



COACH ROB REGISH BLUEPRINT BULLETIN

Volume 8 Issue 11

November 2019

TALKING TRIBULUS: HOW TO SPOT THE GOOD STUFF, AND WHY IT IS WORTH IT



The pile on the left is common, low quality "Tribulus Terrestris Extract" from China (India also makes a lot of junk tribulus). If you take a pinch in between your fingers and squeeze it. It's dry as hell and will disperse as dust in the wind when you blow on it.

The product on the right is real Bulgarian Tribulus extract, standardized for 45% total saponins. You'll note it's much darker, and unlike the grass clippings on the left, it is incredibly hygroscopic (picks up moisture easily). When performing the pinch test mentioned above, your fingers will almost stick together, which is indicative of the live, active furostanolic saponins you're looking for:

GENESIS

Circa the late 80's/early 90's Tribulus Terrestris debuted in this country to great fanfare. The claim was that Tribulus boosted testosterone, and indeed that's what it felt like. Your libido skyrocketed, erections were harder, and an increase in semen volume was also seen. As such, it had all the hallmarks of increased testosterone. Then, the first of several human studies were published showing no test increase or at best, very marginal (12 to 30%, depending upon which study you were looking at). Despite that damning evidence, people kept buying it.



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I'm going to tell you why.

VISIBLE, FEELABLE EFFECTS

People kept buying Tribulus because of the previously mentioned, tangible effects. If you've ever taken quality Trib, you know what I'm talking about. Is it dramatic? No. But there is a certain quality of life improvement when taking Tribulus that's undeniable. People also didn't understand some of Trib's other underlying benefits, some of which are still being elucidated. They felt them, though, and that's why they kept coming back.

I'm going to cover every upside Tribulus has, get into the different forms, and then you can make an educated decision as to whether or not it's worth it for you.

ACTIVE INGREDIENTS

The active ingredients in Trib are many, but I'll try and keep it to the fun stuff.

- The furostanolic saponin protodioscin is responsible for the libido-enhancing effects. It acts as an aphrodisiac to increase sexual activity and blood flow to the sexual organs
- Other saponins* (terrestrosin A and B and terrestrosin D) have anti-cancer and anti-tumour properties
- Different active compounds (such as tribulosin and Tribulus Amides) prevent programmed cell death in healthy cells exposed to stress and reduce inflammation

* Tribulosaponins A and B, along with protogracillin, appear to be intimately linked to IGF-1 expression and attenuating muscle damage caused by high-intensity exercise (much more on those two a bit later).

***NOTE:** Tribulus Terrestris can only be standardized to a level of 60% saponins. If you see products claiming any more than this, it's either a complete fake or spiked with additional (usually Spirostanolic saponins, vs Furostanolic), which are the ones that really work).

TYPICAL EXAMPLE OF CRAP PRODUCT THAT "LOOKS GOOD"

The shell game where companies CLAIM the highest % furostanolic saponin (or whatever) content is rampant, as you're more likely to buy a shit Trib product vs. good one (unless you're a subscriber to this newsletter) I won't belabour this point, but the following is a typical example of what MOST PEOPLE will wind up with, after paying handsomely for it..

Sports Food Trib gets a lot of play on Amazon. It's one of their bestsellers, and you'll even find many positive (likely phony) reviews. This should give you a pretty good idea of how bad things are.



