

Drug Status Report

Drug: Extenz

Drug Status Name: Extenz is the brand name.

The product is marketed as a supplement for sexual enhancement in men and is claimed to consist of the following ingredients:

- Zinc
- Maca Extract (6:1) (root)
- Oat Straw (*Avena Sativa*)
- Catuba (bark)
- Muir Pauma (root)
- Orchic Substance
- Nettle (leaf)
- Cayenne (fruit)
- Tribulus
- Sarasparilla (root)
- Astragalus (root)
- Pumpkin (seed)
- Licorice (root)
- Boron (as Boron Citrate)
- Ginseng Blend (*Eleutherococcus senticosus*, American ginseng, Korean ginseng)

Canadian Status:

The status of *Avena sativa*, nettle leaf, Tribulus and Ginseng have been reviewed and were not considered controlled substances.

Maca extract is obtained from root of *Lepidium meyenii* (maca), a plant that is native to Peru and Bolivia and licorice. While maca has been reported to increase libido in men, it has not been shown in the scientific literature to display any anabolic effects or to increase testosterone levels in men¹.

Catuba is indigenous to Brazil and has been used historically as an aphrodisiac and to increase libido in men. There is no evidence in the scientific literature that Catuba contains any anabolic steroids or displays any anabolic activity.

Muir Pauma belongs to the *Ptychopetalum* genus and is indigenous to the Amazon rainforest.

¹Gonzales, GF *et al.* (2002) Effect of *Lepidium meyenii* (maca) on sexual desire and its absent relationship with serum testosterone levels in adult healthy men, *Andrologia*, **34**:367-72.

The plant has been reported to display anxiogenic properties² and is marketed in nutritional supplements as a libido enhancer.

Orchic substance has been claimed to be an extract from bovine testes and marketed in nutritional supplements to boost testosterone levels. However, there is no data in the scientific literature to suggest that orchic substance contains any anabolic steroids or displays any anabolic activity.

Cayenne is a herb that is used to treat disorders of the digestive system and contains capsaicin, which is best known for its analgesic effects³.

Sarasparilla is a plant indigenous to Central America and has been used historically for the treatment of syphilis as well as skin conditions such as eczema and psoriasis. Sarasparilla has recently been shown in the literature to demonstrate antioxidant activity⁴.

Astragalus (root) is used in Traditional Chinese Medicine as an adaptogen and is believed to have antiinflammatory and antibacterial properties⁵.

Recommendation: Extenz does not contain any substances that are included in the Schedules to the CDSA and is not a controlled substance.

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²Da Silva, AL. *et al.* (2002) Anxiogenic properties of *Ptychopetalum olacoides* Benth. (Marapuama), *Phytotherapy Res.* **16**:223-226.

³Qian, H. *et al.* (2010) Synthesis and biological evaluation of capasicin derivatives as analgesia drugs, *Lett. Drug Design Discovery*, **7**:122-127.

⁴Ranilla, LG. *et al* (2010) Phenolic compounds, antioxidant activity and in vitro inhibitory potential against key enzymes relevant for hyperglycemia and hypertension of commonly used medicinal plants, herbs and spices in Latin America, *Bioresource Technol.* **101**:4676-4689.

⁵<http://www.umm.edu/altmed/articles/astragalus-000223.htm>