

Homeopathic

Organic Ashwagandha Root, Ginkgo Leaf, Horny Goat Weed, Licorice Root, and Tribulus Fruit.

ORGANIC 100%

Men's Health Tea
HERBAL TEA

LOOSE TEA

This Herbal Tea is specifically blended for men's health. The Herbs used are known to help promote vitality, energy, stamina, strength and proper function of the male reproductive system.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.

HamTowneSpicery.com

For Educational Purposes Only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease. Ham Towne Spicery makes no claims to the effectiveness of our herbal products. Our goal is to provide our customers that have decided to use alternative botanical supplements with the purest highest potency clinical quality organic botanicals available. We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.

***Note: Due to FDA regulations,** we are unable to provide specific dosage information. We are also unable to answer questions requesting medical/healthcare advice. Please consult with a healthcare professional for more information.

Ashwagandha Root :

A number of high-quality studies have extensively explored the biological activities and therapeutic applications of *Withania somnifera*, which still stands as a regularly employed adaptogen possessing a wide array of reported properties such as antioxidant, anticancer, anxiolytic, antidepressant, cardioprotective, thyroid-modulating, immunomodulating, antibacterial, antifungal, anti-inflammatory, neuroprotective, cognitive-enhancing, and hematopoietic effects. [3]

Adaptogenic and Anti-Stress: A 2012 randomized double-blind, placebo-controlled study confirmed the therapeutic utility of high-concentration full-spectrum extract of ashwagandha roots in effectively lowering stress and anxiety, boosting resistance against stress, and enhancing the general well-being of adults under stress. This single-center, prospective trial involved 64 subjects with a history of chronic stress, with treated individuals ingesting twice daily one capsule containing 300 mg of high-concentration full-spectrum extract from the root of *Ashwagandha* plant for 60 days. [*Indian Journal of Psychological Medicine*, vol. 34, no. 3, p. 255–262, 2012. <https://www.ncbi.nlm.nih.gov/pubmed/23439798>]

Antianxiety: An A 2014 systematic review on ashwagandha as treatment of anxiety signified its effectiveness as an alternative anxiolytic agent. Evidence was reviewed from five human randomized controlled trials with a treatment arm consisting of ashwagandha as an anxiety or stress remedy. [<https://www.ncbi.nlm.nih.gov/pubmed/25405876>].

Ginkgo Biloba:

Among its medicinal uses are as follows: food supplements for improving memory, preventing the onset of dementia or Alzheimer's, treating Raynaud's disease, improving blood flow to the extremities, aiding in the proper management of stress, and revitalizing the body. Some evidence may also point to ginkgo's usefulness in treating glaucoma and helping to reverse and / or allay the progression of macular degeneration. [http://www.mayoclinic.com/health/ginkgo-biloba/NS_patient-ginkgo].

Ginkgo biloba, especially its leaves, has been extensively studied on account of being widely used as an herbal medication. A number of controlled clinical studies had furnished clear-cut evidence regarding the effectiveness of Ginkgo biloba as a treatment for some neurologic sequelae associated with Alzheimer's disease, traumatic brain injury, stroke, normal aging, tinnitus, and macular degeneration. These sequelae include impairments in memory, cognitive speed, and activities of daily living; edema; inflammation; and free radical toxicity. Ginkgo biloba is able to influence the electrochemical, physiologic, neurologic, and vascular systems of the body, acting as an agent with antioxidant, neurotransmitter/receptor modulatory, and antiplatelet-activating factor properties. [<http://www.ncbi.nlm.nih.gov/pubmed/10807109>]

Tribulus Fruit :

The roots, seeds, fruits, and leaves of *Tribulus terrestris* have been traditionally used for a number of therapeutic purposes. *Tribulus terrestris* has been believed to allegedly elevate levels of serum testosterone levels in the human body and has received considerable popularity among male bodybuilders and athletes as an herb for muscular hypertrophy and skeletal muscle strength development and as a preparation that boosts libido, promotes testicular development, and relieves hypertension, kidney disorders, and colic. [<https://www.ncbi.nlm.nih.gov/pubmed/24559105>] The fruits and seeds of the plant are employed in oriental medicine as an aphrodisiac, diuretic, and anthelmintic, as well as a remedy for coughs, kidney failure, and urinary disorders. Alongside other medicinal herbs, *Tribulus terrestris* is also used in diverse Ayurvedic formulations to treat osteoarthritis. [<http://eprints.ugd.edu.mk/13129/>]

Epimedium (Horny Goat Weed) :

