first-line medication for people with this problem. It promotes blood flow into the penis and prevents blood flow out of the penis.

Made from natural Yohimbe Bark Extract, ExtenZe provides the strongest (12.5 milligrams) Yohimbe alkaloid of pharmaceutical grade standardized and guaranteed content. Therefore, just like prescription Yohimbe Hydrochloride, ExtenZe increases the blood flow into the genitals and penis with fresh, highly oxygenated, nutrient-rich blood.

ExtenZe Yohimbe and Medication Induced Decreased Desire and Performance.

Prozac is a member of a group of drugs called serotonin reuptake blockers. These compounds are used widely for treating depression and have become increasingly associated with loss of sexual desire and problems with soft or poor erections.

In one survey of 163 people taking Prozac who successfully alleviated the depression, 34 percent reported problems with their sexual functioning. Eight of them taking Yohimbe reported an improvement in their sexual desire and response despite taking Prozac while taking Yohimbe.

Amy Wynn stated in “Penthouse” magazine in November of 1994, “Nearly 200 drugs on today’s market have a direct effect on sexuality. The pills can leave men impotent and libidless. As much as 75 percent of all sexual problems can be traced to a physical cause. In one of the four cases, the culprit is a prescription medication. Drug companies testing new products don’t spend time sleuthing out sexual pitfalls, and they rarely provide detailed data about what their drugs do in the bedroom...The most common sexual offenders are high blood pressure medication—including beta blockers, diabetics, and other drugs, which research shows, cause sexual malfunction of up to 70 percent or more in the men who take them. Evidence seems sufficiently positive to warrant their conclusion that “Yohimbe may be effective treatment for the sexual side effects caused by serotonin reuptake blockers” according to Hollinger in 1992.

What We Have Found.

Yohimbe can produce spontaneous erections, even when sexual stimulation is absent. Several men interviewed while taking ExtenZe noted that they almost always have spontaneous erections when they have sexual thoughts and they seem to have more frequent and more vivid sexual thoughts.

Patients at the Foundation for Intimacy have reported the following results from Yohimbe: Heightened sex drive or libido, increased tactile sensation of the penis, increased sensation of other parts of the body, longer, harder, larger erections, incredible sexual stamina, more powerful orgasms, multiple orgasms, multiple ejaculations, and greater quantities of ejaculate. Interviews with ExtenZe patients reflect a similar response. (*Click link to 2004 ExtenZe Clinical Study.*)

One ExtenZe patient consistently got, “extraordinarily large erections of maximum strength and duration that last two to three hours, after taking ExtenZe for eight weeks.” It may well be that it was the Yohimbe in ExtenZe which, “returned my youthful capacity for erection and ejaculation,” but more likely it is the strategic synergy or combination of Yohimbe with ExtenZe’s other potent pro-sexual nutrients and pro-sexual prohormone that work together to make sexual enhancement for normally functioning men extraordinary.

Benefits of Yohimbe in ExtenZe.

While a wide variety of Yohimbe products are available over the counter in health food stores, none contain the synergistic mixture in ExtenZe, and none work the way ExtenZe works to integrate the use of Yohimbe with a medically-formulated blend of pro-sexual nutrient’s and pro-sexual prohormones to blend actions together to achieve stronger, firmer, fuller, harder erections, to achieve more powerful orgasms, to increase sexual desire and libido, to enhance ability to have multiple orgasms and ejaculations, and to enhance the likelihood of more forceful ejaculations.

With over a century of history and scientific evidence mounting at an ever more rapid rate, Yohimbe was my first choice for inclusion in ExtenZe as part of the synergistic blend that works together to get dramatic “Better Sex” results, that last.

With years of safe clinical use at the Foundation for Intimacy, and 100 years of history, it will take a long time to reproduce the benefits and the results of ExtenZe with any other combination.

Yohimbe and ExtenZe in Closing.

