

Drug Status Report

Drug: Paravol

Drug Name Status: Paravol is the brand name.

Ingredients:

Horny Goat Weed
Tribulus terrestris
Longfolia Jack (Eurycoma Logifolia)
Avena Sativa
L-Arginine HCL
Chrysin Powder
Maca Pwd.
Muir Puama
Catuaba Bark powder
Cissus Quadrangularis Powder
Sarsaparilla
Calcium (D-Glucarate)
Stinging Nettle Powder (Urtica Dioica)
Diindolylmethane
Rodeola Rosea

International status:

US: The product is not mentioned on the DEA website.

United Nations: The ingredients in the product are not listed on the Yellow List nor the Green List..

Canadian Status: The ingredients in the product are mostly associated with improving male sexual performance.

Horny goat weed (Epidmedium) is a well known herbal used in Chinese medicine.

Tribulus contains protodioscin, a substance that, “is a naturally occurring saponin present in many oriental vegetables and traditional medicinal plants, which has been associated with potent bioactivity¹.”

Longfolia Jack (Eurycoma Logifolia) is a tree native to parts of Asia which is considered to have medicinal properties. It is also known as Tongkat Ali².

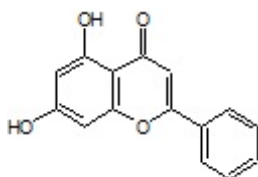
Avena Sativa is most commonly known as oats³.

¹ Wang T, Liu Z, Li J, Zhong M, Li J, Chen X, Bi K, J Chromatogr B Analyt Technol Biomed Life Sci. 2007 Apr 1;848(2):363-8.

² <http://www.raysahelian.com/eurycoma.html>

³ <http://www.nutriherb.net/avena-sativa-oats.html>

L-Arginine HCL is the hydrochloride salt of a common amino acid.
Chrysin (structure below) is an aromatase inhibitor.



Chrysin

Maca (*Lepidium*) is a South American plant.

Muirapuama is a small South American bush with traditional herbal properties.

Catuaba Bark comes from the South American catuaba tree (*Erythroxylum catuaba*). It contains tropane alkaloids but these are not related to those found in the coca plant.

Cissampelos quadrangularis is a plant native to India. It has been found⁴ to contain several components.

Sarsaparilla (*Smilax regelii*) is a plant grown in many countries. It has a long history of herbal use.

Calcium (D-Glucarate) is the calcium salt of glucaric acid (tetrahydroxyadipic acid) which is found in many fruits and vegetables with the highest concentrations to be found in oranges, apples, grapefruit, and cruciferous vegetables.

Stinging Nettle Powder (*Urtica dioica*) is grown in many countries and has a long history of herbal use.

Diindolylmethane (3,3'-Diindolylmethane) is derived from the digestion of indole-3-carbinol, found in Brassica vegetables such as broccoli and cauliflower. DIM is in clinical trials as a treatment for numerous forms of cancer. It is being investigated as a potential treatment for a variety of viral infections and anti-biotic resistant bacteria, as well⁵.

Rhodiola rosea is a plant that grows in the cold regions of the world. There has been research into its use for improving mood and alleviating depression⁶.

None of the ingredients in Paravol appear to contain controlled substances.

Recommendation: Paravol does not contain controlled substances.

June 29, 2007

⁴ Singh G, Rawat P, Maurya R., *Nat Prod Res.* 2007 May 20;21(6):522-8.

⁵ <http://en.wikipedia.org/wiki/3,3'-Diindolylmethane>

⁶ http://en.wikipedia.org/wiki/Rhodiola_Rosea