# Testofen®





## 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
- Halal / Kosher
- Gluten free
- 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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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

## 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) paramaters.

## 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.jshs.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

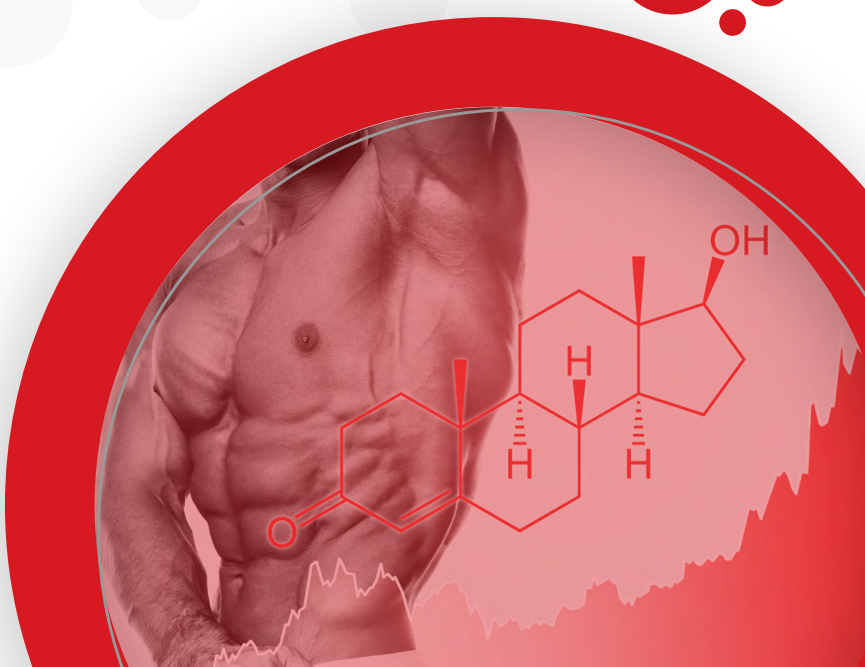

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