Yohimbe has been used as an aphrodisiac and an erectogenic drug for over 100 years. It has been used at the Foundation for Intimacy for almost half a decade by itself and in combination with the other safe, pro-sexual nutrients contained in ExtenZe. Never before has it been used in a combination of pro-sexual herbal nutrients and pro-sexual prohormones. It is likely that ExtenZe will help create better sex and improved sexual health for generations to come by inclusion this historical aphrodisiac and proerectile drug with a combination of other pro-sexual nutrients and prohormones that work together in ExtenZe to get results greater than any of the ingredients would separately. This is ExtenZe's synergy; this is the value behind the medical contributions throughout ExtenZe's synergistic formulation. With ExtenZe, the whole formula is more than the sum of its parts. That is ExtenZe's medically designed "synergistic blend."

What is DHEA?

The acronym DHEA stands for Dehydroepiandrosterone. It is a prohormone made mainly in the human adrenal glands and released from there into the bloodstream. The adrenal glands are two small triangular glands that produce and secrete hormones while sitting on top of each kidney. DHEA is the main prohormone, or building block hormone, produced by the adrenal glands. It does not normally stick around and is not measured in the blood because it is quickly converted into testosterone. It converts to testosterone via the enzyme 3 beta-hydrosteriod dehydrogenase. It is thus a *steroid prohormone*, made in a portion of the adrenal called the adrenal cortex.

DHEA helps to alleviate depression, improve cognitive function, stimulates a sense of well-being, improves sleep and the dreaming during sleep that makes it more

restful, promotes sexual energy and stamina, and increases the conversion of dietary protein to the muscle mass.

The DHEA Story

The story of DHEA and its journey from an obscure prohormone produced in the human adrenal gland to a life-affirming, sex-life-enhancing, anti-aging hormone is remarkable.

Originally, DHEA was spurned by the Food and Drug Administration as being unworthy of approval as a “safe and effective” drug. Thereafter, some in traditional medicine watch dumbfounded as this previously unknown, relatively weak male prohormone catapulted from obscurity to prominence within a few short years. DHEA sidestepped the conventional path and leaped into prominence merely by ignoring the traditional medical establishments. It has now risen from the rejection of FDA and has become accepted and endorsed as one of the most important alternative nutraceuticals and nutritional supplements in history. The over-the-counter male prohormone, DHEA, is occasionally called a “miracle power pill.”

The entire field of alternative medicines, chock full of herbs, dietary supplements, and obscure prohormones has quite suddenly emerged as an appealing option for men and women seeking non-traditional, non-prescriptive treatments that are healthy in themselves and support optimal health in general. This goes along with a proactive health strategy including good diet, exercise, and optimal connection with loved ones and the community around us.

The dose of pharmaceutical-grade, guaranteed-content of DHEA in ExtenZe is the *full adult male dose* of this nutritional supplement. Studies reviewed by the Foundation

for Intimacy found that even major brands of “Pure” DHEA contained 10% to 150% of labeled content. The guaranteed DHEA content in ExtenZe counts. As with Yohimbe Bark, the health results only occur if you get what you think you are. Since FDA approval is not required because DHEA is not a prescription medicine, DHEA is now readily available in ExtenZe for its contribution to overall mood and sexual energy. Moreover, when taken as directed, the DHEA in ExtenZe is known for its ability to boost sex drive and promote longevity. In addition, ExtenZe’s DHEA helps fight disease, boost your immune system, increase length of life, and super-charge the sex life of most people who take it.

DHEA Levels

DHEA also differs from the other adrenal steroid hormones in several important ways. The adrenal production of cortisol and aldosterone starts in fetal development and continues steadily throughout life. DHEA levels are high during puberty and the late teens and follow a straight-line decline from the mid-20s for the rest of life.

This decline in DHEA may be associated with a decline in sexual function from its peak in the early 20’s, and also associated with increased susceptibility to stress, fatigue, moodiness, insomnia, exhaustion, poor memory, declining cognitive function and a decrease in the ability to maintain stable weight, muscle mass, and general energy and well-being.

