



## Unlocking your vitality with Testofen®

### What is Testofen®?

Testofen® is a fenugreek extract standardized to 50% Fenuside™. Fenuside™ is Saanroo®'s proprietary matrix of saponin glycosides.

Supplementing diets with products containing Testofen®, and regular resistance exercise, can help men maintain healthy levels of free testosterone that are already within the normal range, which, in turn, supports multiple bodily functions.

### Why Testofen®?

- Botanical
- 600mg
- Self-affirmed GRAS
- Allergen free (Major 9)
- Vegan / Vegetarian
- Non-GMO
- Formats: capsules, tablets, softgels, powders

### Testofen® Benefits

For men, Testofen® supports:

- Sexual health\*
- Quality of life\*
- Improvement in sexual aspects of quality of life in aging men\*
- Improvement in sexual drive in aging men\*
- Free testosterone levels\*
- Upper body muscular endurance\*
- Increased lower body strength\*
- Increased lean mass\*



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## Clinical Data



### Sexual Health Study [600mg]

Steels, E., Rao, A., Vitella L., "Physiological aspects of male libido enhanced by standardized *Trigonella foenum graecum* extract and mineral formulation." 2011, *Phytotherapy Rsch*, Vol. 25, 9, 1294-1300.

We found that Testofen® showed statistically significant improvements in overall male sexual health, in all four domains of the DISF-SR and had a positive effect on these Quality of Life (QOL) parameters.



### Anabolic Study [600mg]

Wankhede, Sachin et al. "Beneficial effects of fenugreek glycoside supplementation in male subjects during resistance training: A randomized controlled pilot study." *Journal of sport and health science* vol. 5,2 (2016): 176-182. doi:10.1016/j.jsbs.2014.09.005.

Following the 8 week study, we found that Testofen® showed positive results in Free Testosterone Levels, Body Fat, and Muscle Mass.



### Andropause Study [600mg]

Rao, A., Steels, E., Inder, W., Abraham, S. & Vitetta, L. (2016): "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*, doi: 10.3109/13685538.2015.1135323

After the 12 week study, we found that Testofen® was shown to significantly reduce normal symptoms of Andropause and improve sexual health by significantly increasing arousal, sexual desire, sexual activity, and free and total testosterone levels.



### Exercise Study [600mg]

Rao, Amanda J., Alistair R. Mallard, and Ross Grant. "Testofen® (fenugreek extract) increases strength and muscle mass compared to placebo in response to calisthenics. A randomized control trial." *Translational Sports Medicine*. June 4, 2020.

We found that the 600mg Testofen® group showed statistically significant:

- Improvement in lower body strength
- Decrease in body mass
- Increase in percentage lean mass
- Decrease in percentage fat mass and body fat
- Increase from baseline of Functional Threshold Power (FTP), with a 7.6 Watt improvement
- Increase in Total Testosterone levels



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