

Drug Status Report

Drug: Nitro T3

Drug Name Status: Nitro T3 is the brand name.

This is a nutritional supplement containing the following ingredients:

Vitamin B6 (as pyridoxine HCl); 0.3%

Magnesium (as oxide and aspartate); 11.8%

Zinc (as mono-/methionine and aspartate); 0.8%

German Tribulus Terristrix Extract (80% saponins, 20% protodioscin and protoracilin], Cissus
Quadrangularis Extract (20:1); 26%

Eurycoma Longifolia Jack Extract (20:1), Avena Sativa Extract (10:1); 26%

Tri-Arginine malate, citrulline-malate, cnidium monnier, xanthoparmelia scabrosa; 26%

DIM (diindolymethane), Chrysin, Calcium D-Glucarate; 2%

3,5,4-trihydroxy-trans-stilbene (TTS); 2%

Stinging Nettle Leaf Extract (4:1), Pygeum Africanum Extra (25% total sterol), Beta Siterol, Saw
Palmetto Berry Extract; 2%

Clary Sage Extract; 1.3%

Rhodiola Rosea Extract, Isoinokosterone; 1.3%

Vitamin B6 is a water-soluble vitamin considered to boost the immune system, maintain normal nerve function, and is involved in the formation of erythrocytes as well as in the break down of proteins¹.

Magnesium is an essential mineral that is involved in the maintenance of normal muscle and nerve function, a healthy immune system and bone strength. Magnesium is also involved in the regulation of blood sugar levels and blood pressure, and plays a role in metabolism and in protein synthesis².

Zinc is an essential mineral with diverse cellular functions including catalytic activity for enzymes, DNA and protein synthesis, wound healing and immunity. Zinc is also required for meiosis, as well as for normal growth and development³.

Tribulus Terristrix has been reviewed before and is not considered a controlled substance.

Cissus quadrangularis has been used in India, Asia and Africa for a range of purposes including the healing of fractures and for its antimicrobial, antioxidant and analgesic properties. More

¹<http://www.nlm.nih.gov/medlineplus/ency/article/002402.htm>

²<http://ods.od.nih.gov/factsheets/magnesium.asp>

³<http://ods.od.nih.gov/factsheets/zinc.asp>

recently, it has been shown to be useful for treating obesity and the symptoms of metabolic syndrome⁴.

Eurycoma Longifolia Jack (also known as Tongkat Ali or Pasak Bumi) is a flowering plant native to parts of Asia including Malaysia, Indonesia, Philippines and Indo-China. It is considered to have medicinal properties and was reviewed as a component High Power M1T2, and not considered to be a controlled substance.

Tri-Arginine malate are citrulline-malate are amino acids and xanthoparmelia scabrosa is promoted in dietary supplements as a sexual enhancer. *Cnidium monnieri* originates from China and is found in traditional Chinese medicines to improve libido and is also used for its anti-fungal, anti-bacterial and anti-histamine properties.

Avena Sativa is essentially oat, which is known to have cholesterol lowering properties.

Diindolylmethane is a natural compound that is formed during the breakdown of foods such as broccoli, cabbage, Brussels sprouts, cauliflower and kale, and is believed to enhance the immune system⁵.

3,5,4-trihydroxy-trans-stilbene, commonly known as Resveratrol, is a compound found largely in the skins of red grapes. It was recently reviewed as a component of High Pwer M1T2 and not considered to be a controlled substance.

Stinging Nettle Leaf Extract, *Pygeum Afranium*, Beta Siterol and Saw Palmetto Berry Extract are used together for enhanced benefits for the prostate. Stinging Nettle Leaf Extract is believed to provide antioxidant, anti-inflammatory, anti-microbial properties and anti-cancer properties and was used for medicinal purposes during Anglo-Saxon period in Great Britain⁶. *Pygeum Afranium* is native to central and southern Africa, the bark of which has been used for thousands of years for treating bladder and urinary conditions, particularly those associated with benign prostatic hypertrophy (BHP)⁷. Saw Palmetto is native to North America and the ripe dried berry, also called *Sabal fructus*, is widely used for the treatment of BPH⁸. Similarly, beta-siterol is a plant

⁴.od.nih. J Oben et al., The use of *Cissus quadrangularis* formulation in the management of weight loss and metabolic syndrome, *Lipids in Health and Disease* (2006) 5:24-31.

⁵<http://www.diindolylmethane.org/>

⁶<http://www.herbalpractitioner.com/virtual-herb-walk.html>

⁷<http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-pygeum.html>

⁸D Bach and L Ebeling. Long term drug treatment of benign prostatic hyperplasia - Result of a 3-year multicenter study using Sabal extract. *Phytomedicine* (1996) 3:105-111.

derived phytosterol used for the treatment of BPH⁹

Clary sage is native to southern Europe and the Mediterranean. Its medicinal uses have included the reduction of inflammation of the eye, treatment of flatulence, muscular spasm, and its use as an astringent¹⁰.

Rhodiola rosea extract is used in dietary supplements as an adaptogen for the treatment of asthenia and overfatigue¹¹.

The status of isoinokosterone, also known as 20-hydroxyecdysterone, has been reviewed and is not considered a controlled substance.

Canadian Status: Based on the information available on <http://nitrot3.com/>, NitroT3 does not contain any substances listed on the schedules to the CDSA.

Recommendation: Nitro T3 is not a controlled substance.

November 23, 2009.

⁹R R Berges et al., Randomized, placebo-controlled, double-blind clinical trial of beta-sitosterol in patients with BPH. *Lancet* (1995) 345:1529-1532.

¹⁰http://www.hort.purdue.edu/newcrop/med-aro/factsheets/CLARY_SAGE.html

¹¹ K De Bock et al., Acute Rhodiola rosea intake can improve endurance exercise performance, *Int J Sport Nutr Exerc Metab* (2004) 14:298-307.