DHEA Clinical Studies

The value of DHEA was never properly tested until 1999 when 24 women with an average age of 42 and all with documented adrenal insufficiency (adrenal gland malfunction) agreed to take part in a study. They received either a single DHEA pill or

an identical-looking placebo pill (sugar pill) every morning for four months. Women who had taken the DHEA pill reported an increased sense of well-being and improved sexuality. Placebo-treated women had no improvements. DHEA-treated women had more sexual thoughts and fantasies within one month of starting the DHEA. Interestingly, you recall that the adrenal gland shifts gears and starts to produce DHEA with a vengeance during adolescence. It does so to ensure that young people have the vim, vigor, energy, enthusiasm and sexual drive to reproduce our species and for our species to thrive. The fact is that DHEA production naturally peaks early and declines through our adult years giving us our sharpest performance and faculties both at work and play. Thus, work and play potentials both are at their peak when we are young and decline from that point on. It is felt that DHEA contributes to the physical and mental decline with aging and is aggravated by stress, overwork, over-exercise, fatigue, lack of sleep and physical exhaustion.

Is declining physical and mental functioning occurring just simultaneously with the declining DHEA levels is a coincidence? I think not. In addition, nor do most of my colleagues. Let's take a look at life, death, DHEA and the FDA.

The Food and Drug Administration that must evaluate every new medication to determine if it is safe and effective, has for the most part chosen to ignore DHEA. To achieve approval by the FDA, each new medication must go through a series of rigorous tests designed to see if the drug does what it is intended to do without causing an unwarranted number of adverse side effects. Today all new medications, whether intended to treat blood pressure, alleviate depression, or cure a cold, must go through a lengthy, exhaustive, and economically expensive process.

DHEA never did. Lacking in pharmaceutical company interest because it could not be patented and was a natural prohormone, pharmaceutical companies had no willingness to commit the enormous economic resources to shepherd DHEA through the rigorous time-consuming and costly testing process required for FDA approval. Lacking any specific information against DHEA, the FDA in 1984 allowed DHEA to be viewed as a vitamin, herb, or any other alternative nutritional supplement.

That decision to let DHEA fend for itself in the vitamin, nutritional-supplement, alternative-medicine market came just two years before the Rancho Bernardo study was published in the New England Journal of Medicine. Remarkably, in this sunny California community, respected physician Dr. Samuel Yen and his University of San Diego Medical School colleagues started studying normal aging. They collected and analyzed blood samples for so-called health risk factors such as cholesterol, blood count and hormones, including levels of DHEA and its by-product, DHEA-S. They examined men. The first finding of importance was that blood DHEA levels fell drastically with age. This was not surprising for other scientists had noted the natural decline in DHEA with advancing age as well. However, the new and startling finding of the Rancho Bernardo study was that some men had abnormally low DHEA levels regardless of age. In this group with unusually low DHEA levels, the investigators found that low DHEA men appeared to be vulnerable to premature death especially from heart disease. Those who were destined to die had the lowest DHEA levels. The predictive association of low DHEA levels and premature death from heart disease was independent of age or other cardiac risk factors such as cholesterol level. Do people with low DHEA levels improve

their chance of survival by taking DHEA? Let's look at the evidence for and against DHEA.

Experiments with DHEA

Researchers seeking to find out more about DHEA have placed DHEA into the drinking water of experimental animals like mice. Some of these mice were genetically destined to develop diabetes. The mice that took DHEA did not become diabetic. Other mice, programmed to be obese, overcame their genetic destiny, and remained slim merely by consuming DHEA. Like humans, mice tend to gain weight as they age. However, mice treated with DHEA gained less weight than their age-matched littermates who were not treated with DHEA. They did not become obese.

Likewise, rabbits treated with DHEA lived longer and had improved immune responses. They were also less likely to develop breast cancer. Studies also showed DHEA treated rabbits are less likely to develop arteriosclerosis. These findings have convinced the most skeptical that DHEA has extraordinary preventive and curative properties.

