



POWERFUL COMBINATIONS

Stinging nettle / Butea superba / Ginseng / Ginkgo / Maca

Urtica dioica / Butea superba Roxb / Panax ginseng / Ginkgo biloba / Lepidium meyenii



Areas of application

- Promoting spermatogenesis and sperm quality
- Sperm motility
- Supports blood circulation and erectile function
- Increased libido
- Support for hormonal balance (particularly testosterone)
- Vitality and physical performance

Usage/Indications

A tincture blend of stinging nettle (*Urtica dioica*), *Butea superba*, ginseng (*Panax ginseng*), ginkgo (*Ginkgo biloba*) and maca (*Lepidium meyenii*) is traditionally used to support male fertility. The combination aims to promote spermatogenesis and improve both sperm quality and motility. At the same time, it supports blood circulation, particularly in the genital area, which can have a positive effect on erectile function. Furthermore, it helps regulate hormone balance, particularly testosterone levels, whilst potentially increasing libido. Another important aspect is the antioxidant protection, which is intended to shield the sperm from oxidative stress. In addition, the blend contributes to a general increase in vitality and physical performance.

The synergistic effect of these plants stems from their complementary properties: whilst ginseng and maca primarily have adaptogenic and tonifying effects, ginkgo and *Butea superba* support blood circulation and sexual function. Nettle, in turn, has regulating effects on hormone balance and prostate function. This combination creates a holistic approach that addresses several factors relevant to male fertility simultaneously.

Good to know



Sperm production (spermatogenesis) takes around 70–90 days. Herbal preparations such as tinctures therefore do not take effect immediately, but should be taken consistently over several months to help improve sperm quality.

Side effects/Contraindications

Possible side effects include mild gastrointestinal discomfort, headaches, and restlessness or sleep disturbances. Caution is advised when taking this product alongside blood-thinning medication (increased risk of bleeding) or in cases of hormone-dependent conditions. Allergic reactions may occur in rare cases. If you have an existing cardiovascular condition, you should only use this product after consulting your doctor.

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