

Herbal Libido-F

with Maca and Damiana

Herbal Libido-F is a unique blend of botanicals formulated to promote libido and sexual health in women.* The formula contains herbs with a long tradition of use for women's sexual health:* *Lepidium meyenii* (maca), *Turnera diffusa* (damiana), *Tribulus terrestris* (puncture vine), *Asparagus racemosus* (shatavari), *Fouquieria splendens* (ocotillo bark), and *Zingiber officinale* (ginger).



#58210
59.15 mL (2 fl. oz.)

Key Features

- Unique blend of herbal ingredients formulated to provide synergistic support for female libido.*
- Promotes healthy blood flow to the sexual organs and relieves pelvic congestion.*
- May help alleviate the effects of stress on mood, sexual desire, and pleasure.*



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Lepidium meyenii, also known as Peruvian maca, is a botanical that is native to the high altitudes of the Peruvian Andes. It is prized by the indigenous people for its nutritional and medicinal properties.* With respect to sexual health, maca is considered a hormonal balancer and an adaptogen.* Human and animal studies suggest that maca may help alleviate the effects of stress on mood, energy, and sexual function.* In studies of pre- and postmenopausal women, maca was shown to improve one or more markers of sexual function, such as desire, arousal, and/or orgasm.*

Turnera diffusa (also known as *Turnera aphrodisiaca*, or simply damiana), is a shrub native to Central and South America and the southern U.S.* Damiana enhances nitric oxide synthesis, a mediator that plays a role in genital arousal in women as it does in men.* Damiana also has notable calming properties, which may lessen inhibitions to sexual engagement.* Clinically, it has been studied only in combination products, and has been shown to contribute to improvements in numerous markers of sexual function.*

Tribulus terrestris (puncture vine), also known simply as tribulus, is a botanical with a long history of use in both Ayurvedic and Chinese medicine.* It is used to support male libido, but it also has significant benefits for women.* In studies with women, tribulus supplementation supported arousal, desire, lubrication, and sexual satisfaction.* Tribulus was shown to increase blood levels of free testosterone, a hormone that plays a role in female libido.*

Asparagus racemosus is an Ayurvedic herb that is recognized as an aphrodisiac for women.* It is also called shatavari, meaning 'able to have one hundred husbands,' a term that reflects enhanced lovemaking ability and fertility in those consuming the herb.* As the main Ayurvedic rejuvenative tonic for women, shatavari is used to cleanse and tonify the female reproductive system.* Additionally, it is used as an adaptogen to alleviate the effects of stress on mood and sexual desire.*

Fouquieria splendens (ocotillo bark) is an extremely useful botanical for sexual function in women.* *Fouquieria splendens* is held in high esteem by Southwestern herbalists, Latin American *curanderos* (folk healers), and native people in the Southwest.* Traditional lore suggests that ocotillo can improve venous blood flow in the lower abdomen, thus relieving pelvic congestion.* Normal, healthy pelvic blood flow is associated with a satisfactory sex drive and sexual experience.*

Zingiber officinale (ginger) has long been used for medicinal purposes in China and India.* Numerous studies have shown that ginger can play a role in modulating inflammatory responses, alleviating short-term pain, and muscle calming.* In clinical trials, ginger has been shown to support aspects of healthy menstruation and problem-free intercourse.* Studies also suggest that ginger may alleviate temporary pain in otherwise healthy individuals by regulating systemic inflammation.* Finally, the antioxidants in ginger may help protect the ovaries and uterus against environmental toxins that can compromise women's health and fertility.*

Supplement Facts

Serving Size 1 Dropperful (1 mL)
Servings Per Container Approx. 60

Amount Per Serving	% Daily Value
Proprietary blend	147 mg †
<i>Lepidium meyenii</i> (Maca) root, <i>Turnera diffusa</i> (Damiana) aerial, <i>Tribulus terrestris</i> (Puncture Vine) fruit, <i>Asparagus racemosus</i> (Shatavari) rhizome, <i>Fouquieria splendens</i> (Ocotillo) bark, <i>Zingiber officinale</i> (Ginger) rhizome.	

† Daily Value not established.

Other ingredients: Organic vegetable glycerin, organic cane ethanol, distilled water.

Suggested Use: As a dietary supplement, 1 dropperful one to three times daily with or without meals, or as directed by a healthcare practitioner. Shake well before use.

WARNING: Seek expert medical advice before taking during pregnancy.

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