Our product SANDIX combines the best plant extracts with potent vasodilator properties that improve sporting performance and help to deal with erection problems.

Watermelon dry extract (*Citrullus lanatus*) standardised to contain 10% in L-Citrulline:

The watermelon provides L-Citrulline, an aminoacid which transforms into arginine and intervenes in the synthesis of nitric oxide, a molecule involved in vasodilation.

Pomegranate dry extract (*Punica granatum* L.) standardised to contain 40% in ellagitannins:

Pomegranate (*Punica granatum* L.) is known as the fruit of fecundity and is rich in antioxidant molecules. It increases the concentration of nitric oxide in the vascular endothelium, facilitating the erection and sporting performance.

Fenugreek seed dry extract (*Trigonella foenum-graecum* L.) standardised to contain 50% in saponins:

Fenugreek seeds (*Trigonella foenum-graecum* L.) are rich in steroidal saponins and have been traditionally used to regulate hormone levels and increase testosterone levels.

Ginkgo biloba dry extract (*Ginkgo biloba* L.) standardised to contain 24% in flavonol glycosides and 6% in terpene lactones:

Ginkgo biloba (*Ginkgo biloba* L.) is known for its vasodilator and neuroprotective properties. It contains terpene lactones and flavonol glycosides which ensure maximum efficiency.

**Composition**

**INGREDIENTS:**
For 4 capsules: 1000 mg of dried watermelon fruit extract (*Citrullus lanatus* (Thunb.) Matsum. & Nakai) standardised to contain 10% in L-citrulline (i.e. 100 mg), 600 mg of fenugreek seed extract (*Trigonella foenum-graecum* L.) standardised to contain 50% in saponins, 440 mg of pomegranate dry extract (*Punica granatum* L.) standardised to contain 40% in ellagitannins, and 140 mg of ginkgo biloba dry extract (*Ginkgo biloba* L.) standardised to contain 24% in flavonol glycosides and 6% in terpene lactones.
foenum-graecum L.) standardised to contain 50% in saponins (i.e. 300 mg), 100 mg of dried pomegranate extract (Punica granatum L.) standardised to contain 40% in ellagitannins (i.e. 40 mg), 60 mg of dried ginkgo leaf extract (Ginkgo biloba L.) standardised to contain 24% in flavone glycosides (i.e. 14.4 mg) and 6% in terpene lactones (i.e. 3.6 mg).

Other ingredients:

Potato starch, vegetable-based capsule: hydroxypropyl methylcellulose.

ALLERGENS:

This product does not contain allergens (in accordance with Regulation (EU) No 1169/2011) nor genetically modified organisms.

FABRICATION AND GUARANTEE:

This dietary supplement is manufactured by a GMP-compliant laboratory (GMPs are the good manufacturing practice guidelines for the European pharmaceutical industry). Their active principle content is guaranteed through regular tests, which can be viewed online.

Use

DIRECTIONS:

4 capsules a day with half a glass of water, divided into two doses, at mealtimes.

WARNINGS:

Do not use in case of pregnancy and lactation. Consult your doctor in case of simultaneous use of anticoagulants. Do not exceed the recommended daily dose.

ADVICES:

Does not replace a varied and balanced diet and a healthy lifestyle. If you are undergoing medical treatment, seek your therapist’s advice. For adult use only. Keep out of reach of young children.

STORAGE INSTRUCTIONS:

Store in a cool dry place away from sunlight.

Detailed information

Erectile dysfunction problems are associated with multiple factors such as age, consumption of medication, alcohol, tobacco and various diseases (hypertension, diabetes, cardiovascular problems...).

Our product SANDIX offers a combination of plants with vasodilator properties in order to deal with erection problems: Watermelon (Citrullus lanatus) extract standardised to contain 10% in L-Citrulline, fenugreek seed (Trigonella foenum graecum L.) extract standardised to contain 50% in saponins, dried pomegranate (Punica granatum L.) extract standardised to contain 40% in ellagitannins and ginkgo biolba (Ginkgo biloba L.) extract standardised to contain 24% in flavonol glycosides and 6% in terpene lactones.

The watermelon (Citrullus lanatus) is a herbaceous plant that originates from Africa and is characterised by a large-sized fruit. The peel of the fruit is rich in L-Citrulline, non-protein aminoacid is transformed into arginine and has better digestibility. Arginine increases the levels of nitric oxide, the molecule that intervenes in vasodilation (1,2).

Fenugreek (Trigonella foenum graecum L.) has been traditionally used to increase testosterone levels. Its effects on testosterone levels are related to an inhibition of aromatase enzymes and 5 alfa reductase thus inhibiting the transformation of this hormone in oestrogen and dihydrotestosterone (3).

The pomegranate (Punica granatum L.) comes from Iran and the Persian Gulf. In the East it is considered to be the tree of love and fecundity, and for the Greeks it was a symbol of fertility. The pomegranate is rich in polyphenols with
antioxidant properties and recently a study showed an increase of blood flow and production of nitric oxide after intake of the pomegranate extract (7).

Ginkgo biloba (Ginkgo biloba L.) originates from Japan and China where it has been cultivated in Buddhist temples for thousands of years. Its fan-shaped leaves contain flavonol glycosides and terpene lactones (ginkgolides and bilobalides), molecules with vasoregulatory, antioxidant and neuroprotective properties (11). In relation to its vasodilator properties, a study has described its use to facilitate an erection (12).

Extract name: Dried watermelon extract standardised to contain 10% in L-Citrulline.  
Scientific name: Citrullus lanatus  
Used part: Fruit  
Properties:  
• L-Citrulline improves erection in patients with mild erectile dysfunction (1).  
• L-Citrulline increases nitric oxide levels, facilitating an erection (2).

Extract name: Dried fenugreek seed extract standardised to contain 50% in saponins  
Scientific name: Trigonella foenum-graecum L.  
Used part: Seeds  
Properties:  
• Increased libido (4).  
• Increases total testosterone and its bioavailability (5).  
• Its seeds contain saponins with inhibiting properties from platelet aggregation (6).

Extract name: Dried pomegranate extract standardised to contain 40% in ellagitannins.  
Scientific name: Punica granatum L.  
Used part: Fruit  
Properties:  
• Helps in the treatment of erectile dysfunction problems (8).  
• Causes an increase of testosterone levels in saliva as well as reducing blood pressure and improving mood (9).  
• Increases motility and density of sperm, improves concentration of sperm in the epididymis and decreases irregular sperm count (10).

Extract name: Dried ginkgo biloba extract standardised to contain 24% in flavonol glycosides and at 6% in terpene lactones (ginkgolides and bilobalides).  
Scientific name: Ginkgo biloba L.  
Part used: Leaves  
Properties:  
• Stimulates erection (12).  
• Ginkgolide B is a platelet activator factor antagonist, mediator involved in platelet aggregation processes and formation of blood clots (13).  
• Improves vasodilator capacity (14).

BIBLIOGRAPHY
5. Effects of glycosides based fenugreek seed extract on serum testosterone levels of healthy sedentary male subjects:


