

## Overview

**Valox is an advanced dietary supplement specially formulated to support men's hormonal health, testosterone levels and overall vitality.** Designed for men seeking to maintain natural strength, energy and well-being, Valox combines premium, clinically studied ingredients in a convenient capsule format. Each serving provides a blend of renowned botanicals and essential nutrients that work together to promote balanced hormone levels as part of a healthy lifestyle.

The key ingredients in Valox include premium extracts such as Fenugreek (Testosurge®), Ashwagandha (KSM-66®), Shilajit and Tongkat Ali, as well as Diindolylmethane (DIM), Zinc, Boron, Vitamin D3 and Vitamin K2. These ingredients have been carefully selected for their traditional use and emerging scientific interest in supporting male physiology. Black Pepper Extract (95% Piperine) has been added to enhance the absorption of the other nutrients.

Valox is ideal for active men who want to enhance their physical performance and natural testosterone production, boost their daily energy levels, and support their long-term health and wellbeing. Whether you are focused on maintaining strength during training, sustaining vitality through busy workdays or simply investing in healthy ageing, Valox provides comprehensive daily nutritional support with just six capsules a day.

Manufactured to the highest standards, Valox comes in vegetable capsules and contains no unnecessary fillers. This non-hormonal formula is intended to complement a balanced diet, regular exercise and a healthy lifestyle.

## Benefits

Valox is formulated to provide comprehensive nutritional support for men's natural hormone balance, helping you to feel stronger, more energised and more vital every day. By combining premium botanical extracts with key vitamins and minerals, Valox offers targeted daily support as part of a balanced diet and healthy lifestyle.

Key benefits include:

- **Supports healthy testosterone levels** thanks to fenugreek (Testosurge®), tongkat ali, zinc, boron, and vitamin D3.
- **Promotes physical strength and muscle maintenance** when combined with regular resistance training.
- **Reduces everyday stress** and **supports mental clarity** with ashwagandha (KSM-66®).
- **Contributes to sustained energy and reduced fatigue** through shilajit and B vitamin synergistic cofactors.
- **Aids natural hormone metabolism** to help maintain balanced oestrogen levels.
- **Supports bone health and immune function** with vitamins D3 and K2 and zinc.

Valox delivers all these benefits in a single, convenient daily serving, making it easy to add to your wellness routine.

## How to use the supplement

For best results, take 6 capsules daily with a full glass of water, preferably with or after a meal, to support better absorption and digestive comfort. Consistency is key. Incorporate Valox into your daily routine at the same time each day to help maintain steady nutrient levels.

To maximise the benefits, combine Valox with a balanced diet rich in whole foods, regular resistance training or physical activity, and adequate sleep. Staying well hydrated throughout the day will further support the body's natural processes.

Valox is designed to complement a healthy lifestyle. Do not exceed the recommended dose of 6 capsules per day. Always read the label and follow the usage instructions provided. If you have any medical conditions or are taking medication, consult your healthcare professional before use.

## How it works

Valox is an advanced men's hormone support supplement formulated with clinically studied ingredients to help maintain healthy testosterone levels and support strength, energy and overall vitality in adult men. It works through multiple complementary pathways that address hormone production, balance, the stress response and nutrient optimisation. It does not claim to treat or cure any medical condition.

## Key mechanisms

**Fenugreek extract** (Testosurge®, 900 mg per serving): Standardised fenugreek extracts such as Testosurge® have been studied for their potential to support total and free testosterone levels. Proposed actions include the mild inhibition of enzymes (such as *aromatase* and *5 $\alpha$ -reductase*), which convert testosterone into estrogen or DHT. This helps to preserve more bioavailable testosterone. Additional research suggests benefits for strength and body composition when combined with resistance training.

**Ashwagandha extract** (KSM-66®, 600 mg per serving): KSM-66® is a well-researched, full-spectrum root extract that has been shown in studies to reduce *cortisol* (a stress hormone that can suppress testosterone production) while supporting healthy testosterone production. By promoting a more balanced stress response, it contributes to improved energy levels, recovery, and vitality.

**Shilajit extract** (20% fulvic acid, 500 mg per serving): This mineral-rich resin, standardised for fulvic acid, has been investigated for its role in supporting testosterone levels and cellular energy. Fulvic acid enhances nutrient bioavailability and mitochondrial function, helping to promote stamina and overall metabolic vitality.