Human DHEA Studies

Two kinds of evidence support the concept that DHEA may be an important if not vital prohormone. Patients with major medical problems have troublemaking DHEA as compared to other healthy men and women in the same age group. Men with very low DHEA are more likely to die from heart attacks than their age-matched peers with normal DHEA levels. In a similar vein, women with low DHEA levels are more likely to die from breast cancer and have, as well, a diminution of their immune status so they are less

likely to fend off the disease. Although tantalizing, what you see is not necessarily what you get.

Other epidemiologic studies have failed to confirm a relationship between low-baseline DHEA and premature cardiovascular disease. So, how does that relate to human sexuality? When 23-year-old men took DHEA their serum testosterone values rose. However, even in this healthy group of young men the positive health consequences of DHEA-provoked increases in serum androgen were apparent. Body fat declined by 31 percent yet weight was unchanged, implying that when these young men took DHEA their muscle mass increased as their percent of fat decreased. Total serum cholesterol level also declined, primarily due to a selective decrease in the values of the undesirable low-density lipoprotein cholesterol.

In another study, men took DHEA 50 milligrams (the amount present in ExtenZe) a day or an identical-looking sugar pill for three months and then switched over with the first group taking a sugar pill and the second group taking DHEA 50 milligrams for the next three months. Neither the men nor the doctors participating in the study knew who was given what. Participants answered questionnaires about their sex drive, sexual performance, sense of well-being and overall mood during the six-month study. Taking DHEA resulted in increases in normal testosterone. Both men and women also reported an “improved sense of well-being while taking the DHEA, but not while taking the sugar pill.” The improved sense of wellbeing was not due to the impact of the sex-hormone-driven improvement in libido alone.

Feeling better is fine but not enough for those of us who have greater expectations. ExtenZe contains a *full adult male dose* of DHEA that is a pharmaceutical-

grade, standardized, and guaranteed content. This is one of the most powerful male sexual prohormones there is, and you do not need a prescription from a doctor. ExtenZe's DHEA promotes better health and better sex.

ExtenZe Sexual Enhancement Blend – Tribulus Terrestris

What is Tribulus Terrestris?

Tribulus Terrestris is another significant component of ExtenZe's pro-sexual nutrient blend. It is very commonly known as the Puncture Vine or caltrop fruit. It is grown worldwide and has been used historically for sexual enhancing effects in men.

Tribulus Terrestris increases natural testosterone levels through stimulating the production of luteinizing hormone (LH). LH is a hormone (blood carried chemical messenger) from the master gland, the pituitary gland that tells your testicles to increase testosterone production in its cells. Human studies involving Tribulus Terrestris revealed a 72 percent increase in LH and testosterone in males rose 41 percent.

The History of Tribulus Terrestris.

Tribulus Terrestris is a natural herb that has been used for hundreds of years in sexual enhancement and performance because of its ability to sexually rejuvenate the body in a safe and effective way.

Historically in Europe, Tribulus Terrestris has been used to boost male hormone production and response. It was also used for sexual and reproductive system enhancement, liver enhancement, kidney enhancement, urinary tract disorders, and skin disorder treatment, enhancement of stamina and endurance, and reduction of cholesterol.

Tribulus Terrestris was also the secret weapon employed by Bulgarian strength athletes. It increased their muscle strength, improved their libido, and enhanced their performance in the bedroom presumably by boosting to optimal their normal testosterone. It has also been reported to treat abdominal colic and cramps, lower blood pressure, and reduce cholesterol levels.

Tribulus Terrestris Studies.

Scientists first started researching Tribulus Terrestris for the sole purpose of discovering a safe and natural treatment for sexual deficiencies in men. Tests on healthy men ages 28 to 45 demonstrated that Tribulus Terrestris significantly increased libido while normal testosterone levels increased by 30 percent or more. Additional studies confirmed these findings. Studies also showed that in addition to increasing normal testosterone levels, Tribulus Terrestris increased libido, frequency and strength of erections, number of spermatozoa, increased spermatozoa mobility, and produced faster recuperation from sexual activity.

