



Testofen[®]

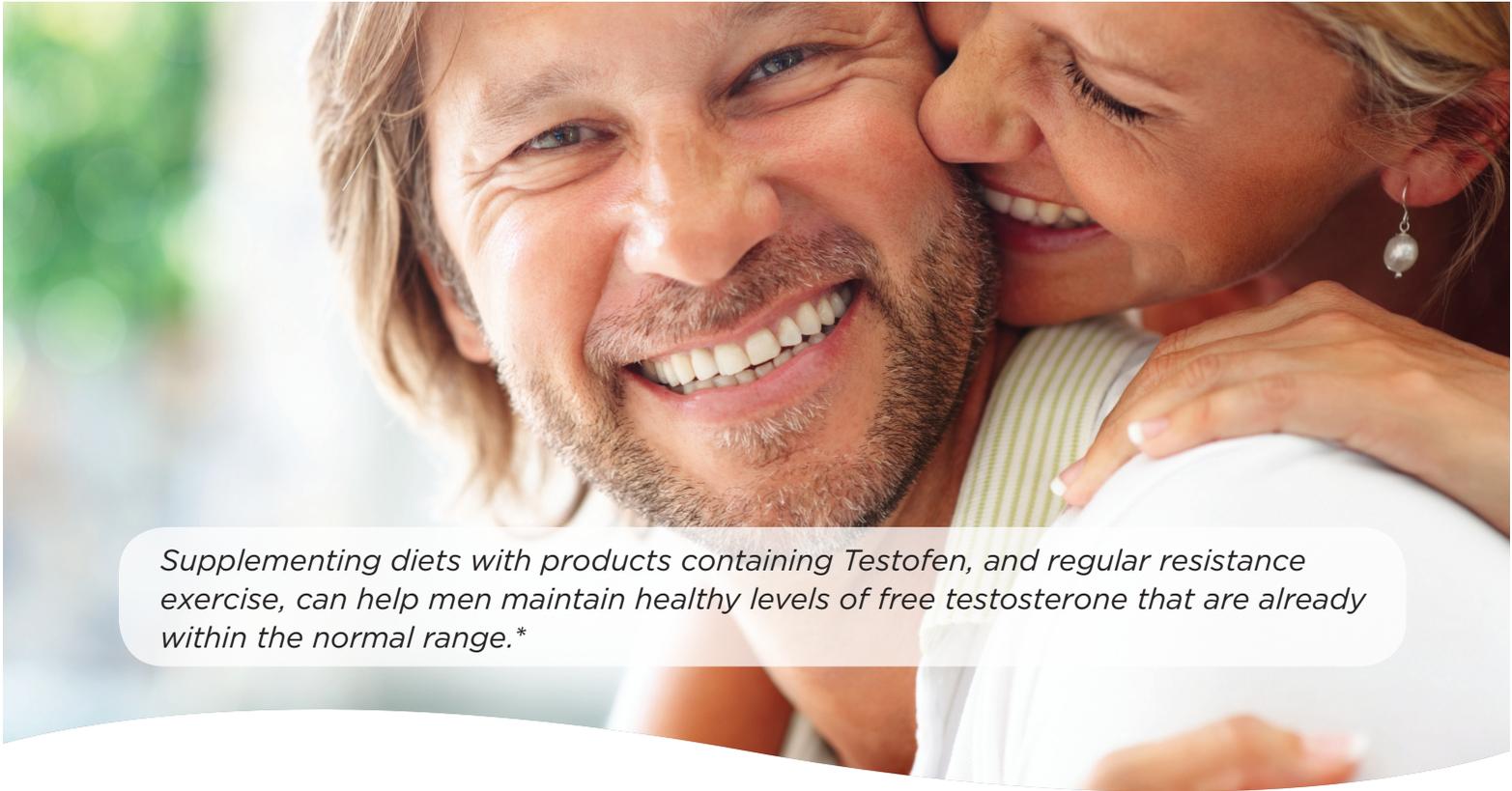


Fenugreek Extract



for healthy men





*Supplementing diets with products containing Testofen, and regular resistance exercise, can help men maintain healthy levels of free testosterone that are already within the normal range.**