**Tongkat ali extract** (100:1, 200 mg per serving): A traditional Southeast Asian extract, it has been studied for its potential to support free and total testosterone, particularly in men with lower baseline levels or under stress. It influences the hypothalamic–pituitary–gonadal axis and helps to maintain a healthier cortisol–to–testosterone ratio.

**Diindolylmethane** (DIM, 150 mg per serving): DIM promotes healthy estrogen metabolism by encouraging the conversion of stronger estrogens into weaker, less active forms. This helps to maintain an optimal testosterone-to-estrogen balance, which is important for men's hormonal health and physique.

**Zinc** (15 mg per serving, 150% NRV) and **boron** (6 mg per serving): These are essential cofactors in testosterone synthesis and the reduction of sex hormone-binding globulin (SHBG), which helps to increase free (usable) testosterone.

**Vitamin D3** (50 µg per serving, 1000% NRV) and **vitamin K2** (MK-7, 100 µg per serving): These vitamins work together to support bone health, calcium metabolism and hormonal pathways. Optimising vitamin D3 levels is particularly linked to healthy testosterone status.

**Black pepper extract** (95% piperine, 5 mg per serving): Enhances the bioavailability and absorption of the other ingredients for better efficacy.

## Synergistic effect

Valox conveniently provides these ingredients in researched dosages in six daily capsules. This

combination targets various aspects of men's hormonal health, including testosterone production, protection against conversion to estrogen, modulation of stress, and delivery of nutrients. When used alongside a balanced diet and healthy lifestyle, Valox provides comprehensive daily support for male strength, energy, and vitality.

Results may vary depending on individual factors such as age, diet, exercise, and baseline hormone levels. Valox is designed for consistent daily use as part of a proactive wellness routine. Always follow the directions for use and consult a healthcare professional if you have any questions.

## Administration

Valox is designed for convenient daily use as part of a balanced lifestyle, supporting men's hormonal health, strength, energy, and vitality. Each serving provides the scientifically proven quantities of its key ingredients in a single daily dose.

## Recommended dosage

Take 6 capsules daily with water, preferably with or after a meal. This helps to support the absorption of fat-soluble components, such as vitamin D3 and herbal extracts.

The formula provides:

- Fenugreek extract (Testosurge®): 900 mg
- Ashwagandha extract (KSM-66®): 600 mg
- Shilajit extract (20% fulvic acid): 500 mg
- Tongkat ali extract (100:1): 200 mg
- Diindolylmethane (DIM): 150 mg
- Zinc: 15 mg (150% NRV)
- Boron: 6 mg
- Vitamin D3: 50 µg (1000% NRV)
- Vitamin K2 (MK-7): 100 µg (133% NRV)
- Black pepper extract (95% piperine): 5 mg

Do not exceed the recommended daily dose of 6 capsules.

## How to use

Take with food or a meal containing some healthy fat to improve tolerance and absorption of the herbal extracts and fat-soluble vitamins. Valox can be taken in the morning or with your largest meal, depending on personal preference and routine.

For best results, take Valox consistently at the same time each day alongside a nutritious diet and regular exercise. Stay well hydrated throughout the day.

Consistent daily use is recommended for best results, though individual responses may vary.

## What to avoid

Do not take additional high-dose zinc, boron, or vitamin D supplements without consulting a healthcare professional, as this may lead to excessive nutrient intake.

Separate from certain medications if advised (e.g. quinolones or bisphosphonates may interact with minerals such as zinc). Always check with your doctor or pharmacist.

Avoid taking on an empty stomach if you experience mild digestive sensitivity.

This product is not intended to be mixed with alcohol or used as a substitute for proper nutrition.

## Important considerations

Food supplements like Valox should complement, not replace, a varied and balanced diet and a healthy lifestyle. Consult your healthcare professional before starting any new supplement, especially if you are taking medication, have a medical condition or are unsure about its suitability. Results may vary between individuals.

Store in a cool, dry place below 25°C. Protect from direct sunlight and moisture. Keep out of reach of children.

## Side effects

Valox is formulated with well-researched ingredients in dosages that have been commonly studied in adult men. When taken as directed, it is generally well tolerated as part of a balanced lifestyle. As with any dietary supplement, however, individual responses may vary. The most commonly reported side effects are mild and temporary, and are often related to digestive adjustment.

### Common side effects

These are typically mild and may resolve as your body adjusts.

