

## Product Details

### Gokhru, Gokshura

*Tribulus terrestris*, commonly known as Gokshura or Puncture Vine, is a flowering plant native to tropical regions worldwide. Traditionally used in Ayurvedic medicine for its ability to enhance vitality and support reproductive health, Gokshura is often included in formulations aimed at improving athletic performance and libido due to its potential testosterone-boosting effects.



### Tribulus terrestris

Puncture Vine

#### Active Ingredients

30% Saponins

#### Part Used: Fruit



Ratio: 7:1 (Dry Extract)

Purity: 100%

Shelf Life: 36 Months

LET'S TALK

#### Medicinal Uses

Gokhru or scientifically known as *Tribulus terrestris*, is a medicinal herb generally recognized for its restorative and diuretic properties. Traditionally, this has been used in Ayurveda for its supportive effects on the kidneys and as a general vitality tonic. Gokhru helps maintain good urination and hence is highly useful in kidney stones, urinary tract infections, and retention of water. The anti-inflammatory properties of this plant reduce pain and swelling related to the urinary tract disorders. Gokhru, aside from benefits related to the urinary systems, is considered a potential aphrodisiac in nature because it enhances sexual urge or desire and stamina. It thus supports the development of muscle mass and has been helpful for athletes. It regulates hypertension and enhances cardiovascular wellness.

Form: Powder\*

\* Soft/Paste form also available

Size: 1kg, 5kg, 25kg

Packaging Type: HDPE Drum

Country of Origin: India

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