LIBIFEM®





# Designed for women to empower women

## What is Libifem®?

Libifem® is a novel fenugreek extract featuring a standardization to a proprietary matrix of saponin glycosides known as Fenuside™.

Through years of rigorous scientific research, a whole host of benefits have been elucidated including supporting sexual health, menopausal health, as well as improving lean mass and lower-body strength while simultaneously reducing fat mass.

## Libifem® Benefits

In women, Libifem® supports:

- Healthy estradiol levels*
- Healthy free testosterone*
- Sexual health*
  - Improvement in sexual arousal when taken daily over 8 weeks *
  - Orgasms when taken daily over 8 weeks*
  - Sexual drive when taken daily over 8 weeks*
  - Sexual frequency when taken daily over 8 weeks*
- Menopausal symptoms*
  - Relief from vasomotor, psychosocial, physical and sexual symptoms of menopause
- Lower body strength*
- The reduction in fat mass and trank fat*
- Lean mass, lean body mass, and lean leg mass*
- Healthy body composition*


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Wellness Proven

*These statement have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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## Clinical Data

### Menopause Study [600mg]

*Steels E., Steele, M.L., Harold, M., Coulson, (2017). Phytotherapy Research. 31(9), 1316-1322*

We found that Libifem showed significant reduction in MENQOL study results and significantly improved menopausal symptoms such as hot flushes and night sweats.

### Sexual Health Study [600mg]

*Rao A., Steels E., Beccaria G., Inder W., Vitetta L., (2015). Phytotherapy Reseearch. 31(9), 1316-1322*

Following the 8 week study, we found that there was a significant increase in estradiol and free testosterone within normal physiological limits and significant improvement in the total score and all five sub-domains of the DISF-SR. .

### Exercise Study [600mg]

*Rao A., Clayton P., (2023). Frontiers in Sports and Active. 5*

After the 8 week study, we found that Libifem supports a significant increase in muscle strength, power and endurance, as well as significant improvement for endurance athletes and in body composition.

## Why Libifem®?

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


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