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 Afrianum 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 proteins\(^1\).

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 synthesis\(^2\).

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 development\(^3\).

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

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recently, it has been shown to be useful for treating obesity and the symptoms of metabolic syndrome\(^4\).

*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 *xanthroparmelia scabrosa* is promoted in dietary supplements as a sexual enhancer. *Cnidium monnier* 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 system\(^5\).

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 Power M1T2 and not considered to be a controlled substance.

Stinging Nettle Leaf Extract, *Pygeum Afrianum*, *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 Britain\(^6\). *Pygeum Afrianum* 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 frucuts*, is widely used for the treatment of BPH\(^8\). Similarly, beta-siterol is a plant


\(^5\) http://www.diindolylmethane.org/

\(^6\) http://www.herbalpractitioner.com/virtual-herb-walk.html


derived phytosterol used for the treatment of BPH\(^9\)

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 astringent\(^10\).

Rhodiola rosea extract is used in dietary supplements as an adatogen for the treatment of asthenia and overfatigue\(^11\).

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/](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.

