



NEW DIETARY INGREDIENT (NDI) SAFETY INFORMATION

**Med-Hija LLC
12 Oct 2016**



WARNING: Consult a medical professional before taking this product if you have a medical condition, have high blood pressure or a heart condition, or if currently taking anti-depressants or any other prescription medication. Not recommended for anyone under 18 or over 65 years of age.

DIRECTION: As a dietary supplement, take 3 capsules daily.

Do not use if safety seal is damaged or missing.
Store in cool, dry place.
KEEP OUT OF REACH OF CHILDREN.

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PRO LISTEM

STAGE THREE

DIETARY SUPPLEMENT

90
Capsules

Supplement Facts		Amount Per Serving	%DV
Serving Size: 3 Capsules			
Servings Per Container: 30			
Amount Per Serving	%DV		
Vitamin A (as Beta Carotene).....	3880 mcg.....	431%	
Vitamin C (Ascorbic Acid).....	300 mg.....	333%	
Vitamin D (as Cholecalciferol).....	20 mcg.....	100%	
Vitamin E.....	30 mg.....	200%	
(as D-Alpha Tocopheryl Acetate)			
Thiamin (as Thiamine HCl).....	13.5 mg.....	1,125%	
Riboflavin.....	4.5 mg.....	346%	
Niacin (as Nicotinamide).....	45 mg.....	281%	
Vitamin B6.....	1.74 mg.....	102%	
(as Pyridoxal-5-Phosphate)			
Folate.....	1650 mcg DFE.....	413%	
(990 mcg Folic Acid)			
Vitamin B12 (as Cyanocobalamin).....	12 mcg.....	500%	
Pantothenic Acid.....	4.5 mg.....	90%	
(as Calcium-D-Pantothenate)			
Calcium (as Calcium Carbonate).....	69 mg.....	5%	
Iodine (as Potassium Iodide).....	225 mcg.....	150%	
Magnesium.....	26.76 mg.....	6%	
(as Magnesium Hydroxide and Magnesium Gluconate)			
Zinc (as Zinc Sulphate).....	18.97 mg.....	173%	
Copper (as Copper Gluconate).....	0.244 mg.....	27%	
Type 2 Blend.....	864 mg.....	†	
Grape Seed Extract, Epimedium Herb Powder, Pomegranate Fruit Powder, Velvet Bean Seed Powder, Damiana Leaf Powder, Ginkgo Leaf Powder, Assan Ginseng Root Powder, Maca Root Powder, Tribulus Fruit Powder, L-Arginine (as L-Arginine HCl)			
† Daily Value not established.			

Other Ingredients: Gelatin Capsule, Microcrystalline Cellulose, Magnesium Stearate.

Contains: Tree Nuts (Ginkgo Nut).



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- **Red Panax Ginseng:** Panax Ginseng is commonly referred to as the 'True Ginseng' (being the most researched 'Ginseng' actually belonging to the plant family of 'Ginseng') and appears to be effective for mood, immunity, and cognition; subpar for erections, testosterone, and exercise.

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- **Pomegranate:** Pomegranates are among the healthiest fruits on earth. They contain a range of beneficial plant compounds, unrivaled by other foods. Many studies have shown that they have incredible benefits for your body, and may lower the risk of all sorts of disease.

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- ***Maca***: *Maca is the common name for Lepidium meyenii, a plant in the broccoli family. ‘Maca root’ refers to the root of the plant, which resembles a turnip. Maca is divided into categories based on the color of the root, which can be red, black, pink or yellow. Maca has historically been grown in Peru. Maca has traditionally been used as an aphrodisiac. It has been used all over the world and affects both genders. It does not work through hormones, and does not increase testosterone or estrogen. Men supplementing maca have been known to experience an increase in sperm production. Maca also appears to be a potent suppressor of prostate hypertrophy, with potency similar to finasteride, a synthetic drug for the treatment of enlarged prostates. Preliminary research also suggests maca can protect the brain from damage, improve bone health, and even improve cognitive ability in healthy people.*

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- ***Tribulus Terrestris:*** *Tribulus terrestris is a herb from Ayurveda that is mostly recommended for male health including virility and vitality, and specifically more catered towards cardiovascular and urogenital health. It is a common supplement for its libido enhancing properties and supposed testosterone boosting properties.*

On the sexual side of things, tribulus does appear to be a relatively reliable and potent libido enhancer in rats and the lone human study assessing this has confirmed an increase in sexual wellbeing and erectile function. While it is not exactly known how tribulus works, it is known to enhance androgen receptor density in the brain (muscle tissue not confirmed) which may enhance the libido enhancing properties of androgens. Limited evidence suggests that it is weak to non-effective in enhancing fertility.

A specific component, tribulosin, appears to be quite potently cardioprotective and is effective in the 1-10nM range. It has not yet been tested in living creatures, but remains a very promising option.

In animal research, the fruits of tribulus appears to protect the organs (mostly liver and kidneys) from oxidative damages at reasonably low dosages and also exert anti-stress effects; confirming the status of tribulus terrestris as an Adaptogen.

