



## **THE ENHANCEMENT OF FEMALE SEXUAL FUNCTION WITH ARGINMAX®, A NUTRITIONAL SUPPLEMENT, AMONG WOMEN DIFFERING IN MENOPAUSAL STATUS**

Thomas Y. Ito, MD\*, Mary Lake Polan, MD, MPH, PhD\*\*, Beverly Whipple, PhD, RN, FAAN\*\*\*, Aileen Sontag Trant, PhD\*\*\*\*

**OBJECTIVE:** A double blind, placebo-controlled study was conducted to determine the role of dietary supplementation on sexual function in women of differing menopausal status.

**METHODS:** One hundred eight (108) women, age 22-73 years, who reported a lack of sexual desire, enrolled as participants. Of these, 55 received ArginMax® for Women and 53 placebo. ArginMax® for Women contains L-arginine, ginseng, ginkgo, multi-vitamins and minerals. The 108 women, given definitions, self-reported as 59 premenopausal (PRE); 20 perimenopausal (PERI) and 29 postmenopausal (POST).

**RESULTS:** After 4 weeks, PRE women on ArginMax® primarily reported significant improvement in level of sexual desire (72%;  $p=0.03$ ) and satisfaction with overall sex life (68%;  $p=0.007$ ) compared to placebo group on the Female Sexual Function Index (FSFI) scales. Frequency of sexual desire (60%;  $p=0.05$ ) and frequency of intercourse (56%;  $p=0.01$ ) also increased among the PRE women. In contrast, among PERI women, primary improvements were reported for frequency of intercourse (86%;  $p=0.002$ ), satisfaction with sexual relationship (79%;  $p=0.03$ ), and vaginal dryness (64%;  $p=0.03$ ) compared to placebo group. POST women primarily showed an increased in level of sexual desire, with 51% showing improvement, compared to only 8% in the placebo group ( $p=0.008$ ).

**CONCLUSION:** Nutritional intervention plays an important role in women's sexual health, but issues and areas of greatest improvement differ in women of different menopausal states. The largest number of attribute improvements is seen in PRE and PERI women, although attribute types vary between these groups. Level of desire was shown to increase significantly in POST women. Since ArginMax® for Women has been shown to exhibit no estrogen activity, it may be a desirable alternative to HT for sexual concerns.

\* University of Hawaii, School of Medicine, Professor Emeritus

\*\* Department of Gynecology/Obstetrics, Stanford University School of Medicine, Stanford, CA

\*\*\* Rutgers University, Professor Emerita

\*\*\*\*The Daily Wellness Company, R&D, Mountain View, CA