



# Improving Womens Health

LIBIEM<sup>®</sup>

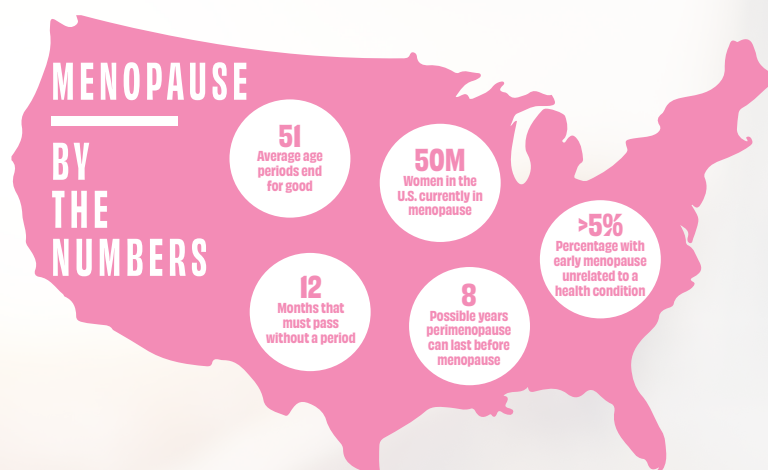
[www.gencorpacific.com](http://www.gencorpacific.com)



## Introducing Libifem®

Libifem® is the branded name for Gencor's standardized fenugreek extract. Fenugreek naturally contains over 100 phytochemical constituents, including Furostanol Saponins and Steroidal Saponins. While fenugreek has multiple applications, Libifem® has been clinically shown to help reduce normal symptoms of menopause such as hot flashes and night sweats, and promote a healthy sexual experience, sexual vitality and desire.\*

50 million women in the U.S. are going through menopause right now. In addition, loss of sexual desire affects one in every four women. Despite this, there are few supplement options. Libifem® offers a novel way to relieve menopause symptoms and support healthy levels of sexual desire, arousal and activity.\*



## Product benefits

**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.**

- Helps reduce normal symptoms of menopause such as hot flashes and night sweats\*
- Supports healthy sexual desire in women\*
- Promotes healthy sexual activity\*
- Supports sexual arousal in women\*
- Improves all MENQOL sub-domains (vasomotor, psychosocial, physical and sexual)\*
- Increases estradiol within a healthy range\*

## Science inside

**A study was conducted in Australia to assess the effectiveness of Libifem® on normal symptoms of menopause in otherwise healthy women.**

This 12-week, double-blind, randomized, clinical trial used active and placebo arms and was conducted on women who were experiencing symptoms of menopause, such as hot flashes and night sweats, and were aged between 40 to 65 years. Participants were given the MENQOL (Menopause Specific Quality of Life) Survey. This questionnaire is used to evaluate changes in menopause symptoms.

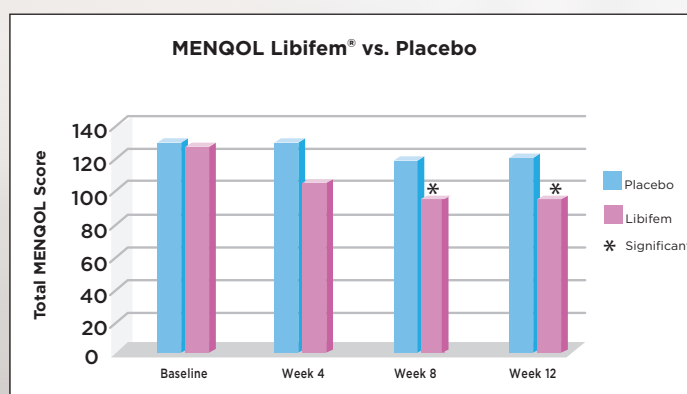
### Primary outcome

The primary outcome measure showed reductions in menopausal symptoms in all sub-domains (vasomotor, psychosocial, physical and sexual), as assessed by the validated questionnaire MENQOL.\* Participants were asked to record a 7-day diary of hot flashes and night sweats prior to commencing the trial and at week 4, week 8 and week 12 of the treatment.

Vasomotor symptoms such as 'hot flashes' or 'night sweats' are normal during menopause and affect around 80% of women. Recent studies indicate that the average duration of such vasomotor symptoms is around 7.4 years. About 10% have symptoms that last for as long as 12 years; symptoms may persist for much longer in some women.

### Secondary outcome: Other Quality of Life questionnaires

The study also used other Quality of Life questionnaires to cross-check against the MENQOL, which help support the study results and reaffirm the results of the libido study. These included sexual function (DISF and FSFI), sleep function (PSI) and physical exercise (IPAC).

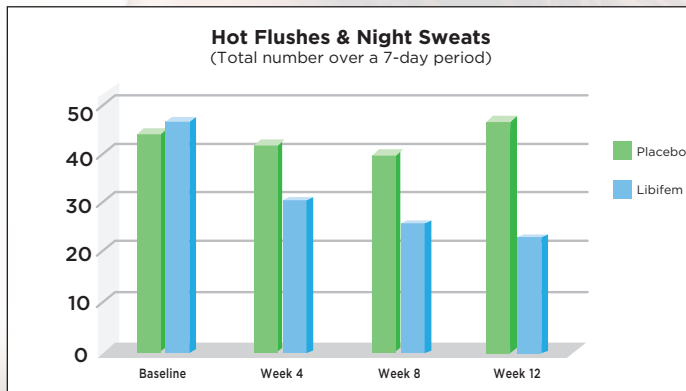


\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



## Secondary outcome: Safety Markers & Hormone Levels

Participants' red blood cells, white blood cells, electrolytes, liver function, and lipid metabolism were also measured; a full hormone panel was taken, which included serum progesterone, DHEA, estradiol and prolactin, and sex hormone globulin (SHBG). It also included the androgens, androstenedione and total testosterone and all markers shown to maintain normal levels from baseline to week 12.



