

Drug Status Report

Drug: Stamina-Rx

Drug Name Status: Stamina-Rx is the trade name.

Ingredients:

The product information claims a number of proprietary ingredients:

Epimedium extract
Yohimbe extract
Cnidium extract
Xanthoparmelia scabrosa
gamma-Aminobutyric acid
L-Arginine

Canadian Status:

Epimedium, also known Barrenwort, Bishop's Hat, Fairy Wings, Horny Goat Weed, or Yin Yang Huo has been reviewed previously and is not considered to be a controlled substance.

Yohimbe bark extract should contain yohimbine which is listed on Part I of Schedule F to the Food and Drug Regulations (prescription drugs). It was reviewed in a product named Animal Test.

Cnidium Monnier comes from the plant Cnidium monnieri, a plant which grows in China, and whose seeds are used in a variety of applications in classical Chinese medicine. In fact, Cnidium seeds are found in bulk in many Chinese pharmacies and health food stores. Traditional uses have included its use for various skin conditions, and also as a natural libido booster for men¹. Xanthoparmelia scabrosa is a lichen found throughout the world including China, Hong Kong, Australia, and South America. It has been promoted as an aphrodisiac. It has been included in some US supplements since at least 2003².

gamma-Aminobutyric acid (GABA) is on the list of non-controlled substances.

L-Arginine is a common amino acid.

Recommendation: The ingredients in Stamina-Rx are not included in the schedules CDSA; Stamina-Rx is not a controlled substance.

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¹ <http://www.viable-herbal.com/herbdesc5/1cnidium.htm>

² <http://www.fda.gov/bbs/topics/enforce/2004/ENF00831.html>