



X-Action™

(For Men)

Stock #1113-7 (100 capsules)

X-Action for Men provides herbs and nutrients known for their ability to help improve male reproductive function, enhance energy and virility, and support a healthy prostate gland. X-Action for Men also contains DHEA, a nutritional supplement believed to play a vital role in the aging process. X-Action for Men focuses much of its health benefits on the cardiovascular, nervous, reproductive and urinary systems to improve circulation throughout the body, increase endurance and stamina, relieve urinary dysfunction, strengthen the male reproductive system, and provide greater sensitivity and receptiveness to external stimuli.

X-Action for Men is beneficial for decreased libido, depression, erectile dysfunction, fatigue, impotency, nervous exhaustion, poor sexual performance, and urinary ailments. X-Action for Men may help facilitate improved muscle tone and hair growth. Each capsule of X-Action for Men contains:

Arginine is an amino acid involved in nitric oxide production. Nitric oxide (NO) plays an important role in numerous functions within the body, many of which are directly related to cardiovascular health. For example, NO relaxes the arteries to maintain normal blood pressure, dilates coronary arteries that supply blood to the heart (which helps prevent angina pain), reduces serum cholesterol levels, prevents the oxidation of LDL cholesterol (which contributes to plaque buildup and the development of atherosclerosis), reduces platelet aggregation (which helps prevent heart attacks and strokes), facilitates blood flow to the penis, and enhances blood flow to the brain. Research conducted on the effectiveness of arginine for erectile failure demonstrated an 87% improvement in sexual performance (specifically harder, longer-lasting erections) in 6 of the 15 participants (40%), all of whom were under 65 years-old and in relatively good health. No improvement was observed in the placebo group. Another study demonstrated similar results, showing significant subjective improvement in sexual function in 31% of patients. In addition, arginine may prove beneficial for hair loss, since NO opens potassium channels to stimulate hair growth.¹⁻¹⁴

Damiana is a tonic and restorative herb for the nervous system, as well as a mild antidepressant. Its tonic action is partly due to the constituent, thymol. Technically speaking, damiana is a thymoleptic—having a life-enhancing and stimulating action on the body and mind. Damiana has been given to people suffering from anxiety, mild to moderate depression, fatigue and nervous exhaustion. Damiana's stimulating and restorative properties make it valuable when anxiety and depression occur together, as often happens after long-term stress. As a diuretic and urinary antiseptic, damiana is useful in the treatment of urinary infections such as cystitis (bladder inflammation) and urethritis (inflammation of the urethra), incontinence, nephritis (kidney inflammation) and prostatitis (inflammation of the prostate). This action is partly due to the constituent arbutin, which is converted into hydroquinone (a strong urinary antiseptic) in the urinary tubules. Furthermore, damiana has a long-standing reputation as an aphrodisiac and has traditionally been used to treat sexual disorders such as frigidity in women and male impotence. Although clinical studies are lacking, damiana is believed to slightly irritate the urethra, thus producing increased sensitivity of the penis.¹⁵⁻¹⁸

DHEA (dehydroepiandrosterone) is a hormone produced by the adrenal glands, which acts as a precursor for all other steroid hormones in the body, including sex hormones (i.e. estrogen, progesterone, testosterone). Numerous research studies have been conducted that indicate DHEA plays a vital role in the aging process and age-related deterioration. Unfortunately, DHEA levels progressively decline with age, beginning in the late 20s—research indicates that by age 70, most individuals register ¼ the DHEA levels found in 25-year-olds. For example, a study published in *The New England Journal of Medicine*, which followed 242 men over a prolonged period of time, found that as they aged, not only did DHEA levels decrease, but those with histories of heart disease had very low levels of DHEA. In addition, there was an increased risk of death from any cause having to do with lower levels of DHEA. Fortunately, studies indicate that DHEA supplementation can improve energy levels and endurance, immune function, insulin function, memory, muscle strength and lean body mass, sleep quality, and general well-being. Furthermore, research has found that an inverse correlation exists between serum levels of DHEAS (the metabolized form of DHEA that circulates in the blood) and the incidence of erectile dysfunction. DHEA supplementation has been shown to provide statistically significantly higher mean scores on the International Index of Erectile Function (which measures the ability to achieve or maintain an erection sufficient for satisfactory sexual performance) and thus, may be of benefit to patients with erectile dysfunction, especially if there is hypertension (high blood pressure).^{15,19-24}

