

EndoAxis

Formula 5

FEMALE TESTOSTERONE BOOST

Blended to support optimal androgen performance.

AT A GLANCE

Testosterone and androgen metabolites play a critical role in female health and vitality. Testosterone levels tend to peak in a women's mid-to-late 20's, with a steady decline beginning after age 30. Testosterone in women supports bone health, enhances cognitive function, helps women maintain libido, sexual arousal and overall sexual satisfaction and helps improve muscle mass and athletic performance while also alleviating depression and fatigue. Testosterone is also important for fertility, although it requires balance (not too little, not too much).

Although lifestyle coupled with hormone replacement therapies can be one of the most powerful ways to support androgen activity for women, herbs and minerals can provide additional support to help optimize androgen production and signaling response in the body, improving testosterone response with, or without the use of additional HRT.

Meet **Harmonize**

Blended with female hormone balance in mind, these products work to harmonize and support healthy hormone levels.



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KEY BENEFITS



Enhances female androgen activity



Improves focus and stamina



Optimizes libido and mood

FORMULA ANALYSIS

Tribulus terrestris

Tribulus has a variety of reported health benefits, including increasing sexual function and libido in both men and women. Although testosterone production directly does not seem to increase while on *Tribulus*, the binding affinity and androgenic response at a tissue level seems to be augmented significantly, improving androgen deficiency symptoms, including fatigue, physical stamina, recovery and libido.[1][2]

Lepidium meyenii

The Peruvian herb, Maca, has been long revered for its role in immune modulation, aphrodisiac potential and improvement to overall health and vitality. Maca contains a variety of bioactive compounds, including alkaloids, sterols, flavonoids, and glucosinolates, which contribute to its potential physiological effects[3]. These phytochemicals exert modulatory actions on the endocrine system, including the regulation of hormone synthesis and release, increasing free circulating testosterone while also improving androgen receptor activity.[4]

Turnera difusa

Turnera difusa, known commonly as Damiana, is a South American herb with a long reputation as an aphrodisiac and sexual enhancement herb. *Turnera* contains a diverse array of phytochemicals, including flavonoids, terpenoids, and phenolics that exhibit antioxidant, anti-inflammatory and hormone-modulating properties[5]. *Turnera* supports androgen production directly through its impact on aromatase enzyme inhibition, thus reducing the conversion of testosterone to estrogen[6], while also supporting blood sugar response, which can indirectly improve androgen activity and metabolism in the body[7]

Zinc

Zinc is an essential mineral that supports reproductive health and hormone balance. It plays a crucial role in the conversion of folliclestimulating hormone (FSH) to luteinizing hormone (LH), which supports production of testosterone. A systematic review reveals that zinc deficiency in both men and women can correlate with lower testosterone levels[8].

Boron

Boron is believed to influence testosterone levels through several mechanisms. It may enhance the conversion of androgens to testosterone by increasing the activity of enzymes such as 17 β -hydroxysteroid dehydrogenase. Furthermore, boron may affect sex hormone-binding globulin (SHBG) levels, consequently increasing free testosterone availability. Boron has also been associated with enhanced vitamin D synthesis, which can indirectly influence testosterone production. Several studies have investigated the effects of boron supplementation on testosterone levels in women. In a randomized, double-blind, placebo-controlled trial, administered 10 mg of boron daily to postmenopausal women for eight weeks[9]. The boron group demonstrated a significant increase in free testosterone levels compared to the placebo group. A similar study by Pizzorno and colleagues (2016) observed increased free testosterone levels in postmenopausal women following six weeks of boron supplementation (6 mg/day)[10]. Additionally, boron has been suggested to enhance estrogen metabolism, potentially reducing the risk of estrogen-related conditions such as breast cancer[11].

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value	
Zinc (as zinc picolinate)	0.80 mg	7%
Organic Gelatinized Maca (<i>Lepidium peruvianum chacon</i>) (root) powder	200 mg	†
Tribulus (<i>Tribulus terrestris</i>) (fruit) extract (std. to 40% saponins)	125 mg	†
Chrysin (from <i>Oroxylum indicum</i> seed extract)	75 mg	†
Fo-Ti (He-Shou-Wu) (<i>Polygonum multiflorum</i>) (root) powder	25 mg	†
Damiana (<i>Turnera diffusa</i>) (leaf) extract 10:1	15 mg	†
Fenugreek (<i>Trigonella foenum-graecum</i>) (seed) extract 20:1	7.5 mg	†
Ginger (<i>Zingiber officinale</i>) (root) extract 4:1	4.2 mg	†
Boron (boron citrate)	0.05 mg	†

† Daily Value not established

Other ingredients: Vegetable capsule (hypromellose), magnesium stearate, microcrystalline cellulose, and silicon dioxide.

SUGGESTED USE

Take 1 capsule 2 times a day with a meal or as directed by your healthcare practitioner.

CAUTION: Do not use if pregnant or nursing. Consult your physician before use if you have a medical condition, or taking any medication. Do not use product if the safety seal is broken or damaged. Keep out of reach of children.

MADE WITHOUT

Wheat, gluten, corn, yeast, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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