

75th Congress of the German Society for Urology in Leipzig
Lecture on September 21, 2023. Speaker: Dr. Horst Hohmuth

V26-06 MENFIT POWER TRIAL 2020: Clinical effect of a natural dietary supplement based on Ayurvedic and TCM ingredients on sexual performance, hormone deficiency syndrome and micturition problems

Authors:

Horst Hohmuth¹, Ludwig Rinnab², Julia Sues³

¹ Uropraxis Ulm, Urologie und Andrologie, Ulm, Germany

² Praxis für Urologie und Männergesundheit, Neu-Ulm, Germany

³ Institut für Epidemiologie und Medizinische Biometrie, Universität Ulm, Germany

Introduction

In aging males, erectile dysfunction, increasing micturition problems, as well as symptoms, related to testosterone deficiency syndrome, are frequent factors that limit quality of life. Treatment of these symptoms represents a major challenge in everyday urology. As there is an increasing interest in non-chemical, natural products, we examined the effect of MENFIT® Power Caps, an herbal product based on Ayurveda and traditional Chinese medicine. The aim of our study was to evaluate the influence of the product in men with lower urinary tract symptoms (LUTS) and/or erectile dysfunction (ED) and to investigate the effect on sexual function, hormone balance and voiding disorders.

Materials & Methods

As part of a prospective, multicenter study, subjects were to take the dietary supplement MENFIT® Power (PZN-15436714) for 3 months. The main ingredients of the product are: Cordyceps sinensis (Chinese caterpillar fungus), Tribulus Terrestris (Tribulus terrestrial), Ashwagandha (Indian ginseng), Maca root (Peru ginseng) and ginger root. The effects of ingestion on quality of life, ED and voiding function were assessed using the validated questionnaires: International Prostate Symptom Score (IPSS), International Index of Erectile Function (IIEF-5), Erection Hardness Score (EHS) and Aging Males Symptoms rating scale (AMS) at baseline (point in time: V1), after 4 weeks (point in time: V2) and after 12 weeks (point in time: V3).

Men with mild to moderate symptoms of ED (IIEF-5 12-21 points) were included. Exclusion criteria were the regular intake of PDE-5 inhibitors, aphrodisiacs, or testosterone substitution. The study was registered and authorized by the ethics committee BW, Germany: Az: F-2021-024, German Clinical Trials Registry: DRKS00024119.

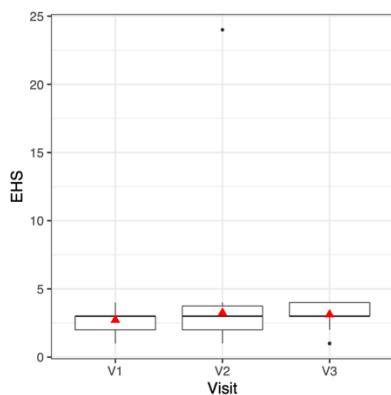
Results

One hundred patients with a median age of 60 years (28 years - 77 years) and a median body weight of 86 kg (60 kg -128 kg) were included in the study. Seventy-six patients completed the entire study period. After only 4 weeks (V2) there was a significant improvement of micturition symptoms in 77% of the examined population, remaining until the endpoint after 12 weeks (V3). Sexual function based on IIEF-5, AMS and EHS improved gradually after 4 weeks and showed clear improvement in 70 % of men at the endpoint after 12 weeks (V2-V3). Looking at the entire study period (V1-V3), a statistically highly significant improvement can be observed (V1-V3: for IIEF: p<0.001; AMS: p<0.001; IPSS<0.0001 and significant improvement for EHS (p< 0,029). Undesirable effects or side effects were not described.

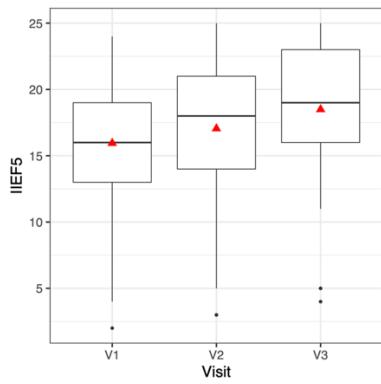
Conclusion

The results of our 3-month study, based on the supplement MENFIT® Power Caps containing herbal ingredients from Ayurveda and traditional Chinese medicine, show a highly significant symptom improvement in sexual performance, hormone deficiency symptoms and micturition disorders. Therefore, it might be considered as a natural alternative in aging males with mild voiding symptoms and sexual dysfunction.

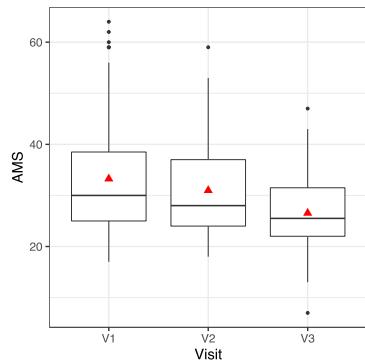
V26-06 MENFIT POWER TRIAL 2020 Results:



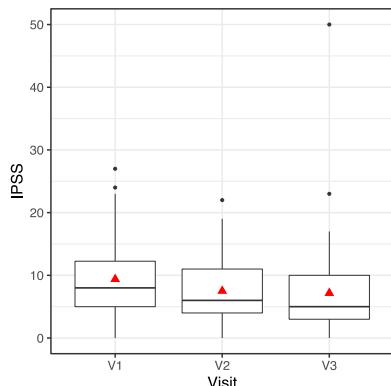
EHS: Erection Hardness Score
 $p < 0,029$



IIEF-5: International index of erectile function
 $p < 0,001$



AMS: Aging male symptom rating scale
 $p < 0,001$



IPSS: International prostate symptom score
 $P < 0,0001$

Taking 2 capsules of Menfit Power Caps daily for 3 months led to an improvement in erection hardness, sexual performance and hormonal well-being in 70% of the test subjects.
An improvement in micturition symptoms in benign prostate syndrome was noted in 77%.
There were no undesirable effects or side effects.