Epimedium sagittatum, also known as "horny goat weed," is a traditional Chinese herb used as an aphrodisiac and tonic for reducing blood pressure and treating male impotence, premature ejaculation, rheumatism (any of several disease conditions of the muscles, tendons, joints, bones or nerves, which causes pain and disability), and weakness

and/or pain in the lower back and knees. Research indicates that epimedium dilates the capillaries, thereby increasing blood flow to the extremities (and sexual organs), while simultaneously reducing blood pressure. Epimedium is reported to prevent impotence caused by the stress hormone cortisol, elevate sperm count, and increase testosterone levels. Animal studies show that epimedium extract significantly increases the frequency of copulation (sexual intercourse). Likewise, a study involving patients with chronic renal (kidney) failure receiving regular hemodialysis (a treatment involving circulation of the blood outside the body for the purpose of removing toxic wastes from the blood) found that epimedium provided a sexual potentiation effect and improved quality of life. Additional research suggests that epimedium may even help improve mood and energy levels, enhance immune function (specifically natural killer (NK) cell activity), and have a positive effect on senile memory loss and dementia (deterioration of mental faculties). Although there are several different epimedium species, they all appear to have similar properties.^{13,25-28}

Muira puama, also known as “potency wood,” is considered one of the best herbs to use for cases of erectile dysfunction and decreased libido. Popular in South American folk medicine, muira puama has shown libido-enhancing effects in two human clinical studies. The first study, published in the *American Journal of Natural Medicine*, found that after 2 weeks of daily supplementation with muira puama, 62% of participants suffering from lack of sex drive reported “dynamic” results, while 51% of those suffering from the inability to attain or maintain erection experienced positive results. The second study focused on sexual difficulties associated with asthenia—a condition characterized by fatigue, loss of strength, or debility, all of which are symptoms of testosterone deficiency—and involved 94 men experiencing impotence or loss of libido, or both. Treatment with muira puama significantly increased the frequency of intercourse for 66% of couples; of the 46 men complaining of loss of desire, 70% reported intensification of libido; stability of erection during intercourse was restored in 55% of patients; and 66% of men reported reduced fatigue. Other beneficial effects reported included improvement in sleep and morning erections.^{15,29,30}

Oatstraw is recommended for general debility and convalescence, and to strengthen a weakened constitution. Oatstraw offers mild antidepressant effects, gently increases energy levels, and acts as a restorative nerve tonic for an over-stressed nervous system. Clinical studies show oatstraw also stimulates immune function. Furthermore, Chinese research confirms that oatstraw exhibits a potential influence on reproductive hormones. Specifically, animal studies show that oatstraw contains a substance that provides luteinizing hormone-releasing activity. Since luteinizing hormone stimulates the release of testosterone, this study lends support to reports that oatstraw improves sexual dysfunction and impotence.^{18,27,31-33}

Saw palmetto berries have traditionally been used to for wasting illnesses and failure to thrive; hormonal disorders such as impotence, reduced or absent sex drive, and testicular atrophy; and urinary disorders, including cystitis and enlarged prostate, also known as benign prostatic hyperplasia (BPH). BPH is characterized by the growth of a benign tumor inside the prostate, often resulting in frequent and painful urination, increased nighttime urination, and other urinary problems. Standardized preparations of saw palmetto have shown remarkable results in the treatment of BPH, which affects roughly 50% of men over 60. Saw palmetto alleviates the pain and inflammation associated with BPH, improves urinary flow rate and residual urine volume, and provides an overall higher quality of life. Saw palmetto has demonstrated effectiveness in approximately 90% of mild to moderate cases, and is approved by both the German Commission E and the French government for the treatment of BPH.^{2,3,13,15-18,27,29,33}

Yohimbe bark extract has been reported to provide energy, a feeling of increased strength, and increased sexual arousal. Scientists have identified a natural alkaloid in yohimbe bark called yohimbine, which has been shown to enhance libido and improve erection strength. Actually classified as a drug, yohimbine is the only medicine approved by the FDA for treating impotence. Studies indicate yohimbine is effective in 34-43% of cases of erectile impotence. Yohimbine, which acts as a central nervous system stimulant, appears to work as a sexual catalyst in men by increasing blood flow to the penis; thus, men experiencing penile circulatory problems typically get the best results with yohimbe. However, men with psychological impotence also seem to fare well using yohimbe bark products.^{2,13,15,33-35}

Although side effects from use of yohimbe for the average man are considered minimal, potential problems such as anxiety, abdominal distress, dizziness, headache, skin flushing, weakness, and increased blood pressure and heart rate can occur. It is important to note that yohimbe is a short-term MAO inhibitor and therefore, should be taken with care if there is evidence of high blood pressure. Yohimbe is not recommended for use in conjunction with selective serotonin reuptake inhibitors, tricyclic antidepressants, tyramine-containing foods (i.e. cheese, wine, liver), ma huang (Chinese ephedra), or over-the-counter stimulants (i.e. caffeine, phenylephedrine, phenylpropanolamine) which can be found in diet aids and nasal decongestants. Furthermore, individuals with high blood pressure, gastric (stomach) or duodenal ulcers, psychological disturbance, and heart, liver or kidney problems, as well as pregnant or breast-feeding women, should consult a healthcare practitioner before using this product.^{13,15,33,36}

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