

THE FOLLOWING ABSTRACT HAS BEEN PRESENTED AT THE 18TH WORLD CONGRESS ON THE MENOPAUSE

## Effect Of A Trigonella Foenum Graecum -based Food Supplement On Sexual Function. Results Of The LIBIDOB'S Study, A Real-life Study

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### Objective

Evaluate the effectiveness of Libicare® -a food supplement containing Trigonella foenum-graecum , Turnera diffusa , Tribulus terrestris and Ginkgo biloba dry extracts, B vitamins and selenium - to improve sexual function in women with low sexual desire.

### Methods

Multicenter, prospective, non-controlled, observational study performed in Spanish public and private healthcare centers. Women aged 45 to 65 referring low sexual desire/arousal within the last 6 months were recruited. Treatment: 2 tablets of LibicareR daily for 4 months.

Results of the effectiveness (primary endpoint) change vs baseline in a validated questionnaire Woman Sexual Activity Evaluation Scale (EVAS-M) at 2 or 4 months (Final visit), and safety are presented.

### Results

Effectiveness and safety analyses included data from of 116 and 143 patients respectively. EVAS-M mean score shown a significant increase: 33,9 (7,4) vs 43,7 (7,3) at baseline vs final visit;  $p < 0,0001$ . Mean absolute increase (final visit vs baseline) has been especially important in desire and arousal domains: 2.4 (1.8) and 2.0 (2.5) respectively ( $p < 0.0001$  both). Percentage of women with probable sexual dysfunction decreased from 67.2% to 21.6%. A total of 89.7% of women shown an increase in EVAS-M score. Four patients experienced mild/moderate adverse events possible or probably related to the food supplement (dysgeusia, dizziness, abdominal distension, and nausea). Three adverse events have led to the permanent suspension of the treatment and all of them have disappeared by the end of the study.

### Conclusion

In this preliminary analysis, significant improvement in sexual function, specifically in desire and arousal, has been observed after 2 or 4 months of treatment with 2 tablets of LibicareR/day in perimenopausal women referring low sexual desire. A good tolerability and safety profile has been observed.