The Chemical Pharmaceutical Institute of Bulgaria instituted clinical studies on Tribulus Terrestris. These studies showed improved reproductive functioning in men, increased sperm production, and increased testosterone production in men. This showed that a significant benefit of Tribulus is that it improves hormone production to a balanced and more optimal level, complementing ExtenZe's prohormone DHEA. ExtenZe contributes to a balanced optimal level, without over stimulating the production of excess testosterone.

In a 1993 study, a 45 percent improvement in overall mood enhancement for people who lacked interest in their daily lives was noted.

Again another study showed both an increase in testosterone and 71 percent improvement in recovery of libido and sexual desire when there was a complete absence of libido or sex drive beforehand.

Finally, in a study conducted with 20 males and females, 75 percent of the participants have increased endurance, 80 percent had increased sex drive, and 80 percent had increased sex performance.

In research limited to animals, clinical studies have shown reduced cholesterol, improved liver function, improved urinary tract function, and improved cardiac function. Tribulus Terrestris has been shown to enhance mood.

How Tribulus Terrestris Works.

In much the same way that menopause reflects a decline in female hormone levels, andropause, also known as male menopause, reflects a natural gradual decline in testosterone levels. As mentioned previously, men's testosterone levels begin to decline slowly but surely after the early 20's. Testosterone also diminishes, as mentioned previously, with stress, insomnia, overwork, fatigue, lack of sexual activity, and many of the characteristics of our modern lifestyle. Testosterone plays a pivotal and critical role in maintaining hard, firm, strong erections and at the same time stimulating desire in the hypothalamic sex centers of the brain. Additionally, testosterone plays a critical role in the development of muscle growth from dietary protein intake and resistance exercise (isotonic or weight exercise).

Tribulus Terrestris is a pro-sexual nutrient, not a hormone. It works in synergy with prohormones to enhance the effect of the other pro-sexual nutrients included in

ExtenZe's Sexual Response Enhancement Blend and to also complement the pro-sexual prohormones that are critical to optimal sexual performance.

Tribulus Terrestris is a testosterone enhancer and when it is stacked with DHEA the effects of Tribulus may be superior. Tribulus Terrestris leads to the production of Leutonizing hormone or LH. When LH levels are increased the natural production of testosterone from the DHEA and testosterone precursors (prohormones) are enhanced. Tribulus Terrestris enhances the body's use of the prohormone DHEA in ExtenZe by increasing its utilization in the production of optimum normal testosterone levels. Thus, ExtenZe's formula for pro-sexual nutrients and pro-sexual prohormones work together to boost sexual performance and sex drive.

What are other benefits of Tribulus Terrestris?

There are many other benefits of taking Tribulus Terrestris. Tribulus has been shown to be healthy for the liver and very important in helping the liver to break down fat. Cholesterol and other fats are converted to hormones resulting in increased performance and stamina as well as improved mood and increased self-confidence. Tribulus' role of improving liver function is particularly beneficial to people taking ExtenZe who are also in athletic activities.

Additionally use of this herb helps flush water out of the body since it is a mild diuretic.

Potential Side Effect of Tribulus Terrestris.

No adverse effects of the central nervous system or cardiovascular system were noted in any of the studies that I reviewed prior to including Tribulus Terrestris in Extenze. None of the patients for whom I prescribed Tribulus Terrestris at the

Foundation for Intimacy to prior to its inclusion in ExtenZe's formula have had any problems whatsoever. In the 2004 ExtenZe Clinical Study of eight weeks daily use, no side effects were noted.

Dosages of Tribulus Terrestris.

As with any nutritional supplement, dosage is important. Dosages up to 1,500 milligrams a day have been prescribed. However, my experience is that the 275 milligrams contained in ExtenZe is an optimal dose.

Clinical studies employing this dosage at The Foundation for Intimacy show that when used together with our ExtenZe Sexual Enhancement Blend, the dosage is optimally effective and presents no toxicity or negative side effects when it is used daily as a nutritional sexual supplement.

Tribulus Terrestris is natural but not manufactured by the body. It is ecologically pure. It is a natural aid to male potency and libido enhancement, has been proven to enhance energy and vitality, helps build muscle strength, and is safe to use.

