

Scientific References

1) Erectogenic and neurotrophic effects of icariin, a purified extract of horny goat weed (*Epimedium* spp.) in vitro and in vivo

<https://pubmed.ncbi.nlm.nih.gov/20141584/>

2) Human Safety and Pharmacokinetics Study of Orally Administered Icariin: Randomized, Double-Blind, Placebo-Controlled Trial

<https://journals.sagepub.com/doi/full/10.1177/1934578X19856789>

3) Icariin Improves Age-Related Testicular Dysfunction by Alleviating Sertoli Cell Injury via Upregulation of the ER α /Nrf2-Signaling Pathway

<https://pubmed.ncbi.nlm.nih.gov/32528279/>

4) Flavonoids: an overview

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5465813/>

5) Phytoandrogenic properties of *Eurycoma longifolia* as natural alternative to testosterone replacement therapy

<https://pubmed.ncbi.nlm.nih.gov/24386995/>

6) Standardised water-soluble extract of *Eurycoma longifolia*, Tongkat ali, as testosterone booster for managing men with late-onset hypogonadism?

<https://pubmed.ncbi.nlm.nih.gov/21671978/>

7) Efficacy of Tongkat Ali (*Eurycoma longifolia*) on erectile function improvement: systematic review and meta-analysis of randomized controlled trials

<https://pubmed.ncbi.nlm.nih.gov/26365449/>

8) Randomized Clinical Trial on the Use of PHYSTA Freeze-Dried Water Extract of *Eurycoma longifolia* for the Improvement of Quality of Life and Sexual Well-Being in Men

<https://pubmed.ncbi.nlm.nih.gov/23243445/>

9) The effect of *Eurycoma longifolia* on sperm quality of male rats

<https://pubmed.ncbi.nlm.nih.gov/19911566/>

10) Physiological aspects of male libido enhanced by standardized *Trigonella foenum-graecum* extract and mineral formulation

<https://pubmed.ncbi.nlm.nih.gov/21312304/>

11) Effects of a purported aromatase and 5 α -reductase inhibitor on hormone profiles in college-age men

<https://pubmed.ncbi.nlm.nih.gov/21116018/>

12) Citrulline and nitrogen homeostasis: an overview

<https://pubmed.ncbi.nlm.nih.gov/25676932/>

13) Influence of L-citrulline and watermelon supplementation on vascular function and exercise performance

<https://pubmed.ncbi.nlm.nih.gov/27749691/>

14) Citrulline stimulates muscle protein synthesis in the post-absorptive state in healthy people fed a low-protein diet - A pilot study

<https://pubmed.ncbi.nlm.nih.gov/24972455/>

15) Ameliorative effects of stinging nettle (*Urtica dioica*) on testosterone-induced prostatic hyperplasia in rats

<https://pubmed.ncbi.nlm.nih.gov/21806658/>

16) Efficacy and safety of a combination of Sabal and *Urtica* extract in lower urinary tract symptoms--long-term follow-up of a placebo-controlled, double-blind, multicenter trial

<https://pubmed.ncbi.nlm.nih.gov/18038253/>

17) Side-effect profile of sildenafil citrate (Viagra) in clinical practice

<https://pubmed.ncbi.nlm.nih.gov/10962318/>

18) Four-year review of sildenafil citrate

<https://pubmed.ncbi.nlm.nih.gov/16986012/>