The aphrodisiac herb Tribulus terrestris does not influence the androgen production in young men.

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OBJECTIVE: The aim of the current study is to investigate the influence of Tribulus terrestris extract on androgen metabolism in young males. DESIGN AND METHODS: Twenty-one healthy young 20-36 years old men with body weight ranging from 60 to 125 kg were randomly separated into three groups-two experimental (each n=7) and a control (placebo) one (n=7). The experimental groups were named TT1 and TT2 and the subjects were assigned to consume 20 and 10 mg/kg body weight per day of Tribulus terrestris extract, respectively, separated into three daily intakes for 4 weeks. Testosterone, androstenedione and luteinizing hormone levels in the serum were measured 24 h before supplementation (clear probe), and at 24, 72, 240, 408 and 576 h from the beginning of the supplementation. RESULTS: There was no significant difference between Tribulus terrestris supplemented groups and controls in the serum testosterone (TT1 (mean+/−S.D.: 15.75+/−1.75 nmol/l); TT2 (mean+/−S.D.: 16.32+/−1.57 nmol/l); controls (mean+/−S.D.: 17.74+/−1.09 nmol/l) (p>0.05)), androstenedione (TT1 (mean+/−S.D.: 1.927+/−0.126 ng/ml); TT2 (mean+/−S.D.: 2.026+/−0.256 ng/ml); controls (mean+/−S.D.: 1.952+/−0.236 ng/ml) (p>0.05)) or luteinizing hormone (TT1 (mean+/−S.D.: 4.662+/−0.274U/l); TT2 (mean+/−S.D.: 4.103+/−0.869U/l); controls (mean+/−S.D.: 4.170+/−0.406U/l) (p>0.05)) levels. All results were within the normal range. The findings in the current study anticipate that Tribulus terrestris steroid saponins possess neither direct nor indirect androgen-increasing properties. The study will be extended in the clarifying the probable mode of action of Tribulus terrestris steroid saponins.

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- Randomized Controlled Trial

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