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Mr. Sheldon Lustigman  
The Lustigman Firm  
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Dear, Mr. Lutigman,

At your request, I have performed a review of a product called VigRx. VigRx is offered to the public as an herbal sexual enhancer. Claims related to the product relate to improved sexual function, overall greater satisfaction, and the ability to have and maintain a larger erection than normally experienced by the individual. I have reviewed all of the ingredients listed on the supplement facts table, and will address each one and provide a summary at the conclusion of this report. I am also attaching relevant material relating to each component, based on information from a variety of sources, as well as full MEDLINE searches for articles appearing in the medical literature. I will address each ingredient in the order they appear on the supplement sheet.

#### I. Korean Red Ginseng

Korean Red Ginseng is an herb found in Asia. The active part of the plant is derived from the dried root. It has been claimed to provide a variety of positive effects on the human body, including improved cognitive function, antineoplastic effects, antiviral effects, antioxidant effects, among others.

The German Commission E indication (considered a reliable descriptor of herbal effects for Ginseng is lack of stamina. Clearly, an increase in overall stamina will improve sexual function. While it may not be specifically designated as a sexual enhancer, common logic would allow one to draw inference to improvement in overall energy, which would extend to sexual stamina as well.

As noted in the abstract by Bucci (Bucci, LR., Selected Herbals and Human Exercise Performance, *Am. J. Clin. Nutr.*, Aug, 2000 72(2 suppl 624S-636S), multiple controlled studies have demonstrated improved muscular strength, work capacity, and improved psychomotor capacity. I would therefore conclude that the presence of Ginseng in this product would aid in sexual performance.

## II. Saw Palmetto

Saw Palmetto is a well known herb that blocks the conversion of testosterone in Dihydrotestosterone (DHT) through the inhibition of 5 alpha reductase. This inhibition of DHT formation has been well demonstrated to 5 alpha reductase has been demonstrated to decrease prostate size in men with Benign Prostatic Hypertrophy (BPH). Studies have demonstrated it to be virtually as effective as finasteride. This improvement in prostatic size in men with BPH results in improved urinary flow and improved bladder function.

While BPH has no direct bearing on sexual function, improvement of BPH in men may allow the to feel “more relaxed” in their sexual file, as they would not suffer the inconvenience of frequent needs to urinate, and allow them to feel healthier about their genitourinary tract.

## III. Hawthorn Berry

Hawthorn berry is approved by the German E Commission for use in heart and lung disease. It appears to improve coronary perfusion, improving cardiac function. Indeed, even in Chinese medical literature and homeopathic uses, this extract for cardiac problems.

After review of the medical literature, I cannot find any specific reason for it's inclusion in this product. Indeed, if individuals with known coronary insufficiency were to use this on the assumption that it will improve their heart function and therefore their sexual function may find themselves at risk for cardiac events. Individuals with known heart disease should discuss the stresses of sexual on their illness and follow their doctors instructions.

## IV. Ginko Biloba

Ginko Biloba, also known as Maidenhair Tree, is approved by the German Commission E as an accepted form of treatment for poor peripheral circulation (by inhibiting platelet function, organic brain dysfunction, Vertigo, and Tinnitus. None of these diseases would be related to sexual dysfunction. A study conducted by Kang (Kang BJ, Lee SJ, Kim MD, and Cho MJ, *A placebo controlled, double blind trial of Ginko biloba for antidepressant induced sexual dysfunction*, Hum. Psychopharmacol., Aug. 2002 17(6) 279-

284) failed to demonstrate any positive effect on sexual dysfunction. No other reported studies on the use of Ginkgo biloba for sexual dysfunction are available.

#### V. Muira-Puama

Muira Puama has been used for the prevention of sexual disorders, as well as loss of appetite, and other GI illnesses. There are also unproven uses of topical Muira Puama for sexual dysfunction. While there are no reported side effects or health hazard, its inclusion in this product, despite only anecdotal evidence for its use in sexual enhancement, does provide at least the possibility of some positive sexual response.

#### VI. Catuaba Bark

Catuaba bark has been used as an “aphrodisiac” for many years. Catuaba has been used in herbal medicine for the treatment of impotence, although its mechanism of action is unknown, and there is no medical literature available to support this claim. As it is described as a body stimulant, there may be some connection to sexual performance. There are also reports of Catuaba bark altering levels of dopamine in the brain, possibly enhancing the pleasure of sex.

#### VII. Cuscuta Seed

Cuscuta seed has been reported in Chinese medicine as effective for maintaining the health of the urinary tract. While no testing addresses directly its effect of sexual performance, it has, in at least one study, to have antineoplastic effect on malignant prostatic carcinoma cells. This may infer activity on the urinary tract, but it requires additional testing to confirm such an effect. Additional effects on the immune system have been reported, but it would be difficult to relate this to any sexual function.

#### VIII. Epimendum

Epimendum, also known as Horny Goat Weed, has been recognized as a treatment for sexual dysfunction and increased libido. It has been reported to boost the production of testosterone, improve blood flow, increase sperm count, and improve staying power during intercourse.

One of the more impressive medical evaluations was conducted by Steven Lamm, MD, on the faculty of NYU School of Medicine, with assistance from Gerald Couzens. Their study of 48 men over a 45 day test demonstrated improved sexual satisfaction as measured by patient evaluations completed at each visit. This was performed as a double

blind study, and indicated that no subject reported changes in sexual satisfaction while in the placebo arm, while 13 of 20 reported improved sexual satisfaction on the herbal preparation. Dr. Lamm's conclusion was that the effect of Horny Goat Weed may lie in a testosterone like effect.

This finding, along with its acceptance in Chinese medicine, strongly support its effectiveness in improving and enhancing sexual performance and satisfaction.

It is my opinion that while all of the above constituents may not have fully documented effects on sexual performance, the presence of Horny Goat Weed, Catuba, Cuscuta, and Ginseng can have a significant effect on sexual performance. Increased pleasure and performance would certainly indicate the development of a larger and stiffer erection than would occur under "normal" circumstances.

It is clear to me that the formulation of VigRx has a high likelihood of achieving its stated goal of improving sexual performance, enhancing penile size when aroused, and creating greater pleasure from the sexual act.

As we discussed, I am attempting to obtain a third party researcher to conduct specific trials on VigRx. While I satisfied with the above findings, an independent evaluation on test subjects would only serve to further confirm the above findings. I am also including with this report copies of relevant medical articles, and complete MEDLINE searches for your review.

Sincerely,

A handwritten signature in black ink, appearing to read 'H. S. Edelson', with a long horizontal flourish extending to the right.

Henry S. Edelson, MD