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5	Udani J, Gruenwald J, Miller M, George A, et. al Medicus Research LLC	Randomized, double-blind, placebo controlled, 200 mg, 3 months	26 men with mild ED	Significant improvement in: •Erection Hardness Scale • Aging Males Symptom Score • Sexual Health Inventory for Men
6	Shaiful Bahari Ismail, Wan Mohammad WMZ, George A, et. al. Hospital Universiti Sains Malaysia	Randomized, double-blind, placebo controlled, 200 mg, 3 months	109 healthy men	Significant increase in physical function of SF-36, improvement in overall IEF domain in Physta* group, sperm profiles, semen volumes and fat mass loss (BMI >25kg/m²)
7	Talbott SM, Talbott JA, George A, et. al Supplement Watch Inc, Draper, UT, United States	Randomized, double-blind, placebo controlled, 200 mg, 4 weeks	63 men and women with moderate stress	Hormone profiles was significantly improved (↑testosterone, ↓ cortisol) Significant improvements in POMS Physta group

























































