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## **Clinical Study Published in Journal of Sex & Marital Therapy Demonstrates Role of Nutritional Supplementation In Women's Sexual Health and Desire**

Mountain View, CA., October 1, 2001 — An important clinical study on the role of nutritional supplementation in female sexual health is published in the October-December issue of the peer-reviewed, Journal of Sex & Marital Therapy (Volume 27, Issue 5). The double-blind placebo-controlled study found improvement in women's sexual desire and overall satisfaction following nutritional supplementation, according to the co-author, Mary Lake Polan, MD, PhD, MPH, Professor and Chair, Department of Gynecology/Obstetrics, Stanford University School of Medicine.

Sexual health encompasses both sexual desire and physiological response. A pivotal study (Journal of the American Medical Association, JAMA, 1999) reported that there are many more unacknowledged sexual health issues among women than previously believed. In fact, over forty percent of women between the ages of 18 to 59 in the United States reported some form of sexual dysfunction. Yet relatively little attention has been given to research in this area.

Dr. Polan undertook the study on ArginMax because lack of libido is a top complaint from patients for which physicians have little to offer. "The most common thing you hear is, 'I had a wonderful sex life and now I'm just not interested,'" says Dr. Polan, "This is an important area of research that has long been overlooked."

The study conducted on ArginMax for Women is one of the first of its kind for a nutritional product in the sexual health category. In the study, 77 women, ages 22-71, enrolled as participants lacking in sexual desire. Following a double-blind placebo-controlled design, neither the women volunteers nor the investigators knew who was getting the herbal preparation or the placebo during the study. Of the 77 women, 34 received the nutritional supplement and 43 received a placebo. The participants used the Female Sexual Function Index (FSFI) questionnaire to rate their level of sexual health before starting and after completing the four weeklong studies.

At the end of four weeks, 74 percent of the nutritional supplement group reported improved satisfaction with their overall sex life, compared to 37 percent in the placebo

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group ( $p < 0.01$ ). Seventy-one percent in the nutritional supplement group reported improvement in their level of sexual desire, compared to 42 percent in the placebo group ( $p < 0.01$ ). Sixty-five percent of the supplement group reported increased frequency of intercourse, compared to 26 percent in the placebo group ( $p < 0.01$ ).

“I’ve been conducting research in the area of women’s health, sexuality, and pleasure for over thirty years,” comments Beverly Whipple, PhD, RN, Professor Emerita at Rutgers University, Past-President of the American Association of Sex Educators, Counselors, and Therapists, Vice-President of the World Association for Sexology, and co-author of the national best-seller, *The G Spot And Other Recent Discoveries about Human Sexuality*. “In my opinion this study represents a major advancement by demonstrating that nutritional supplements may play a key role in the sexual health of women.”

ArginMax is a patent-pending formula that contains ginseng, ginkgo, damiana, L-Arginine, and 14 vitamins and minerals. ArginMax is available nationwide in leading food, drug, mass merchandise retailers, GNC and health food stores, or online at [www.arginmax.com](http://www.arginmax.com).

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