Despite the above promise as an adaptogen and a libido enhancer, studies investigating tribulus in sports performance have all failed to find benefits. The herb seems to be a possibly healthy herb that enhances sexuality but with limited use for power output and testosterone enhancement (which it has repeatedly failed to do).

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- **Horny Goat Weed:** *Horny Goat Weed is a herb (Epimedium) that is known for being an aphrodisiac and touted as a Testosterone Booster. It derives its layman names from goats and sheep who acted a bit more frisky after consuming Epimedium that grew near their fields.*

It is also sometimes referred to by its active ingredient, Icariin. Icariin is known as a prenylated flavonoid compound and has been shown to exert much of the aphrodisiac effects of Horny Goat Weed. It has also been shown in one rat study to increase Testosterone levels at a rather high dose, and moderate dosages are shown to be beneficial for bone health.

Icariin has not been shown to increase testosterone in females, yet two other compounds in Horny Goat Weed (Icaritin, Desmethylicaritin) have actually increased Estrogen in post-menopausal females. The herb acts as an aphrodisiac in both genders, and the gender-specific hormone increasing could be beneficial for both genders.

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- ***Mucuna Pruriens:*** *Mucuna Pruriens, or Velvet Bean, is a bean that grows from trees and is very itchy to touch due to serotonin on its surface. It is a good source of L-DOPA, and contains some other molecules that may aid the benefits of L-DOPA. The other psychoactives in Mucuna are dosed too low to be relevant.*

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Damiana Leaf: *Damiana Leaf is a supplement consisting of the dried leaves of the Turnera Diffusa plant, which has traditionally been brewed as a tea for use as a physical tonic and aphrodisiac in Central America (with some references to the Mayan culture, but more recently Mexico).*

Evidence on Damiana Leaf is lacklustre. Not too many studies have been conducted on it, and most are studies attempting to isolate bioactive ingredients from the compound. Two studies have been conducted in rats showing aphrodisiac properties when the rats are either sexually sluggish or fatigued, which is an effective that can possibly be mimicked by any Adaptogen class supplement and more of a credit to the 'physical tonic' aspect of Damiana than the aphrodisiac properties.

There is some limited evidence that it may reduce anxiety, but due to Damiana being a fairly good source of Apigenin these effects can probably extend to any Apigenin-containing plant, of which there are several (not limited to chamomile tea and lemon balm).

Beyond that, there is not much quality evidence to support usage of Damiana as Aphrodisiac. All human studies using Damiana are currently confounded with usage of multiple bioactive components which complicates assessment of Damiana itself.

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- **Ginkgo Biloba:** *Ginkgo biloba* is the most commonly ingested herb for brain health. While it can boost cognition, this effect is not very reliable.

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- **Vitamin C:** *Vitamin C, or L-ascorbic acid, is a water-soluble essential vitamin. It is a very popular dietary supplement due to its antioxidant properties, safety, and low price.*

Vitamin C is often supplemented to reduce the symptoms of the common cold.



However, vitamin C is unable to reduce the frequency of colds in a healthy population. An athlete supplementing vitamin C, on the other hand, can expect to cut the risk of getting a cold in half. Supplemental vitamin C is able to reduce the duration of a cold by 8-14% in any population, when it is taken as a daily preventative measure, or at the beginning of a cold. Though superloading vitamin C (5-10g daily) is said to be more effective, further research is needed to determine the accuracy of this claim.

Vitamin C is capable of being both an antioxidant and pro-oxidant, depending on what the body needs. This mechanism allows it to serve a variety of functions in the body.

Vitamin C sequesters free radicals in the body. It is replenished by antioxidant enzymes, and is often used as a reference drug in antioxidant research. Vitamin C's structure allows it to act on neurology and depression, as well as interact with the pancreas and modulate cortisol. Its antioxidant properties mean vitamin C provides neuroprotective effects and benefits for blood flow. By protecting the testes from oxidative stress, vitamin C can also preserve testosterone levels.

(Ref: <https://examine.com/supplements/Vitamin+C/>)

- ***Vitamin A (Beta Carotene):*** *(Ref: <https://examine.com/supplements/Vitamin%20A/>)*
- ***Vitamin E (D-Alpha Tocopheryl Succinate):*** *is a term used to refer to eight molecules, which are divided into two categories: tocopherols and tocotrienols. Each category is further divided up into alpha (α), beta (β), gamma (γ), and delta (δ) vitamers. The vitamer α-tocopherol is considered to be the 'main' vitamer, but the gammas (γ-tocopherol and γ-tocotrienol) are also popular research topics, due to their presence in the diet. Collectively, these compounds are called vitamin E. Vitamin E supplements almost always contain α-tocopherol.*

The majority of vitamin E's benefits come from avoiding a deficiency, but there are several instances where supplementation can offer additional benefits. Supplementing α-tocopherol is able to improve T-cell mediated immune function, which boosts the immune system.