What the Foundation for Intimacy has Found.

At The Foundation for Intimacy Tribulus Terrestris was an essential support to help our patients achieve the highest level of sexual performance. Tribulus Terrestris was selected for its positive effects in the bedroom, increasing sexual appetite and performance for men. It proved to be a primary pro-sexual nutrient and therefore is critical to the ExtenZe formula. Results of its efficacy are supported by clinical studies of The Foundation for Intimacy.

Tribulus Terrestris has helped several of my patients with premature ejaculation and/or with no sex drive. Patients improved while taking Tribulus Terrestris alone.

As discussed previously, testosterone replacement therapy such as we offer at The Foundation for Intimacy requires shots or pills, prescriptions, multiple office visits, and expensive laboratory tests. When taking ExtenZe, Tribulus Terrestris works together with the other carefully selected prohormones and pro-sexual nutrients in its synergistic blend to effectively boost sexual desire and performance naturally.

ExtenZe's Facts.

Sexual prohormones are the building blocks of hormones. Tribulus Terrestris is the stimulator of natural hormone productions required in order to achieve optimal sexual response. That is the synergy of ExtenZe and its medical design.

Prohormones and the Importance of Testosterone Production

Testosterone is the most important hormone in the male body for sexual energy, sexual desire, muscle strength, and male potency.

DHEA has many well-documented benefits including increased testosterone production to optimal, enhanced immune function, increased libido, lower body fat, increased lean muscle, and increases serum IGF-1 (a marker of growth hormone level). In clinical practice, DHEA has proven to be a beneficial nutritional substance in its ability to promote and support optimal adrenal function, improved sexual energy, enhance sexual health, and improve general well-being. It is important to note that these benefits occur only in people who can benefit from optimal testosterone levels with the availability of precursors that support optimum production.

Value of Prohormones and Increasing Testosterone Levels

The most common cause for declining sexual function is decreased testosterone with aging, acute and chronic emotional stress, over training, physical inactivity, sexual inactivity, excessive use of alcohol, smoking, prescription or recreational medication, and certain diseases. Normal testosterone is 30 percent higher in the morning than the evening. This may explain why some men are more interested in sex in the morning and is also the reason for spontaneous morning erections. In fact, the loss of morning erections is a sure sign that testosterone is declining. If you are interested in achieving maximum sexual fitness, enhancing your sexual well being, you need to consider the value of ExtenZe.

ExtenZe's prohormones, in addition to reducing stress, support optimal testosterone production for all men without the inconvenience of expensive doctor visits. The steroid hormone testosterone is considered the "male sexual hormone." Therefore, the maintenance of optimal sexual function, maintenance of muscle and bone mass, and psychological as well as physical well-being are all dependent on this hormone. The gradual decline in testosterone which is observed after adolescence has contributing symptoms of depression, declining sexual desire, loss of good development of lean muscle in response to exercise and a weakening sexual performance.

Taking Prohormones vs. Taking Testosterone

Despite the fact that testosterone can be given as an injection, these injections may be inconvenient, painful and expensive. They also sometimes result in inconsistent blood levels and a higher than normal testosterone surge after the injection. In contrast, the use of DHEA prohormone supports optimal hormone production in normal conditions, avoiding excessively high surges as seen with injectable preparations, as well

as the side effects that may be associated with testosterone replacement. Oral testosterone is not available.

What the Foundation for Intimacy has Found.

The Foundation for Intimacy has recognized that vascular, neurogenic, and hormone disorders are associated with less than optimal sexual function. The concept that the psychological foundations of sexual function are more important than the physical has been and is, as we speak, changing considerably. While psychological issues are critical, they no longer supersede an evaluation that explores the possibilities of reduced blood flow, hormone deficiency and the side effects of lifestyle, prescription and non-prescription medications, smoking and alcohol. Interestingly we now know that there is more to a man's sexual life than his testosterone. We know that blood flow is as important to sexual response as sexual desire is to initiating sexual activity. That is why ExtenZe contains specific medically designed herbal ingredients to support blood flow to the genital organs and at the same time support optimal normal testosterone effect through its unique male prohormone blend. That is why it contains time hormonal nutrients known for their enhancing effect on desire and performance, independent of testosterone!