Potent support for men

Introducing Testofen®

Testofen is a fenugreek extract standardized to 50% Fenuside™. Fenugreek contains over 100 phytochemical constituents, including Furostanol Saponins and Steroidal Saponins, and has multiple health applications. However, Testofen is a unique extract of fenugreek, standardized to a proprietary matrix of saponin glycosides that Gencor has named Fenuside. These constituents in Testofen can support healthy sexual desire and vitality*, muscle mass, free testosterone levels in men, and help reduce normal symptoms of Andropause.*

Most of a man's testosterone is bound to Sex Hormone Binding Globulin (SHBG) and Albumin. Often, only 2-3% is in a free state. This free form of testosterone is responsible for many functions vital to ongoing health:

- Muscle mass*
- Sexual drive*
- Energy levels*

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Supplementing diets with products containing Testofen, and regular resistance exercise, can help men maintain healthy levels of free testosterone that are already within the normal range, which, in turn, supports multiple bodily functions.

Product benefits

Testofen® structure-function claims

The following structure-function claims are provided here for informational purposes only and should be reviewed by your legal counsel prior to use in marketing materials, including product labels.

- Supports healthy levels of free testosterone*
- Promotes sexual desire and vitality*
- Reduces recovery time following sexual activity*
- Supports muscle mass*
- Promotes healthy energy levels*
- Helps reduce normal symptoms of Andropause in men over age 40*



Science inside

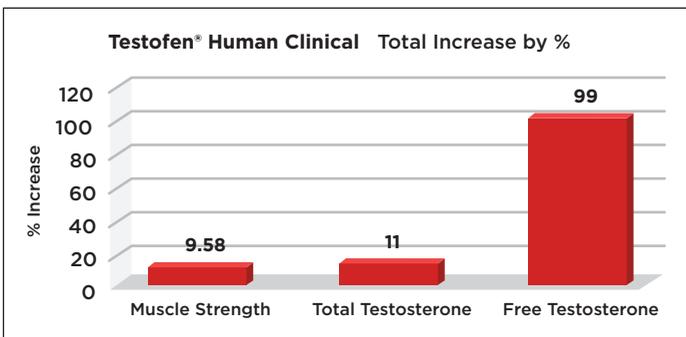
Researchers have studied the effect of Testofen in multiple human studies and in an animal study.

Human clinical trials

One 8-week, randomized, double-blind, placebo-controlled clinical study showed positive results in three main areas:

- 1. Free testosterone levels*.** Typical free testosterone levels fall in the 5-50 pg/ml range. Subjects taking Testofen evidenced a 99% increase in free testosterone, compared to the baseline, after the 8-week period. Subjects on the placebo did not register a statistically significant increase in free testosterone levels.
- 2. Body fat*.** Subjects taking Testofen experienced a statistically significant reduction in body fat, as measured by skin-fold thickness in the thigh and biceps regions. While skin-fold thickness decreased, subjects maintained the same body weight, which indicates an increase in muscle mass.
- 3. Muscle mass*.** An additional muscle-mass measurement was conducted using Blood Urea Nitrogen (BUN) levels. BUN levels would be expected to drop if subjects had experienced a decline in muscle mass. Because BUN levels remained unchanged, while skin-fold thickness decreased, subjects were considered to have experienced an increase in muscle mass and a decrease in body fat.

The following table summarizes the study findings in the areas of muscle strength and free testosterone levels.



Citation: Wankhede S, Mohan V, Thakurdesai P, "Beneficial effects of fenugreek glycoside supplementation in male subjects during resistance training: a randomized controlled pilot study," *Journal of Sport and Health Science* (2015), doi: 10.1016/j.jshs.2014.09.005.

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A second study was conducted in Australia. This randomized, double-blind, placebo-controlled study was conducted on 54 subjects who were administered Testofen combined with magnesium, elemental zinc and pyridoxine, and resulted in statistically significant improvements in overall male sexual health*. The study used the DISF-SR index, the lead index of sexual health, and a general Quality of Life survey to measure the parameters.