Vitamin E also seems to be able to enhance the body's antibody response to vaccinations. Vitamin E is particularly important for the elderly, since a deficiency is associated with a higher risk of bone fractures. Supplementing additional vitamin E, however, will not provide additional benefits to bone health. Vitamin E may also be able to protect against age-related cognitive decline, but further research is needed before supplementation can be recommended specifically for Alzheimer's and Parkinson's treatment.

Vitamin E was one of the first two antioxidant compounds to be sold as dietary supplements, the second being Vitamin C. It is sometimes used as the 'reference'



antioxidant compound when fat soluble compounds are being researched. Vitamin E may function as a signaling molecule within cells and for phosphate groups.

Since the majority of vitamin E's benefits are associated with low doses slightly above the Recommended Daily Allowance (RDA), vitamin E supplementation is not always necessary. Dietary changes can singlehandedly prevent a vitamin E deficiency and eliminate the need for supplementation. Sesame seeds in particular contain a lot of tocotrienols, as well as Sesamin, which improves the retention of vitamin E. Low-dose vitamin E is safe to supplement, but it should not be mixed with coumarin-based anticoagulants like warfarin. High-dose long-term vitamin E supplementation (above 400IU per day), however, may be associated with increased risk of death and increased risk of prostate cancer.

(Ref: <https://examine.com/supplements/Vitamin+E>)

- ***Vitamin B1 (Thiamin):*** *(Ref: <https://examine.com/supplements/Vitamin+B1/>)*
- ***Vitamin B2 (Riboflavin):*** *Riboflavin is an Essential Vitamin or Mineral that is required for some enzymes in the body to act normally. Supplementation of riboflavin is not outright required with a good diet, but may serve some benefits for cardiovascular health in genetically susceptible people.*

Ref: <https://examine.com/supplements/Vitamin+B2/>

- ***Vitamin B12 (Methylcobalamin):*** *Cobalamin (Vitamin B12) is a water-soluble Essential Vitamin or Mineral that is known to play roles in neurology.*

Ref: <https://examine.com/supplements/Vitamin+B12/>

- ***Vitamin B3(Nicotinamide):*** *Niacin is an essential B-vitamin. Supplementation results in improved cholesterol and triglyceride levels. However, since a side-effect of supplementation is increased insulin resistance, niacin supplementation only provides benefits for cardiovascular health if precautions are taken.*

<https://examine.com/supplements/Vitamin%20B3/>

- ***Vitamin B5 (Pantothenic Acid):*** *Pantothenic acid is one of the B-vitamins which is critical in the formation of Co-enzyme A, a molecule which helps a large amount of enzymes function in the body, and for energy production in general. While it is important, it is rare to be deficient and further supplementation shows little promise.*



<https://examine.com/supplements/Vitamin+B5/>

- **Folic Acid:** *Folic acid, the synthetic form of folate, is an essential B-vitamin most well known for its role in preventing neural tube defects in infants. It also has a role in supporting general health but may be detrimental in high amounts.*

<https://examine.com/supplements/Folic+Acid/>

- **Calcium Carbonate:** *Calcium is a dietary macromineral found in high amounts in dairy products, and to a lesser extent in vegetables. Used primarily to support bone health, calcium also has a role in maternal and cardiovascular health.*

<https://examine.com/supplements/Calcium/>

- **Magnesium Hydroxide:** *Magnesium is a dietary mineral. Magnesium deficiencies are the second most common deficiency in developed countries, the first being Vitamin D. A lack of magnesium will raise blood pressure and reduce insulin sensitivity.*

<https://examine.com/supplements/Magnesium/>

- **Magnesium Gluconate:** *Magnesium is a dietary mineral. Magnesium deficiencies are the second most common deficiency in developed countries, the first being Vitamin D. A lack of magnesium will raise blood pressure and reduce insulin sensitivity.*

<https://examine.com/supplements/Magnesium/>

- **Vitamin D3:** *Vitamin D is a fat-soluble Essential Vitamin or Mineral that our skin synthesizes when exposed to the sun. It benefits us in many ways, from bone health to mood.*

<https://examine.com/supplements/Vitamin+D/>

- **Vitamin B6 (Pyridoxal 5-Phosphate):** *is one of the B-vitamins, used in producing a necessary coenzyme in the body. While essential and with many small benefits, there appear to be no highly effective unique reasons to use this supplement.*

<https://examine.com/supplements/Vitamin+B6>

- **Copper Gluconate:** <https://www.drugs.com/mmx/copper-gluconate.html>



- **Zinc Sulfat:** *Zinc is an essential mineral involved in regulating many enzymes. It is an antioxidant and immune-boosting supplement. Zinc is most commonly supplemented to reduce the frequency of illness and to support optimal levels of testosterone.*

<https://examine.com/supplements/Zinc/>

- **L-Arginine:** *L-Arginine is a conditionally essential amino acid. It is important for blood flow and nitric oxide levels, but oral supplementation may not reliably improve blood flow in humans.*

<https://examine.com/supplements/Arginine/>