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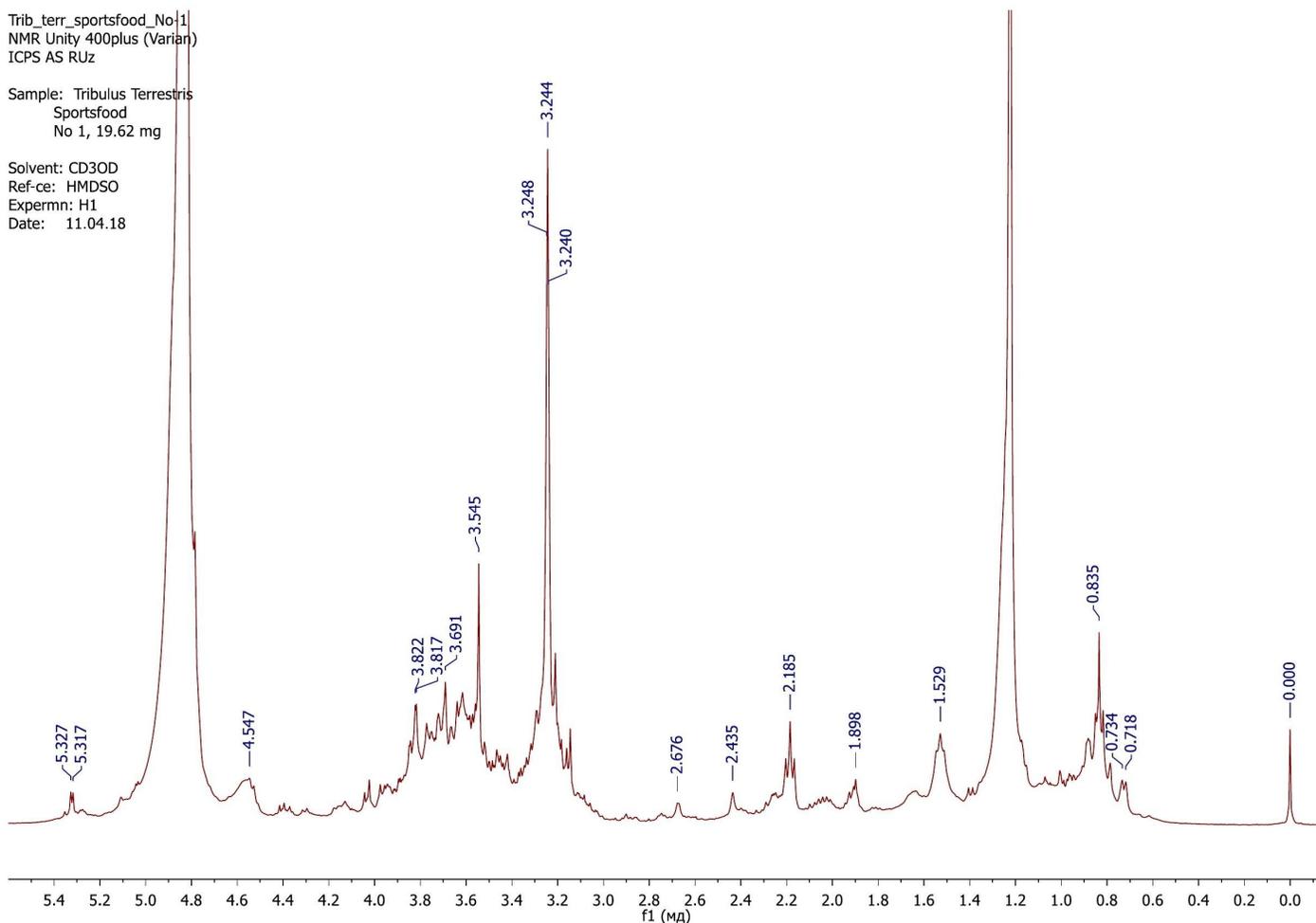
- Their product CLAIMS 95% Saponins, 80% Protodioscin - 1000 mg x 90 Capsules *Bulgarian* Extract - High Strength *Organic* Herbal Extract
- The manufacturer claims 80% furostanolic saponins, which should mean it has 800 mg of Protodioscin per capsule.
- The testing method used : nuclear magnetic resonance spectroscopy

Sounds awesome, doesn't it? A whopping 95% saponins, and 80% Protodioscin!! Man, I'm going to build some serious muscle with this stuff!! 95% is way more than that other product I was using, with just 60%. This is the strongest Tribulus I've ever seen!!!

Except, here's what the lab test found:



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Result??? NO PROTODIOSCIN DETECTED

That's what you're getting for your \$ with most Trib (and BTW, Ecdysterone) products. I'm sorry to say it, but I tell it like it is. Unless you're aware of what I just shared with you, you'd be in the dark too.



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Boy, I really feel for all those non-subscribers out there.

TESTOSTERONE, IGF-1, LIBIDO and ANAEROBIC POWER

First off, you should know that I think Trib DOES boost testosterone, just not to meaningful levels for most people. The best I've seen on a standalone Trib is a 30% increase, and 30% on a total test level of say 400 only moves it to 520. Not enough to accelerate protein synthesis enough to grow muscle faster (that's 1,300 to 1,500ng/dl, at least IMO and only shooting real test gets you there).

But that doesn't mean it doesn't work. Tribulus Terrestris has been shown to boost IGF-1 levels by 20%*. That's statistically significant, and in combination with a slight bump in testosterone may be more meaningful. Meaningful as in subjects hanging on to all the muscle they had while dropping a whopping 7% bodyfat in this 12-week study of men between the ages of 45 and 60.* That folks are very meaningful.

* <https://suppversity.blogspot.com/2016/06/tribulus-boosts-testosterone-12-igf-1.html>

With respect to anaerobic power, that too was upped by using Tribulus**. The key, though, was that it upped it in trainees performing high-intensity training, not high VOLUME training. Exactly how it's doing this is still a mystery. But its effect is substantial, and combined with its other benefits may warrant its use in your supplement arsenal.