## Conclusion

Overall, Libifem® was shown to reduce normal symptoms of menopause (including hot flashes, night sweats and sweating) in active groups by week 12.\* Supplementation with active treatment group significantly reduced menopausal symptoms compared to placebo as assessed by the total MENQOL score.\* This was reflected in significant improvements in all sub-domains: sexual, vasomotor, psychosocial, and physical sub-domains. Secondary outcomes also showed that Libifem has no side effects.

*Citation: Steels E, Steele ML, Harold M, Coulson S. Efficacy of a Proprietary Trigonella foenum-graecum L. De-Husked Seed Extract in Reducing Menopausal Symptoms in Otherwise Healthy Women: A Double-Blind, Randomized, Placebo-Controlled Study. Phytother Res. 2017 Sep;31(9):1316-1322. doi: 10.1002/ptr.5856. Epub 2017 Jul 14. PMID: 28707431.*

## The effectiveness of Libifem® for supporting female sexual desire and experience was tested in an 8-week placebo-controlled study on 80 healthy menstruating females in stable relationships.\*

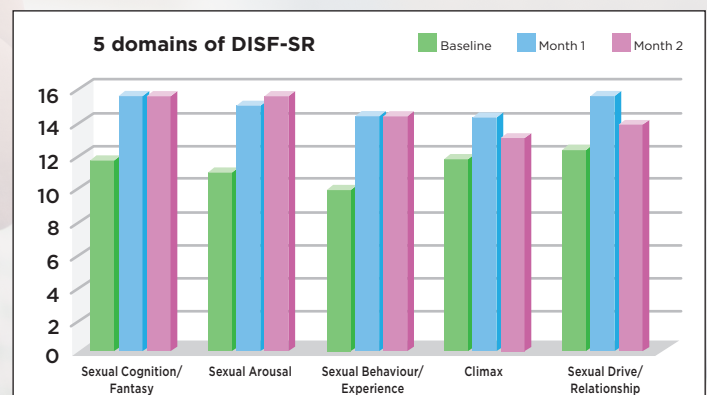
The randomized, placebo-controlled, double-blind study covered sexual functioning and experience.\* Sexual function was measured using both the DISF-SR and FSFI standards.

Physiological parameters related to female sexual desire were also tested. Stress, fatigue, and relationship quality were assessed using the PSS, DAS, and MFSI standards.

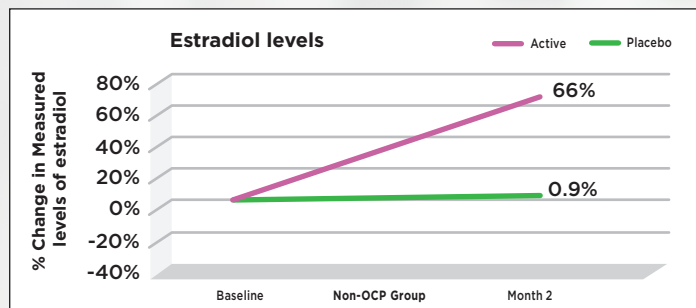
### Study outcomes include:

The study showed the following statistically significant results in the active group compared to the placebo group:

- Increase in estradiol.\*
- Increase in free testosterone within normal female physiological limits.\*
- Positive significance for sexual arousal in the FSFI\*
- Positive significance in the total score and in all 5 domains of the DISF-SR:\*
- 1. Sexual Cognition
- 2. Sexual Arousal
- 3. Sexual Experience
- 4. Climax
- 5. Sexual Relationship
- Increased sexual activity, from one to two times per month to one time per week on average (p=0.013).\*
- Subjects maintained consistent metabolic activity.\*



\* 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.



This hallmark study was the first of its kind to show statistically significant results for female sexual desire and experience.\*

*Citation: Rao A, Steels E, Beccaria G, Inder WJ, Vitetta L. Influence of a Specialized Trigonella foenum-graecum Seed Extract (Libifem), on Testosterone, Estradiol and Sexual Function in Healthy Menstruating Women, a Randomised Placebo Controlled Study. Phytother Res. 2015 Aug;29(8):1123-30. doi: 10.1002/ptr.5355. Epub 2015 Apr 24. PMID: 25914334.*

## Delivery and Applications

Libifem® is available for delivery in the following applications:

- Powders
- Soft gels
- Capsules
- Tablets
- Recommended Daily Dose – 600mg/day

## Why choose Libifem®?

What sets Libifem® apart from other ingredients?

Libifem®:

- Helps reduce normal symptoms of menopause such as hot flushes and night sweats\*
- Promotes healthy female sexual desire and experience\*
- Has been tested on female subjects
- Has been shown effective in two human clinical studies
- Is a single herb extract
- Is easy to use in product formulations
- Is produced in a NSF GMP certified facility
- Is a unique, patent pending ingredient



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