

BUBBIE'S

Did You Know...

HERBAL FACT

Ashwagandha + Fenugreek

Among 13 herbs reviewed in 32 studies, standardized fenugreek seed extract and ashwagandha root or root-leaf extract had the strongest positive evidence for increasing testosterone concentrations in men.

Promising - not proven

Only 9 of the 32 studies reported significant increases, and only 6 were rated at low risk of bias. Extracts and doses varied.

Low testosterone requires medical testing. Supplements can interact with medicines; ask a healthcare professional before using an extract.

SUPPORTING EVIDENCE

Smith et al., *Advances in Nutrition* (2021)
pubmed.ncbi.nlm.nih.gov/33150931

SUPPORTING RECIPE

Bubbie's Fenugreek Egg & Spinach Skillet

INGREDIENTS

- 1 tbsp olive oil
- 1/4 cup diced onion
- 1 cup chopped spinach
- 4 large eggs
- 1/4 tsp ground fenugreek
- 1/4 tsp turmeric
- Salt and black pepper
- 1 tbsp chopped parsley

Culinary use is not the same as the standardized extract used in studies.

DIRECTIONS

Warm oil in a skillet. Sauté onion for 3 minutes; add spinach and cook until wilted. Whisk eggs with fenugreek, turmeric, salt and pepper. Pour into the skillet and gently scramble until set. Finish with parsley. Serves 2.

SCAN MY WEBSITE



DOWNLOAD THIS PAGE

PRINT • SAVE • SHARE

LOOK FOR HERB INFO & TASTY RECIPES!

www.EverythingHerbalByCherylJabz.com

Live Well • Naturally • Every Day