** <https://www.sciencedirect.com/science/article/pii/S2095254615001271>

PUTS THE BREAKS ON MUSCLE DAMAGE

In the same study, I noticed something very curious. Something that I've never heard attributed to Tribulus before – it greatly lowers muscle damage. The prime biomarker for such being Creatine Kinase (CK) levels. When compared to others getting a placebo, Tribulus lowered CK levels a whopping 1,000 points!!

	Exercise + Placebo	Exercise + Tribulus Terrestris
Creatine Kinase Level (U/L)	2,719	1,591
DELTA (1,128)		

Which may very well save you from Rhabdomyolysis, or the condition that hospitalized and almost killed me. Please do NOT dismiss this effect, even though it's not tied to "more muscle" – because you can't build muscle on dialysis, or worse – 6 feet under.

Even if you don't wind up with Rhabdo, what this means is that while using Tribulus, you'll recover a LOT faster



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vs. not using it. In that regard, I always knew it was a great combination with Ecdysterone, and now I (and you) know why.

CONTAINS NOT ONE, BUT 2 (25-R) COMPOUNDS RELATED TO LAXOGENIN

If you're interested in Laxogenin, you're already getting it in a quality Trib product.

In 1976 Dr. Syrov, in the former Soviet Union identified 4 laxogenin derivatives variously referred to as "Compounds 1-4". What he found was that they conveyed most of the benefits of Ecdysterone, at a much lower mg amount. In the male boxer study, twenty-two constituents were identified from the TT extracts, among which the most abundant constituents were TT saponins (25(R)-Spirostan-3,6,12-trione and 25(R)-Spirostan-4-ene-3,12-dione.

Those are related to Laxogenin and convey all of its same benefits.

On a related note, laxogenin is found naturally occurring in two plant species: Tribulus and Smilax sieboldii. Nobody uses these as sources, though (including Progenadrex), since it's insanely expensive to extract them from the plant.

DRAMATICALLY IMPROVES CORONARY FUNCTION

If you're using "other stuff" or have any family history of heart disease, I'd definitely be using Trib. It can lower resting pulse rate and blood pressure, given it functions as a natural ACE inhibitor. In cell studies, saponins from Tribulus protected heart cells exposed to harmful chemicals. It also increased antioxidant levels and reduced oxidative stress and damage in rat hearts deprived of oxygen*.

*<https://www.ncbi.nlm.nih.gov/pubmed/20453871>

One cell-based study posited that Tribulus might reduce excessive blood clotting that clogs blood vessels in people with heart disease. The risk of harmful blood clots increases when platelets become too sticky and excessively clump together, while Tribulus prevented platelet clumping*.

*<https://www.ncbi.nlm.nih.gov/pubmed/15481631>

The mechanism by which it's working? Nobody knows exactly, but what's known is that the saponins in the plant generate Nitric Oxide. Which is the same mechanism by which Viagra works. Which would explain both its heart-healthy benefits, as well as its well-deserved reputation insofar as improving erection rigidity.

Now on to the really important stuff.

DOSAGE AND PRODUCT RECOMMENDATIONS

Over the years, I've used a LOT of Tribulus. In fact, you might say that I'm somewhat of a Tribulus snob LOL. Be that as it may, there are only 2 stand-alone Trib products I think you should consider. By sticking with these brands, you can be assured you're getting what you pay for: What's on the label is in the bottle (or box).



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SOPHARMA TRIBESTAN



The original film-coated tabs in blister packs to avoid being contaminated by moisture (recall how I said it was extremely hygroscopic). Note the new box (on the left), launched in the summer of 2019 to cut down on counterfeits. The box on the right is their US version, and it too is legit/from Sopharma. Always check the label to make sure its SOPHARMA's Tribestan. As mentioned, there are imposters.

As for meeting label claims, feel free to follow this link - <https://www.tribestanworldwide.com/tribestan-vs-regular-brands/>

Although somewhat dated, it details Tribestan's protodioscin/ protogracillin content vs. some of its direct competitors.

You'll also note that on their website they offer Tribestan tabs (without the blister pack) for sale for a reduced price — same quality product, just without the packaging. You'll get the tabs in a plastic baggie, but otherwise it's the same product.

Something to look into for those of you looking to save some \$, but get a high-quality Trib product nonetheless.