Research at the Foundation for Intimacy has also shown that ExtenZe's medically designed proprietary blend of herbal and nutritional ingredients is synergistic with its pharmaceutical grade prohormones, both being essentially important to maintaining optimal sexuality. ExtenZe has the remarkable capability of restoring energy, vitality, strength, and stamina to those who are experiencing declining levels due to age, disease, or stress in their life.

A decline in testosterone is associated with a decline in physical strength, powerlessness, ineffectuality, and weak erections. The fact is, the definition of low testosterone is more than demeaning; it strikes at the very fabric of a man's maleness. Men get stronger from maintaining an optimal normal level of testosterone effect. Optimal sexual health is, to an extent, psychologically dependent. However, to a far larger extent, it is biologically dependent.

Recognized Studies.

MMAS Testosterone Study.

Widespread ignorance on the importance of man's sexual health existed until 1994 with the publication of the Massachusetts Male Aging Study (MMAS). This study surveyed 1,290 men who were asked whether they had no sexual problems or minimal sexual problems; moderate sexual problems or difficulty acquiring or maintaining an erection but were still able to have intercourse periodically; or severe sexual problems and were never able to acquire or maintain an erection and unable to have sexual intercourse. Shockingly the MMAS results showed that 40 percent of men admitted to minimal, moderate or complete sexual dysfunction by the age of 40 years old. The number of men that are plagued by some degree of sexual challenge was noted to increase 10 percent a year with each succeeding decade until by the age of 70 when approximately 70 percent of men were reported to be sexually impaired.

However, increasing age is not the only problem. In this survey, the probability of developing sexual dysfunction was 55 percent for current smokers compared to 8.5 percent for non-smokers. Diabetes mellitus, high blood pressure, the use of anti-hypertensive medications, and cardiac medications were independently shown to increase the chance of sexual dysfunction.

It is critical to note that the loss of sexual desire is commonplace for men. The psychology of hormone factors which regulate male sexual performance and desire all cycle around the “testosterone effect.” Treatment with testosterone restores sexual desire and potency. Nevertheless, prior to the need for treatment with testosterone, the emotional set backs caused by sub-optimal sexual function, performance and desire due to declining testosterone warrant attention and action. Active prevention is my recommended strategy for health. Choose lifestyle, occupational, partner, and nutritional strategies that are pro-actively supportive of living long and loving well. As I showed in “*Passionate Sex, Discover the Special Power in You*”- better and more frequent sex promote a longer, healthier, happier life. ExtenZe supports Better Sex, and in turn a healthier, better life...naturally.

Other Studies.

Researchers at the University of California evaluated over 800 men in a renowned study known as the Rancho Bernado Processes Study. There was a gradual decrease in bio-available testosterone with increasing levels of depression. It was found that men lose as much as 40 percent of free testosterone with aging and that the bio-available testosterone (which is physiologically available to interact in key and lock fashion with

the with the receptor sites on thousands of tissues throughout the body) decreased with age and depression.

“This association was independent of weight change and physical activity.”
“These suggest that testosterone treatment may improve depressed mood in men who have lower levels of bio-available testosterone.”

It is of interest to note that all participants in the 2004 ExtenZe Clinical Trial felt that they had a “better mood.”

The fact is, testosterone is a hormone that “pumps you up” and plays a strong role in countering the depression that is rampant in our society. ExtenZe supports optimum natural levels of testosterone effect in adult men.

In one last study published in 1996 by, C. Wayne and G. Alexander in the *Journal of Clinical Endocrinological Metabolism* they showed that patients with optimum testosterone had less nervousness, more alertness, more friendliness, more energy, and less depression. In other words, their good, happy, and positive feelings were supported and their irritability, depression and negative moods and feelings were diminished.

