

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	☐ Prospectively registered
Registration date 19/01/2026	Overall study status Completed	☐ Protocol
Last Edited 14/08/2026	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☐ Results
		☐ Individual participant data
		☒ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

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Additional identifiers**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

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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

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

53

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

Sponsor information

Organisation

Evidenze Heath España SLU (CRO)

Funder(s)

Funder type

Funder Name

Pharmactive Biotech Products SLU

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not expected to be made available