

ALPHA DUDE

Ingredients Profile & Scientific References

By Dr. Scott Treadway

**#1 MUCUNA PRURIENS**

Mucuna pruriens is a traditional herb used historically for potency, spermogenesis (production of sperm) as an aphrodisiac and to increase male hormones.

Mucuna pruriens supports testosterone levels. How does this work? Like this:

Mucuna pruriens basically stimulates the release of dopamine from the adrenal glands. The dopamine blocks the release of prolactin from the pituitary glands. blocking prolactin causes the hypothalamus to secrete more GnRH hormone.

GnRH causes the pituitary gland to produce luteinizing hormone (LH).

LH then travels to the testes where the Leydig cells to secrete more testosterone.

Mucuna increases adrenaline and noradrenaline levels in the testes.

Adrenaline and noradrenaline enhance testosterone secretion in the Leydig cells.

Alpha Dude contains Mucuna pruriens extract with up to 20% Levodopa or L-Dopamine.

Mucuna pruriens has significant antioxidant action that works in tandem with L-dopa to promote brain health. When L-dopa crosses the blood-brain barrier, it helps to increase brain levels of dopamine, an essential neurotransmitter associated with regulating mood and cognition.

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**#2 ASHWAGANDHA**

Ashwagandha is a traditional herb known for its adaptogenic qualities to support strengthening and also included in traditional men’s potency formula to support stamina. As a powerful adaptogen, Ashwagandha increases an individual’s ability to adapt to environmental stresses and factors and helps to reduce damage to the body from these factors. It helps the body to maintain a balanced state while under physical stress and improves recovery time. In addition, Ashwagandha doesn’t produce the “spike and crash” effect like conventional athletic stimulants.

In a study, Ashwagandha produced a marked increase in serum testosterone levels (up to and over 15 percent!), which was associated with muscle growth and increased strength. Most notably, those taking the ingredient experienced a 17.1 percent increase in arm muscle size, and a 16.1 percent reduction in average body fat. (http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4687242)

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**#3** **TRIBULIS TERRESTRIS**

Tribulus Terrestris has been proven to help libido in both men and women it also has other health benefits. Extracts of Tribulus Terrestris have been shown to improve testosterone levels and to boost hormone levels.

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**#4 AVENA SATIVA**

Avena sativa is a traditional herb used historically to improve potency hormonal production.

European research reveals that a study with oat straw extract (Avena sativa) showed that testosterone levels of men and women participating in the experiment increased by an average of 105 percent. Numerous studies confirm that this combination also leads to an increase of aerobic power and muscle strength.

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**#5 MURIA PAUAMA**

Muira pauama is a traditional South American herb know for the support of potency and libido for both men and women and has been used historically as an aphrodisiac.

One of the main qualities of Muira Puama that attracted early American explorers was its reputation as a strong aphrodisiac. A study investigating its [libido-boosting](https://www.globalhealingcenter.com/natural-health/6-exercises-to-stimulate-sex-drive/) potential evaluated 202 healthy men and women with low sex drives. After one month of supplementation with Muira Puama, 65% reported improvements in desire and sexual satisfaction.

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**#6 MACA ROOT**

Maca root is a traditional herb used historically for energy and stamina including athletic performance. It is high in minerals and vitamins.

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**#7 CATUBA**

Catuba is a traditional South American herb known for its support of libido and used historically as an aphrodisiac.

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**#8 SEA BUCKTHORN**

Sea buckthorn is a Himalayan berry known for its traditional use for general strengthening and for stamina.

Gengis Khan used Sea buckthorn to increase the stamina of his army men and this was possibly the first human study which confirmed the efficacy of sea buckthorn as a stamina and endurance building herbal supplement. It was national drink in the Beijing Olympics of 2008 and considered “Fruit of Champions”.

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