They show that testosterone replacement (replacement means connection of the deficiency to a normal testosterone level by use of prescription testosterone) correlated to a significant decrease in anger, irritability, sadness, tiredness, and nervous. Testosterone replacement resulted in a significant improvement in energy, friendliness, and a sense of well-being, as well as improved sex drive.

How ExtenZe is Unique.

ExtenZe is a unique method for increasing testosterone effect to an optimal normal functional level. It is a passion pill and a performance pill for men. It is also a nutritional

supplement that can reverse declining sexual function and boost optimal sexual function, burn fat, and boost strength, energy, and sex drive.

Unlike any other, ExtenZe is a unique combination of prohormone that supports optimal normal testosterone effect by providing a pool or reserve tank (see diagram) from which testosterone can readily and simply be created in the body's natural biochemistry. This is similar to having an extra reserve of fuel specifically designed for the male sexual response. Blood testosterone precursors increase normal blood testosterone effect without implying testosterone overproduction. They also have the advantage of being non-toxic, natural, and quickly metabolizable as precursors. ExtenZe works orally, and is both preventative and enhancing to healthy, active, vibrant, loving sexuality

ExtenZe can be life saving for the havoc reeking decline in male masculinity, sexuality, and self confidence associated with low or declining testosterone effect and associated short and long-term anxieties regarding penile size and performance. Men of all ages may respond more vigorously to erotic stimuli and have more interest with a greater degree of penile swelling and stiffening and a larger, harder, faster erection similar to what men experience at their sexual peak.

Dr. Stein's Recommendations.

Doctors are, as a rule, not fond of alternative medicine in general. As a doctor, I have treated hundreds of couples and hundreds more male patients with concerns about optimal sexual function.

It is critical that doctors impress on themselves and their patients the need to educate themselves and understand the critical role of prohormones and pro-sexual

nutrients in their body's physiology. Prohormones are remarkable substances that are present in all living things and provide the basis from which our actual hormones are created. They provide a reserve from which life affirming optimal testosterone effect can be produced in times of stress, depression, illness, fatigue, or lack of rest or just because of premature aging due to the stressed circumstances of life in general. ExtenZe's prohormone let us step up to the plate and supercharge our natural optimal normal hormone effect.

In Closing.

Testosterone is the most important hormone in the male body. Men at all ages suffer from decreased sexual desire, reduced erectile size and function, diminished strength and response to exercise, decreased energy, stress, obesity, and in general may find it impossible to look and feel their best without help for testosterone effect. Maintaining optimal normal levels of prohormone nutrients (DHEA) in the male body is vital to maintaining optimal levels of normal testosterone effect.

Until now, the only reliable way to boost testosterone effect was through costly prescription testosterone replacement and lab test monitoring. It is important that we remain in tune with evidence-based science in order to evaluate any form of therapy. Preliminary studies show that ExtenZe works to improve overall sex life, sexual power, sexual pleasure, sexual performance, sexual desire, sexual energy, and sexual passion.

Before Viagra, everybody was talking about testosterone. Newsweek's cover story on testosterone was coupled with a featured prohormone called DHEA. However, Viagra just increases blood flow and testosterone requires expensive doctor visits, tests, and prescriptions. ExtenZe's revolutionary new medically designed prohormone blend

provides the building blocks from which your body can naturally create optimal normal levels of testosterone effect. It not only stimulates performance, it stimulates desire and pleasure, and that adds up to a vital connection: PASSION.

We are at the dawn of a new age. It is critically important to move out of a model of diagnosis and treatment and into a model of Active Prevention and a strategy that optimizes health in general, and sexual health and intimacy in particular. Supporting testosterone effect with natural prohormone precursors and time honored sexually enhancing nutrients is logical, sensible, and biologically effective.

Testosterone is the most important male hormone, and ExtenZe contributes to the testosterone renaissance helping optimize testosterone effect: vibrant and energetic sexual energy and desire

ExtenZe supports optimal sexual health by virtue of the synergy of its blend of natural and logical ingredients that work together to make it the best it can be to help make your love life and quality of life the best you can be.