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VEMO HERB BULGARIAN TRIBULUS TERRESTRIS*



[*https://www.ebay.com/itm/VEMOHERB-BULGARIAN-TRIBULUS-the-original-Tribulus-from-Bulgaria-90-vegan-caps/183917576316?_trkparms=aid%3D555018%26algo%3DPL.SIM%26ao%3D2%26asc%3D20160323102634%26meid%3Ddea94192574a14c4f96de896c4470c373%26pid%3D100623%26rk%3D1%26rkt%3D6%26sd%3D173362468058%26itm%3D183917576316%26pmt%3D1%26noa%3D0%26pg%3D2047675&trksid=p2047675.c100623.m-1](https://www.ebay.com/itm/VEMOHERB-BULGARIAN-TRIBULUS-the-original-Tribulus-from-Bulgaria-90-vegan-caps/183917576316?_trkparms=aid%3D555018%26algo%3DPL.SIM%26ao%3D2%26asc%3D20160323102634%26meid%3Ddea94192574a14c4f96de896c4470c373%26pid%3D100623%26rk%3D1%26rkt%3D6%26sd%3D173362468058%26itm%3D183917576316%26pmt%3D1%26noa%3D0%26pg%3D2047675&trksid=p2047675.c100623.m-1)

Like Sopharma, the Vemo herb is situated in Bulgaria where the genuine article grows. The soil and climate in Bulgaria result in their Trib being many times richer in actives than that grown in India, China etc.. More importantly, Vemo has decades of experience in the cultivation, harvesting, drying and extracting of its active ingredients. Their product is standardized to 60% furostanolic saponins, especially Protodioscin.

As for meeting label claims, I'll leave you with the following below. See if you can find what products you've used in the past, then check out the lab results. It's pretty ugly.

*You'll note Vemo also has an Ecdysterone product. The good news is that It's sourced from Rhaponticum carthamoides. The bad news is, it's standardized for 95% "Beta-Ecdysterone." Beta-Ecdysterone is simply another name for 20-hydroxy ecdysterone, which unfortunately doesn't do jack for some reason.

Like Vemo's Tribulus, I've used the product and can speak to its qualities. Unfortunately, I got zilch out of it. To be fair, I



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got zilch out of everyone's 20-H product, the sole exception being a transdermal at over 1000mg/day. I'm shooting straight with you here: Vemo's got a GREAT Tribulus, Ecdysterone not so much. I AM discussing with them the merits of doing a full spectrum RCE, so we shall see. Hopefully, they'll come around to that way of thinking.

VEMO HERB BULGARIAN TRIBULUS VS. THE COMPETITION

MEDICAL UNIVERSITY OF SOFIA, DEPARTMENT OF MEDICAL CHEMISTRY AND BIOCHEMISTRY

LABORATORY „ANALYSIS AND SYNTHESIS OF BIOACTIVE COMPOUNDS”

Sofia 1431, 2 Zdrave str.

ANALYSIS OF DIETARY SUPPLEMENTS CONTAINING EXTRACT FROM TRIBULUS TERRESTRIS
ON THE CONTENT OF FUROSTANOL SAPONINS, DETERMINED AS PROTODIOSCINE

№	TRADE NAME	Country of manufacturing	Manufacturer	Data according to the label on the packaging	Results			
					Weight of the One capsule / weight of one tablet mg	Content of furostanol saponins, calculated as protodioscine, % (compared to the One capsule / the tablet)	Content of furostanol saponins, calculated as protodioscine in one capsule / tablet, mg	Content of furostanol saponins, calculated as protodioscine in the used extract, % (based on the obtained results and the quantity of extract per capsule / tablet declared by the manufacturer)
1.	TRIBU 2000	USA	SCITEC NUTRITION	Ingredients: 2000 mg extract from Tribulus terrestris, standardized at 800 mg saponins, minimum Dose: 1 tablet per intake Weight of a tablet: 2400 mg Number of tablets in packaging: 70 pcs. tablets with a total weight of 168 g Batch № SN BO1532144	2358 /20 tablets - 47160 mg/	7,0%	165 mg	8,4%
2.	MEGA TRIBU X	USA	SCITEC NUTRITION	Ingredients: 1200 mg extract from Tribulus terrestris, standardized at 480 mg saponins, minimum Dose: 1 capsule per intake One capsule: 1383 mg Number of capsules in packaging: 60 pcs. capsules with a total weight of 83 g Batch № SN BO1260937	1215 /20 capsules - 24300 mg/	8,0%	97 mg	8%

