Aumento de performance nos exercícios
TESTOFEN®
Aumento de performance nos exercícios

DESCRIÇÃO
Pertencente ao grupo dos fenusteroles derivado das sementes do extrato *Trigonella foenum graecum* padronizado em 50% de fenosídeo, glicosídeo rico em saponina bioativa (furostanol e esteroides) originário de países asiáticos.

MECANISMO DE AÇÃO
O Testofen® realiza uma ação específica junto a testosterona orgânica. Grande parte da testosterona do organismo está ligada às proteínas SHBG (*Sex Hormone Binding Globulin*) e albumina, ficando com apenas 2 a 3% deste hormônio (5-50pg/ml) circulante livre, como a forma biodisponível responsável pela ação hormonal. O fenosídeo presente no Testofen® promove um deslocamento de testosterona ligada ao SHBG para testosterona livre aumentando seus níveis em média 98-99% em relação à concentração inicial.

INDICAÇÕES
- Atividade anabólica;
- Previne sarcopenia por auxiliar o crescimento da massa muscular;
- Estímulo de mTOR;
- Melhora a força e a resistência muscular.

DOSE USUAL
Recomendação de 300 a 600mg de Testofen® (*Trigonella foenum-graecum* 50% fenosídeos) ao dia.

SUGESTÕES DE FÓRMULAS

<table>
<thead>
<tr>
<th>Testofen® (<em>Trigonella foenum-graecum</em> 50% fenosídeo)</th>
<th>Magnésio</th>
<th>Zinco</th>
<th>Piridoxina</th>
</tr>
</thead>
<tbody>
<tr>
<td>600mg</td>
<td>600mg</td>
<td>17mg</td>
<td>15mg</td>
</tr>
<tr>
<td></td>
<td>Magnésio</td>
<td>Zinco</td>
<td>Piridoxina</td>
</tr>
<tr>
<td></td>
<td></td>
<td>17mg</td>
<td>5mg</td>
</tr>
</tbody>
</table>

Modo de uso: 1 dose, 1 vez ao dia no jantar. Indicação: promotor natural da testosterona.

PRINCIPAIS REFERÊNCIAS
An evaluation of protein quality of fenugreek seeds (*Trigonella foenum graecum*) and their supplementary effects

The chemical composition and the nutritional value of protein of whole as well as solvent-extracted fenugreek seeds were determined. Fenugreek seeds are rich in protein (25.5%), fat (7.9%), unavailable carbohydrate (48%), mucilaginous matter (20%) and saponins (4.8%). The replacement of casein diet up to 10% by fenugreek seeds (extracted) did not produce any deleterious effect on protein quality of casein as assessed by protein efficiency ratio (PER), protein and dry matter digestibilities and net protein utilization (NPU). Further increasing the level of fenugreek did reduce these parameters. The extraction of seeds improved, and cooking did not alter the quality of fenugreek seed protein.

Effects of fenugreek seed extract in obese mice fed a high-fat diet

It was found that fenugreek seed extract reduced the body weight gain induced by a high-fat diet in obese mice. The extract decreased plasma triglyceride gain induced by oil administration. The major component of the extract, 4-hydroxyisoleucine, also decreased plasma triglyceride gain. Consequently, fenugreek seed extract is expected to prevent the obesity induced by a high-fat diet.

Therapeutic Applications of Fenugreek

Fenugreek has a long history of medical uses in Ayurvedic and Chinese medicine, and has been used for numerous indications, including labor induction, aiding digestion, and as a general tonic to improve metabolism and health. Preliminary animal and human trials suggest possible hypoglycemic and antihyperlipidemic properties of oral fenugreek seed powder.

Physiological Aspects of Male Libido Enhanced by Standardized *Trigonella foenum-graecum* Extract and Mineral Formulation

The aim of the clinical study was to evaluate the effect of Testofen, a standardized *Trigonella foenum-graecum* (Fenugreek) extract and mineral formulation, on male libido (sexual drive, urge or desire) in a double blind randomized placebo controlled study. The study recruited 60 healthy males aged between 25 and 52, without erectile dysfunction and randomized to an oral dose (two tablets per day) of the active treatment (600 mg Testofen per day) or placebo for 6 weeks. The primary outcome measure was the DISF-SR (male) self-administered QOL total score and the four domain scores. The secondary outcome was specific quality of life parameters. Testofen had an overall positive effect on physiological aspects of libido. In particular, there was a significant increase in the subdomains of sexual arousal and orgasm. Testofen had a positive effect on QOL in self-reported satisfaction with muscle strength, energy and well-being but did not have an effect on mood or sleep. Serum prolactin and testosterone levels remained within the reference range. It was concluded that Testofen demonstrated a significant positive effect on physiological aspects of libido and may assist to maintain normal healthy testosterone levels.

Effect of Fenugreek Fiber on Satiety, Blood Glucose and Insulin Response and Energy Intake in Obese Subjects

Eighteen healthy obese subjects participated in a single blind, randomized, crossover study of three test breakfasts, containing 0 g (control), 4 g or 8 g of isolated fenugreek fiber. Subjects recorded ratings of hunger, satiety, fullness and prospective food consumption using visual analog scales (VAS) every 30 min for 3.5 h. Postprandial blood glucose and
insulin responses were measured. Energy intake from an ad libitum lunch buffet and for the remainder of the day was assessed. The 8 g dose of fenugreek fiber significantly increased mean ratings of satiety and fullness, and reduced ratings of hunger and prospective food consumption ($P < 0.05$). Palatability was significantly reduced with increasing doses of fenugreek fiber ($P < 0.05$). No differences were observed for area under the curve (AUC) for blood glucose among treatments. An increase in insulin AUC was found with 8 g fenugreek fiber. Energy intake at an ad libitum lunch buffet was significantly lower for 8 g than 4 g fenugreek fiber, but not significantly different from control, although there was a trend towards a lower intake ($P = 0.11$). No differences were observed for energy intake for the remainder of the day. Fenugreek fiber (8 g) significantly increased satiety and reduced energy intake at lunch, suggesting it may have short-term beneficial effects in obese subjects. Satiety results were not related to postprandial blood glucose.

**REFERÊNCIAS**


