

GoldenLife™



X-Ade

Aphrodisiac for Women & Men
60 Film Coated Tablets



Vitamin E

This fat –soluble vitamin improves blood flow so it can improve sexual arousal and reach to orgasm. It is a powerful antioxidant that protects sperm against oxidative stress and increases their quantity and motility.

Zinc

Zinc is an important mineral in libido enhancement and fertility in both sexes. Having zinc deficiency can lead to low testosterone and hypogonadism in men and also lack of sexual desire in women. The most concentration of zinc in men's body is in prostate gland. It increases sperm quantity and motility.

Magnesium

It regulates sexual hormones production, increases energy level, relieves stress and relaxes the muscles.

Caution:

Pregnant or lactating women should consult a physician before using this product. Keep out of reach of children.

Contraindication of each herb:

No contraindications have been reported to date.

Ginseng: It should not use by individuals who are highly energetic, nervous tense, hysteric, manic or schizophrenic.

Tribulus terrestris: This product should not used by individuals who have severe liver problems.

Epimedium grandflorum: No problem has been reported.

Adverse effect of each herb:

No adverse effects have been reported to date.

Siberian ginseng: In some case headache, breast tenderness and nervousness.

Tribulus terrestris: Hypersensitivity/allergy has been known to occur.

Epimedium grandflorum: In very high dose have a stimulatory effect.

Supplement Facts		
Composition per tablet		RDA%
Vitamin B2	5 mg	>100
Vitamin B3	30 mg	>100
Vitamin B6	20 mg	>100
Vitamin E	100 IU	>100
Zn (Zinc gluconate)	15 mg	>100
Mg (Magnesium oxide)	30 mg	7
Korean ginseng	67 mg	*
Siberian ginseng	40 mg	*
Tribulus	100 mg	*
Horny goat weed	150 mg	*

*Recommended daily allowance (RDA) not Established.

Presentation:

60 Film Coated Tablets

Administration:

Oral, take one tablet with meal.

Marketing Authorization Holder Darman Yab Darou
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References:

-Emilia Nocerino, Marianna Amato, **The aphrodisiac and adaptogenic properties of ginseng**, *Department of Experimental Pharmacology, University of Naples 'Federico II'*, 2000. 49, 80131 Naples, Italy

- Gauthaman K, Adaikan PG, Prasad RN. **Aphrodisiac properties of Tribulus Terrestris extract (Protodioscin) in addicted men**. *Life Sciences*. 2004; 71 (12): 1385-1396.

- Dell'Agli M, Galli GV, Dal Cero E, Belluti F. **Potent inhibition of human phosphodiesterase-5 by icariin derivatives**. *J Nat Prod*. 2008; 71(9): 1513-7.



Darman Yab Darou (P.J.S)
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www.goldenlifehealth.com
Contact No.: +98 21 87175303



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have constitutes of minerals that enhance libido. Siberian ginseng is an adaptogen as it helps in relieving stress by controlling the body's adrenal system. Studies show that stress directly affects libido. In addition, it is also a stimulant and helps in the event one is feeling low. Subsequently, this will improve the libido of an individual for better sexual performances. The herb is also used to reduce fatigue and is popular for its capability to improve body stamina. Stamina and vitality are some of the attributes necessary for an outstanding sexual performance. In addition, the herb also contains estrogen so it can enhance libido in Menopausal women.



Tribulus terrestris

It is a flowering plant belongs to the family *Zygophyllaceae*, native to warm temperate and tropical regions. Administration of the herb to humans and animals improves libido and spermatogenesis. Some studies predict that T. terrestris steroid saponins possess neither direct nor indirect androgen-increasing properties. It is also found to increase the levels of testosterone, FSH & LH, dehydroepiandrosterone, dihydrotestosterone, and dehydroepiandrosterone sulfate. A study by Gauthaman et al showed the androgen releasing property of the tribulus extract and its relation to sexual behavior. The Protodioscin content of this herb seems to have aphrodisiac properties in both sexes through NO release from endothelium and nerves which lead to maintain blood circulation of sexual organs. It

also increases libido, sexual arousal, lubrication and ability to reach orgasm in women.



Epimedium grandiflorum (Horny goat weed)

It is a species of flowering plant in the family *Berberidaceae*, native to China, Japan and Korea. The leaves are used to make medicine. Icarin, the main active chemical compound in epimedium, inhibits the activity of PDE-5, in a similar way as the pharmaceutical drugs sildenafil. It also increases the levels of nitric oxide due to smooth muscle relaxation. So it can maintain the blood flow of sexual organs in both sexes and helps to have a better erection in men. It is also used to arouse sexual desire.



Vitamins B2, B3, B6

High amounts of B vitamins activate metabolic cycles and improve energy level in men and women. They also play important roles in sexual hormone production. Vasodilatation effect of vitamin B3, maintains circulation to sexual organs that causes better sexual performance. Recent studies show that vitamin B6 plays an important role in sexual hormone regulation, ovulation, and sperm production.



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Aphrodisiac for Women & Men

Sexual dysfunction always has been a major challenge for an individual's subjective well-being and one of the reasons for dissatisfaction of couples which may lead to depression and anxiety. It occurs in 10-52% of men and 25-63% of women.

It is a common problem with increase in prevalence. Etiological factors, including psychological factors, stress, certain drugs, lack of some nutrients, smoking and alcohol abuse may lead to sexual dysfunction. Erectile dysfunction (ED), the main reason of male impotence, is considered as one of the most important public health problems. An estimated 20-30 million men suffer from ED. It occurs commonly in middle-aged and older men. Atherosclerosis, diabetes, high blood pressure, lipid problems and cigarette smoking is the cause of approximately 40% of ED in men older than 50 years. Also low testosterone and thyroid problems contribute to ED.

In women the biggest sexual problem is caused by a combination of both mental and physical factors, including physical well-being, emotional well-being, experiences and current relationship. It is known in medical terms as hypoactive sexual desire disorder (HSDD). Numerous nonsexual diseases can also affect desire for sex, including cancer, diabetes, high blood pressure, coronary artery disease and neurological diseases. Many prescription medications, including some antidepressants and anti-seizure medications are notorious libido killers. Smoking decreases blood flow, which may dampen arousal. Fatigue can also contribute to low sex drive. Changes in hormone levels that occur after pregnancy, during breast-feeding and after menopause may affect the desire for sex.

Indications:

- Enhances libido and sexual function in both Women & Men
- Increases pleasure and performance in men & women.
- Helps maintain blood circulation of sexual organs
- Helps improve stamina, energy level and endurance
- Helps cope with stress

Ingredients:

Panax ginseng

For many years, Panax ginseng belonging to family *Aralaceae* has enjoyed a reputation as one of the finest aphrodisiacs in the world. As the neurotransmitter inducing penile erection, NO release was shown to be enhanced by ginseng in rabbit corpus cavernosum (CC). Ginsenosides enhance both acetylcholine-induced and transmural nerve stimulation-activated relaxation associated with increased tissue cGMP. It is postulated that the ginseng-enhanced release of NO from endothelial cells, may partly account for the aphrodisiac effect of this herb. It could be effective in erectile dysfunction.



Siberian ginseng

It is a woody shrub that thrives in the coniferous forests of Asia and Eastern Europe and has high medicinal value over the years. This herb seems to

