

Product Information

Gokhru, Gokshura

Gokhru, Gokshura 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

Dry Powder Extract

Active: 30% Saponins
Ratio: 7:1

Soft Paste Extract

Active: 20% Saponins
Ratio: 5:1

Part Used: Fruit



Medicinal Uses

It is a medicinal herb generally recognized for its restorative and diuretic properties. Traditionally, this has been used 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.

Purity: 100%
Shelf Life: 36 Months
Size: 1kg, 5kg, 25kg
Country of Origin: India

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Premium Botanical Extracts,
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