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## **CLINICAL STUDY OF ARGINMAX, A NUTRITIONAL SUPPLEMENT FOR THE ENHANCEMENT OF FEMALE SEXUAL FUNCTION**

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A double-blind, placebo-controlled clinical study was conducted to determine the role of dietary supplementation on sexual function in women. ArginMax contains L-arginine, ginseng, ginkgo, damiana, multi-vitamins and minerals. Ninety-three (93) participants, age 22-73 years, enrolled as participants lacking in sexual desire. Of the 93, 46 received ArginMax and 47 placebo. The ArginMax group after 4 weeks reported significant improvements ( $p < 0.01$ ) in level of sexual desire, satisfaction with sex life and frequency of intercourse, as compared to placebo group ratings on the Female Sexual Function Index (FSFI) scales. Significant improvements ( $p < 0.05$ ) also were noted in lubrication, frequency of sexual desire, satisfaction with sexual relationship and degree of clitoral sensation. Of the total 93, 58 women were self-reported as premenopausal (PRE), 16 as perimenopausal (PERI), and 19 as postmenopausal (POST). PERI women on ArginMax reported decreased dryness (Active: 64%, Placebo: 20%,  $p = 0.06$ ), increased frequency of sex (Active: 91%, Placebo: 20%,  $p < 0.01$ ), increased frequency of sexual desire (Active: 73%, Placebo: 40%,  $p = 0.11$ ), and improved satisfaction with sexual relationship (Active: 73%, Placebo 40%,  $p = 0.11$ ). PRE women on ArginMax improved in both frequency and level of desire (Active: both 58%, Placebo: 38% and 47%, respectively,  $p < 0.05$ ) and satisfaction with overall sex life (Active: 67%, Placebo: 35%,  $p < 0.01$ ). POST women, as a group, increased in level of sexual desire (Active: 45%, Placebo: 13%,  $p = 0.08$ ), and satisfaction with sexual relationship (Active: 64%, Placebo: 38%,  $p = 0.14$ ). Nutritional intervention may play an important role in women's sexual health and will be further evaluated through an expansion of the current study.