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A prospective, randomized, double-blind clinical study to assess the impact of a dietary supplement called Turnera diffusa on healthy individuals who report having little sexual desire

Submission date
18/01/2026

Recruitment status
No longer recruiting

Registration date
19/01/2026

Overall study status
Completed

Last Edited
26/11/2026

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[X] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

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Additional identifiers

Protocol code
LIBDAM

Study information

Scientific Title
Prospective, randomised, double-blind clinical trial to evaluate the effect of a dietary supplement (Turnera diffusa) in healthy subjects who report low sexual desire

Acronym
Liboost

Study objectives
We aimed to assess how effective and safe a standardized extract of Turnera diffusa (damiana) is when used alone to boost sexual desire in healthy volunteers who report low sexual desire after 8 weeks of treatment. Additionally we wanted to assess treatment compliance by participants at week 8 of treatment.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 31/05/2022, CEIm (Committee on Ethics in Research with Medicines) Hospital Clínico San Carlos - Madrid (Spain) (Hospital Clínico San Carlos Profesor Martín Lagos, s/n. - Puerta G - 4ª Norte, Madrid, 28040, Spain; +34 (0)91 330 38 19; ceic.hcsc@salud.madrid.org), ref: LIBDAM.22 /280-EC_X

Primary study design
Interventional

Allocation
Randomized controlled trial

Masking
Blinded (masking used)

Control
Placebo

Assignment
Parallel

Purpose
Treatment

Study type(s)

Health condition(s) or problem(s) studied
Low sexual desire

Interventions
Current interventions as of 26/11/2026:
Participants were randomly assigned in a 1:1 ratio through a computer-generated sequence to either receive supplement or comparator. Standardized Turnera diffusa (damiana) leaf extract (Liboost®), one 500-mg capsule once daily for 8 weeks. The protocol did not specify a time of day. Comparator: matching placebo capsule containing 500 mg of brown dextrin, identical in appearance. Treatment allocation was double-blind (participants, investigators, outcome assessors, and data analysts).

Previous interventions:
Participants were randomly assigned in a 1:1 ratio through a computer-generated sequence to either receive Turnera diffusa extract at a dose of 500 mg per day (one tablet each morning) or a matching placebo for a duration of 8 weeks. The study products looked identical, and both the participants and the investigators were blinded for treatment allocation.

Intervention Type
Supplement

Primary outcome(s)
1. Percentage of participants reporting a change in sexual desire, measured using the participant's global assessment of change: “Do you consider that your sexual desire has improved, worsened, or remained unchanged since the beginning of the treatment?” at baseline and week 8

Previous primary outcome measure (moved to secondary measures):
Level of subjective sexual desire measured using subjective question: “How would you rate your level of sexual desire over the past week?” They responded using a 10-point visual analogue scale (VAS) at baseline and week 8

Key secondary outcome(s)
1. Female sexual function measured using the Female Sexual Function Index (FSFI) at baseline and week 8

2. Male sexual function measured using the International Index of Erectile Function (IIEF) at baseline and week 8

3. Sexual desire measured using an 11-point visual analogue scale (VAS; 0–10) at baseline and Week 8

4. Sexual desire measured using the Sexual Desire Inventory (SDI) at baseline and Week 8

Completion date
06/04/2025

Eligibility

Key inclusion criteria
1. The participant must have voluntarily signed the Informed Consent Form (ICF).
2. Aged between 18 and 65 years old.
3. Participant reports low sexual desire.
4. Able to complete self-administered questionnaires (PROs).
5. Must have completed one of the following questionnaires:
5.1. FSFI for women
5.2. IIEF (Erectile Function subdomain EF-IIEF) for men
6. Sexually active, regardless of type or frequency of sexual activity.
7. Sexually active women must agree to use contraceptive methods (hormonal contraceptives [oral, injectable, or implanted], tubal ligation, intrauterine device, barrier methods with spermicide, or partner vasectomy in the case of male partners) while taking the dietary supplement during the study.
8. Must have a smartphone device compatible with the study app.

Healthy volunteers allowed
Yes

Age group
Mixed

Lower age limit
18 Years

Upper age limit
65 Years

Sex
All

Total final enrolment
57

Key exclusion criteria
1. Diagnosed with any sexual dysfunction.
2. Pregnant or breastfeeding women, or those who have given birth or had an abortion within the previous 3 months.
3. Women experiencing significant pain during sexual intercourse.
4. Individuals with unexplained genital bleeding.
5. Individuals with symptoms and/or signs compatible with genital infectious diseases.
6. Having any condition that could cause sexual dysfunction:
6.1. Poorly controlled type I or II diabetes
6.2. Hypertension requiring more than one antihypertensive or poorly controlled (diuretics in men frequently cause erectile dysfunction, impacting sexual desire)
6.3. Any type of heart disease (ischemic, heart failure, valvular, etc)

6.4. History of venous and/or arterial thromboembolic events
6.5. Other active cardiovascular conditions: stroke, intermittent claudication, etc.
7. Women with a history of cancer.
8. Currently receiving any treatment or medication that may produce symptoms related to sexual dysfunction: psychotropic drugs, antihypertensives, hypoglycemics, anticoagulants, or other medication deemed relevant by the investigator.
9. Currently receiving medication for the treatment of sexual dysfunction (PDE5 inhibitors, bupropion, etc).
10. Severe psychiatric disorder.
11. Any endocrinological, renal, hepatic, oncological, pulmonary, cardiovascular, psychological disease, substance addiction, or any other condition that, in the investigator's judgment, could significantly interfere with sexual health.
12. Individuals with major relationship problems that interfere with sexual desire and/or sexual activity with their partner.
13. Individuals with known allergy or hypersensitivity to the dietary supplement used in the study.
14. Individuals with a criminal record or ongoing legal cases related to gender violence or sexual offenses.

Date of first enrolment
20/11/2022

Date of final enrolment
29/01/2025

Locations

Countries of recruitment
Spain

Study participating centre
Fitback Medic (single centre)
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Sponsor information

Organisation
Pharmactive Biotech Products S.L.U.

Funder(s)

Funder type

Funder Name
Pharmactive Biotech Products S.L.U.

Results and Publications

Individual participant data (IPD) sharing plan
Anonymized participant data may be made available from the corresponding author (Ricardo Gallego Luis, ricardogallego@fitback.es), on reasonable request, subject to applicable ethical, legal, and data protection requirements.

IPD sharing plan summary
Available on request