

## TRIBULA TERRESTRIS EXTRACT



This has been known for centuries to improve physical work capacity and increase endurance. This is part due to its ability to improve the blood supply to muscles and brain.

It also has the capacity to increase the testosterone levels in men.

Tribulus Terrestris (also known as Puncture Vine) is a plant with a long history of use in Eastern Europe and China. The Chinese have used Tribulus in their Materia Medica for over 400 years. Tribulus has been traditionally used as a liver tonic.

Research in the 1980's by the Chemical Pharmaceutical institute in Sofia, Bulgaria led to the development of a Tribulus product used in medical practice in Bulgaria. The Institute was searching for a safe non-hormonal treatment for hormonal insufficiency. They learned that Tribulus was beneficial for hormonal problems in both men and women. Fertility and libido improved in men and women.

Tribulus is a liver tonic, having a stimulating and detoxifying effect on the liver, helping it to break down fats into essential fatty acids and fat soluble vitamins. The body uses these essential fatty acids to manufacture hormones, and the fat soluble vitamins to manufacture hormone-like compounds.

Tribulus is especially helpful given the typical western diet where the liver is overburdened by too much sugar and fat. The overall effect is that tribulus terrestris leads to a more balanced hormonal system in both men and women. In women, hormonal imbalances can lead to the typical unpleasant symptoms associated with PMS and menopause. Tribulus 250 is listed on the Australian Register of Therapeutic Goods for the relief of menopausal and premenstrual symptoms.

Tribulus stimulates the bile flow and breakdown of fats in the liver thus contributing to a more regular bowel pattern and effective elimination of toxins from the liver.

More efficient fat metabolism can make the blood less "sticky", consequently benefiting blood pressure.

Improved fat metabolism also benefits oxygenation which creates energy within the cells for use in the body. Many athletes and bodybuilders have found tribulus a safe and natural alternative to anabolic steroids.