

Bulgarian Tribulus Complex

Herbs of Gold Bulgarian Tribulus Complex is a potent blend of Bulgarian and Indian Tribulus that has been standardised to contain over 300mg of protodioscin per tablet. Protodioscin is a steroidal saponin and a key pharmacologically active constituent of Tribulus.

Each tablet contains:

<i>Tribulus terrestris</i> (Bulgarian Tribulus) herb extract 90.9mg derived from dry herb minimum	4.5g
stand. to contain furostanol saponins calc. as protodioscin 40.91mg	
<i>Tribulus terrestris</i> (Indian Tribulus) fruit extract 666.7mg derived from dry fruit minimum	8.7g
stand. to contain furostanol saponins calc. as protodioscin 266.67mg	
TOTAL FUROSTANOL SAPONINS CALC. AS PROTODIOSCIN 307.6mg	

Does not contain egg, milk, peanut, corn, soy, tree nuts, animal products, gluten, lactose or artificial colours, flavours or preservatives.



30 / 60 tablets



DIRECTIONS FOR USE

Adults – Take 1 tablet, once or twice daily, with food, or as directed by your health professional.

FEATURES & BENEFITS

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|--------------------------|------------------------------|---------------------|----------------------------|
| ✓ High strength | ✓ Over 300mg of protodioscin | ✓ Healthy libido | ✓ Healthy sexual function |
| ✓ Traditional male tonic | ✓ Sperm health | ✓ Menopause support | ✓ Suitable for men & woman |

TECHNICAL INFORMATION

- Bulgarian Tribulus Complex contains a combination of Bulgarian and Indian Tribulus. Tribulus is a popular widespread herb found in China, southern Europe, eastern Asia and extending into western Asia. It has a long history of use in traditional medicine systems, including Chinese and Ayurvedic medicine.
- Tribulus terrestris* is the most commonly supplemented species of the Tribulus genera. A variety of compounds are present at varying ratios depending on the plant part used. The fruits and root plant parts contain a mixture of different steroidal saponins.
- Steroidal saponins are considered to be the most important constituent responsible for the biological activity of Tribulus. They consist of a furostanol or spirostanol-based aglycone and an oligosaccharide attached to a steroid nucleus. The main chemical components of the fruit are steroidal saponins, protodioscin, tribulosaponins A and B, tribulosin and terrestrosina A–K.
- The main furostanol saponins in Tribulus are protodioscin and prototribestin. Protodioscin is a steroidal saponin commonly seen as the main active constituent of Tribulus, comprising 45% of most dry extracts. Levels of protodioscin are not consistent as it greatly depends on the soil in which Tribulus is grown. For this reason, standardised Tribulus formulations are important.
- Bulgarian Tribulus Complex is a standardised formulation with a total saponin content of ≥40% and contains over 300mg of protodioscin per tablet.

Traditional use

- Tribulus is traditionally used in Ayurvedic medicine as an aphrodisiac to enhance libido. The Ayurvedic action is referred to as 'Vrsya' which means 'to increase sexual appetite'. It has also been used as a reproductive tonic to help improve virility and sperm production in men and lactation in women.
- Tribulus is traditionally used in Ayurvedic medicine as a male tonic. It is described as having 'Brimhana' and 'Balya' actions in Ayurveda, meaning it has the ability to increase body mass and enhance body strength when translated from Sanskrit.
- Tribulus herb has also been traditionally used in European folk medicine to energise, vitalise and improve sexual function and physical performance in men.

Sperm health

- Bulgarian Tribulus Complex maintains sperm health and supports sperm motility and production in men.
- A 2019 systematic review of 7 clinical trials evaluated the effects of *Tribulus terrestris* on semen parameters in men. The review concluded that the consumption of Tribulus resulted in improved sperm number, motility and morphology, based on 6 out of 7 studies. Protodioscin was shown to be responsible for the increase in sperm count and motility, and increased levels of testosterone and dihydrotestosterone in several studies¹.