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3.	TRIBOOSTER	USA	BioTech	Ingredients: 2000 mg extract from Tribulus terrestris Dose: 1 tablet per day Number of tablets in packaging: 60 pcs. Weight of a tablet: Batch № 20130108-1	2129 mg /20 tablets - 42580 mg/	< 1,0%	< 21,0 mg	< 1,0%
4.	TRIBULUS 2400	USA	Iforce Nutrition	Ingredients: Bulgarian extract from Tribulus terrestris, standardized at 40% furostanol saponins Dose: 3 caps. daily (1 caps. per intake) One capsule: Number of capsules in packaging: 90 pcs. Batch № 12940344	756 /20 capsules - 15120 mg/	3.0%	22,7 mg	N/A
5.	2400 TRIBULUS MEGA TRIBULUS 90%	Sweden	SELF	Ingredients: 800 mg extract from Tribulus terrestris, standardized at 90% saponins, from which protodioscine 160 mg Dose: 3 tablets daily Weight of a tablet: Number of tablets in packaging: 100 pcs. Batch № 01871120	900 /20 tablets - 18000 mg/	< 1,0%	< 10,0 mg	< 1,1%
6.	TESTED TRIBULUS 90%	Canada	TESTED NUTRITION	Ingredients: 750 mg extract from Tribulus terrestris, standardized at 90% saponins Dose: 1-3 capsules per day One capsule: Number of capsules in packaging: 90 pcs. Batch № 2146	763 /20 capsules - 15260 mg/	5.0%	38,0 mg	5.00%
7.	TRIBULUS 625 caps	USA	Optimum nutrition	Ingredients: 625 mg extract from Tribulus terrestris standardized at furostanol saponins Dose: 1 capsule per intake (1-2 capsules daily) One capsule: Number of capsules in packaging: 100 pcs. Batch № S02B1182B	700 /20 capsules - 14000 mg/	1.8%	12,6 mg	2.00%

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8.	TRIBUSTERON 60	Poland	OLIMP	Ingredients: 500 mg extract from Tribulus terrestris (60%) Dose: 1-2 capsules per day One capsule: 645 mg Number of capsules in packaging: 120 pcs. Batch № 00510411	576 /20 caps. - 11520 mg/	2.0%	11,5 mg	2.3%	NOTE: The One capsule is cylindrical mass and does not dissolve completely.
9.	TRIBUSTERON 90	Poland	OLIMP Sport Nutrition	Ingredients: 500 mg extract from Tribulus terrestris (90%) Dose: 1-2 capsules per day One capsule: 645 mg Number of capsules in packaging: 120 pcs. Batch № 00500813	538 /20 capsules- 10760 mg/	5.5%	30 mg	6.0%	
10	VEMOHERB Bulgarian Tribulus	Bulgaria	VEMO 99 LTD	Ingredients: 200 mg dry extract from Tribulus terrestris with content of 60% furostanol saponins, determined as protodioscine Dose: 3-6 capsules daily One capsule: 350 mg Number of capsules in packaging: 90 pcs. Batch № 190416/0501	349 /20 capsules - 6980 mg/	34.8%	121,5 mg	60.80%	
11	Tribulus	USA	NOW FOODS	Ingredients: 1000 mg extract from Tribulus terrestris (45%) Dose: 3 tablets per day Weight of a tablet: Number of tablets in packaging: 90 pcs. Batch № 1919301 0259	2065 /20 tablets- 41300 mg/	1.74%	36mg	3.6%	
12	TRIBULUS Terrestris Turbo	Czech Republic	NUTREND D.S.	Ingredients: 500 mg Tribulus terrestris fruit extract with content of 60% saponins; Dose: 1 capsule daily One capsule: 600 mg Number of capsules in packaging: 120 pcs. Batch № L27.07.2015	524 /20 capsules - 10480 mg/	7.8%	40.7 mg	8.1%	

DOSING

Dosing from 750mg to 1,500mg/day has been effective for most. Personally, I like to use it 5 days on with weekends off. I'm not sure if the time of day/with or without food matters. I've done both and still got the same great results.

The study showing increased IGF-1, improved anaerobic performance etc. gave 1.25 grams/day in the morning, so you may want to try it then. Personally, I use it right before bed, given that's when your body repairs/grows the most.



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Experiment with each to see what works better for YOU!

BOTTOM LINE

Pfew! That was a LOT of Tribulus talk, but I needed to be thorough on this one. As a consumer, I'm doing my best to arm you with information as to the best Tribulus product for your hard-earned money. I hope I've succeeded.

Honorable mention goes to bodybuildingsupplements.com Adaptogen N, which contains Bulgarian Tribulus too. But it also contains other ingredients, so it's not a fair comparison. If you're interested in seeing what Tribulus can do for you, these two stand-alone products are what to use!

My 2 cc's....



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Till Next Month

—SEE YOU IN GAINSVILLE!!



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