

A Randomized, Double-Blind, Placebo-Controlled Study to Evaluate the Impacts of Revactin® on Male Sexual Health and Quality of Life

Smith C. Mondesir¹, Jaime Tartar Ph.D.²

¹ Miami Dade College, North Campus, Miami, FL

² Nova Southeastern University, Davie, FL

Abstract

Revactin® is an over the counter, plant-based supplement for erectile wellness and function consisting of a combination of *Paullinia cupana*, ginger, Muira Pauma, and the amino acid L-citrulline. Revactin® naturally stimulates the production of nitric oxide which is critical for penile health. This prospective study assesses the effects of Revactin® on sexual health and wellness in healthy male adults between the ages of 35 and 65. To move forward with this research 56 participants will be tested- half will receive the test product (TP) and half will receive the placebo (comprising 28 people/group). A total of 3 in-person visits are part of this study including a screening and baseline visit (Day 1), an interim visit (Visit2, Day 22 ± 3), and an end-of-study visit (Visit 3, Day 43 ± 3). Participants are instructed to take two capsules in the morning and two capsules in the evening, preferably with food and water. Efficacy outcomes include participant self-reported validated questionnaires: the International Index of Erectile Function questionnaire (IIEF-15), the New Sexual Satisfaction Scale (NSSS), and the Relationship Satisfaction Scale (RSS). We are also measuring salivary testosterone, estradiol, and cortisol. Finally, the mood is assessed via the NIH Toolbox Emotion Battery. All variables are assessed at the baseline, Visit 2, and end of the study (Visit 3). Another two efficacy outcomes (morning erectile capacity and refractory latency) are assessed at baseline and throughout the study via a daily diary. This study is ongoing, and we have started testing on 21 out of the 56 participants, thus we are unable to immediately report findings. We anticipate further findings in the near future as this research endeavor is still in its early phases.