Menopause support

- Bulgarian Tribulus Complex supports healthy female hormonal balance during menopause.
- Steroidal saponins present in Tribulus appear to increase serum levels of free and bioavailable testosterone. An increase in the active form of testosterone contributes to the improvement of sexual function in postmenopausal women.
- Tribulus seems to increase follicle stimulating hormone (FSH) in women, which in turn increases levels of oestradiol. Steroidal saponins act on the hypothalamus and have been used for alleviating estrogen withdrawals in menopausal women.

Libido

- Bulgarian Tribulus Complex supports sexual function and healthy libido in both men and women.
- A randomised, double-blind, placebo-controlled trial tested the effects of 1500mg/day of Tribulus on 180 males with mild to moderate erectile dysfunction. Compared to placebo, the Tribulus group experienced significant improvements in sexual function, including increased sexual desire, orgasmic function and overall satisfaction after 12 weeks of treatment².
- A randomised, double-blind, placebo-controlled study evaluated the effects of 750mg/day of Tribulus on 40 healthy women with low libido. Women receiving Tribulus had an improvement in scores for sexual desire, excitement, lubrication, anorgasmia and satisfaction following 4 months of treatment. The placebo group experienced no improvements in sexual function³.

1 Sanagoo, S., Sadeghzadeh Oskoue, B., Gassab Abdollahi, N., Salehi-Pourmehr, H., Hazhir, N., & Farshbaf-Khalili, A. (2019). Effect of *Tribulus terrestris* L. on sperm parameters in men with [...] a systematic review. *Complementary Therapies in Medicine*, 42, 95–103.

2 Kamenov, Z., Fileva, S., Kalinov, K., & Jannini, E. A. (2017). Evaluation of the efficacy and safety of *Tribulus terrestris* in male [...] a prospective, randomised, double-blind, placebo-controlled clinical trial. *Maturitas*, 99, 20–26.

3 Vale, F., Zanolli Dias de Souza, K., Rezende, C. R., & Geber, S. (2018). Efficacy of *Tribulus terrestris* for the treatment of premenopausal women with [...] a randomised double-blinded, placebo-controlled trial. *Gynecological Endocrinology: The Official Journal of the International Society of Gynecological Endocrinology*, 34(5), 442–445.

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- Several studies have shown that Tribulus is beneficial in supporting healthy libido in postmenopausal women. Results were consistent across the studies, with improvements in desire, arousal and lubrication with doses of 750mg to 1500mg a day taken for at least 8 to 12 weeks^{4,5,6}.

DRUG INTERACTIONS

- None noted at the recommended dose.

CAUTIONS

- Contraindicated in individuals with androgen-sensitive tumours.
- Contraindicated during pregnancy and lactation.

SIDE EFFECTS

- Gastrointestinal disturbance may occur in sensitive individuals due to high saponin content.

COMPANION PRODUCTS

- Acetyl L-Carnitine
- Ginseng 4 Energy Gold
- Men's Multi +
- Muscle Resuscitation

4 Ostigo, S., Lima, S. M., Yamada, S. S., dos Reis, B. F., da Silva, G. M., & Aoki, T. (2016). Assessment of the effects of Tribulus terrestris on sexual function of menopausal women. *Revista Brasileira de Ginecologia e Obstetricia: Revista da Federacao Brasileira das Sociedades de Ginecologia e Obstetricia*, 38(3), 140–146.

5 De Souza, K. Z., Vale, F. B., & Geber, S. (2016). Efficacy of Tribulus terrestris for the treatment of [...] in postmenopausal women: a randomised, double-blinded, placebo-controlled trial. *Menopause (New York, N.Y.)*, 23(11), 1252–1256.

6 Fatima, L. & Sultana A., (2017). Efficacy of Tribulus terrestris L. (fruits) in menopausal transition symptoms: a randomised placebo controlled study. *Advances in Integrative Medicine*, 4(2), 56–65.