Testofen showed statistically significant increases in the total and all four domains of the DISF-SR:

- Sexual cognition
- Sexual arousal
- Sexual experience
- Orgasm

In addition, Testofen had a positive effect on these Quality of Life (QOL) parameters, while the placebo had no effect:

- Recovery time following sexual activity
- Quality of sexual performance
- Libido
- General energy level
- General well being

Citation: Steels, E., Rao, A., Vitella L., "Physiological aspects of male libido enhanced by standardized *Trigonella foenum graecum* extract and mineral formulation." 2011, *Phytotherapy Rsch*, Vol. 25, 9, 1294-1300.

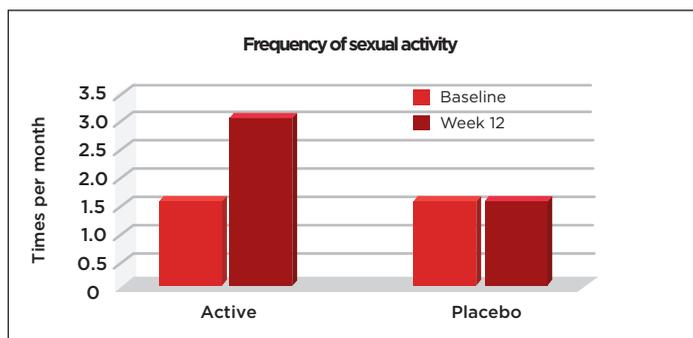
A third study was conducted in Australia and aimed to assess the effectiveness of Testofen on symptoms of Andropause. This 12 week, single-site, double-blind, randomized, short-duration human clinical trial was conducted on 120 male subjects, aged 43-70, who reported having symptoms of Andropause (male menopause), and were otherwise considered to be healthy.

Participants were given the clinically-validated Aging Male Symptom questionnaire (AMS), which was comprised of seventeen questions in three sub-scales (Psychological, Somatic, and Sexual). This questionnaire helped gauge the level of severity of Andropause symptoms. In addition, this study also used the DISF-SR to measure the parameters.

Testofen was shown to significantly reduce normal symptoms of Andropause in the active treatment group at weeks 6 & 12 in the total AMS score and all sub-domains (except psychological sub-score), compared to the placebo.



The following table summarizes the study findings regarding sexual activity as self-reported by subjects in the DISF-SR questionnaire.



Overall, Testofen was shown to effectively reduce the normal symptoms of Andropause and improve sexual health by significantly increasing arousal, sexual desire, sexual activity, and free and total testosterone levels.

Citation: Rao, A., Steels, E., Inder, W., Abraham, S. & Vitetta, L. (2016): "Testofen, a specialised *Trigonella foenum-graecum* seed extract reduces age related symptoms of androgen decrease, increases testosterone levels and improves sexual function in healthy aging males in a double-blind randomised clinical study," *The Aging Male*, DOI: 10.3109/13685538.2015.1135323

Animal study

A 4-week study on male albino rats administered Testofen resulted in increased weight of the levator ani muscle and overall body weight. Testofen also appeared to support anabolic activity (increased muscle mass) in male rats, independent of any androgenic activity.

Citation: Aswar, U., Bodhankar, S., Mohan, V., Thakurdesai,

P., "Effect of Furostanol Glycosides from *Trigonella foenum graecum* on the Reproductive System of Male Albino Rats." 2010, *Phytotherapy Rsch*, Vol. 24, 1482-1488.

Delivery and applications

Testofen is suitable for use in any of the following applications: powders, soft gels, liquids, hard gelatin capsules and tablets.

Why choose Testofen?

What sets Testofen apart from other ingredients: Testofen

- Has been shown effective in multiple published human clinical studies
- Promotes healthy levels of free testosterone and sexual desire*
- Is a single herb extract, standardized to 50% Fenuside™, Gencor's proprietary matrix of saponin glycosides
- Is easy to use in product formulations
- Is the key ingredient in numerous product formulations
- Is produced in a NSF GMP certified facility, certified Kosher and Halal

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†Patent Pending
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