Horny goat weed is, as the name suggests, a weed that is thought to enhance sexual function. Long known in China and some parts of Asia as a medicinal plant, its reputation as an aphrodisiac herb has been established since ancient times. Traditionally ascribed by Chinese herbalists for the treatment of frigidity, it is now commonly taken as a food supplement or alternative drug to enhance sexual vigour and improve male potency. This medical action is caused due to the chemical compound icariin, which is thought to function in much the same way as Viagra, only without a majority of its unsavoury side-effects. [<http://altmedicine.about.com/od/herbsupplementguide/a/HornyGoatWeed.htm>]

Aside from its reputed aphrodisiac effects, horny goat weed has also been shown to be beneficial for menopausal women, as aside from improving male sexual performance, it also acts as a normalizing the often fluctuating levels of estrogen in a menopausal woman's body. It may also help to improve or boost her libido well as allay the symptoms of hot flashes. When consumed in moderation, horny goat weed may even help to relieve the symptoms associated with osteoporosis and osteoarthritis by stimulating bone tissue. [<http://www.hornygoatweedeffects.com/5-things-to-know-about-horny-goat-weed/>]

Typically prepared as a decoction or as a tincture, with the dried leaves of the plant, drunk in very small amounts as a tonifying drink daily. Nowadays, typically as an alternative for Viagra. While horny goat weed is generally safe when used regularly in moderation, its active compound may possess hepatotoxic side-effects if taken in excess, so it is best to steer clear of highly potent extracts, and instead opt for the more traditional methods of consumption (i. e. decoctions, teas & tinctures). [<http://www.hornygoatweedeffects.com/pros-and-cons-of-using-horny-goat-weed/>]

Licorice Root:

medicinal property found in licorice is its potent anti-viral and hepatoprotective properties. Traditional holistic practices originally prescribed licorice root tea or extract for the treatment of hepatitis, tuberculosis, and other virally transmitted diseases. Recent studies have shown that traditional prescriptions were not far from the mark, as licorice did indeed show powerful antiviral effects. Traditional herbalism also employed licorice as a supplement for the treatment of cancer owing to its adaptogenic and immuno-boosting properties. Traditional Chinese Medicine often integrates licorice root to medicated teas as a complimentary spice in order to strengthen and enhance the overall efficacy of the medicinal brew. Moderate consumption of licorice-containing products or natural homeopathic remedies containing licorice may even help to regulate irregular hormonal levels in both men and women. Furthermore, due to its insulin regulating properties, small amounts of licorice may prove to be beneficial to individuals who suffer from diabetes. [http://chinese.herbs.webs-sg.com/articles_32.html]

Do Your Research For Your Health

We highly recommend that you take the time to research all Homeopathic alternative herbal formulas. You can start by going to the links provided in the body of the information paragraphs. Below you will find direct source links for each botanicals used in tea.

Main Source: www.herbs-info.com

Ashwagandha Root: www.herbs-info.com/ashwagandha.html

Ginkgo Biloba: www.herbs-info.com/ginkgo-biloba.html

Epimedium (Horny Goat) : www.herbs-info.com/horny-goat-weed.html

Licorice Root: www.herbs-info.com/licorice.html

Tribulus Fruit: www.herbs-info.com/tribulus-terrestris.html

Gingko Biloba - Safety Notes

The consumption of ginkgo biloba in standardized or traditional form is relatively safe although some contraindications do exist. Care should be taken when consuming ginkgo extracts or tea if one is suffering from heart problems, or if one is under blood-thinning medications since it may result in adverse side-effects such as nausea, dizziness, and, in worst-case scenarios, internal bleeding or uncontrollable bleeding from severe wounds. Pregnant and lactating women should likewise refrain from the use of ginkgo, or continue to use it under the strict guidance of a healthcare professional or an expert herbalist.

Epimedium (Horny Goat Weed) - Safety Notes

horny goat weed is generally safe when used regularly in moderation, its active compound may possess hepatotoxic side-effects if taken in excess, so it is best to steer clear of highly potent extracts, and instead opt for the more traditional methods of consumption (i. e. decoctions, tinctures).

Licorice Root Safety Notes

Relatively safe when consumed in moderation, excessive consumption of licorice may result in increased blood pressure and muscular failure. Long-term consumption of licorice either as food or as a medicine may also have hepatotoxic side-effects, although such occurrences are rare. It should be noted that pregnant and lactating women are advised to stop their consumption of licorice. Individuals with a history of hypertension, epilepsy, and liver problems should best do away with licorice consumption altogether.

Tribulus Fruit Safety Notes

The oral use of Tribulus terrestris at correct prescribed dosage is considered generally safe, although pregnant and lactating women are still advised to consult expert opinion from qualified healthcare professionals. Due to the presence of saponins, the plant may also be a gastrointestinal irritant and may increase follicle-stimulating hormone and estrogen levels in women.