- Mild gastrointestinal discomfort, such as bloating, gas, stomach upset, nausea, or loose stools (commonly associated with fenugreek, ashwagandha, shilajit, DIM or zinc).
- Drowsiness or mild fatigue (possible with ashwagandha).
- Headaches (occasionally reported with DIM, ashwagandha or the initial use of several herbal extracts).
- Maple syrup-like body odour (a harmless effect sometimes noted with fenugreek).
- Darkened urine (a benign effect sometimes seen with DIM).

Taking Valox with food and water as recommended can help minimise digestive sensitivity.

### Rare side effects

These occur less frequently and may include:

- Allergic reactions (e.g. rash or itching) are possible with any herbal ingredient, particularly if you are sensitive to legumes (such as fenugreek) or other botanicals.
- Changes in blood sugar levels (fenugreek and tongkat ali may have mild effects, so monitor this if you have diabetes).
- Mild changes in mood, energy, or sleep patterns may occur during the initial adaptation period due to adaptogenic herbs such as ashwagandha and tongkat ali.

### Serious side effects

Serious adverse effects are rare at the dosages in Valox, but have been reported in the literature for individual ingredients, especially at much higher doses or when poor-quality sources are used.

- Liver concerns (very rare reports with ashwagandha, tongkat ali or certain herbal extracts).
- Risk of heavy metal exposure (if using unpurified shilajit; Valox uses a standardised extract).
- Hypercalcemia symptoms (e.g. excessive thirst, nausea, and confusion) can result from

long-term excessive vitamin D intake (unlikely at 50 µg daily, but possible with additional high-dose vitamin D sources).

Stop using the product and seek immediate medical attention if you experience any of the following severe symptoms:

- persistent vomiting;
- jaundice;
- difficulty breathing;
- swelling;
- or signs of an allergic reaction.

## General guidance

Valox is not intended for use by individuals under 18, pregnant or breastfeeding women, or individuals with known medical conditions without professional advice. Always consult your healthcare professional before starting any supplement, especially if you are taking medication, have a pre-existing condition or are concerned about potential interactions. Food supplements like Valox can support wellness when combined with a varied diet and a healthy lifestyle, but they are not a substitute for medical treatment.

## Contraindications

Valox is intended for healthy adult men who are looking to boost their testosterone levels, as well as their strength, energy and vitality, as part of a balanced diet and lifestyle. It is not suitable for everyone.

Do not use Valox if any of the following apply:

- **Women** (including those who are pregnant, trying to conceive, or breastfeeding) — The formula contains ingredients that may affect hormone levels and is not intended for female use.
- **Individuals under 18 years of age** — Safety and efficacy have not been established in children or adolescents.
- **Hormone-sensitive conditions** — Conditions such as prostate cancer, male breast cancer, or other hormone-dependent conditions. Ingredients like fenugreek, tongkat ali, ashwagandha, and DIM may affect hormone pathways.
- **Thyroid disorders** (especially hyperthyroidism) — Ashwagandha may influence thyroid hormone production.
- **Autoimmune diseases** — Ashwagandha and shilajit may stimulate immune activity in autoimmune diseases such as rheumatoid arthritis, lupus, or multiple sclerosis.
- **Diabetes or blood sugar disorders** — Fenugreek, Tongkat ali, shilajit and black pepper extract may modify blood glucose levels and could interact with diabetes medications.
- **Heart disease, high or low blood pressure** — Certain ingredients may influence cardiovascular parameters or interact with related medications in cases of heart disease or high or low blood pressure.
- **Kidney or liver disease** — Use with caution in cases of kidney or liver disease; some ingredients (e.g. shilajit and tongkat ali) require medical supervision.
- **Bleeding disorders or upcoming surgery** — black pepper extract (piperine) and other components may affect blood clotting.
- **Known allergies** — to any of the ingredients, including fenugreek, ashwagandha or other botanicals.

Consult a healthcare professional before use if you are taking any medications, especially blood thinners, thyroid medications, sedatives, immunosuppressants, diabetes drugs or blood pressure medications, as interactions are possible.

Individuals with a history of hormone-sensitive cancers, haemochromatosis or gout should seek medical advice due to the mineral content and hormonal support properties.

Valox is a food supplement and not a substitute for medical treatment. Always discuss its suitability with your healthcare provider before starting to take the supplement, particularly if you have any pre-existing medical conditions or concerns. Discontinue use and seek medical attention if you experience any adverse reactions.

## **Warning**

Valox is a dietary supplement designed to promote men's hormonal health, strength, energy, and vitality when taken as part of a balanced diet and healthy lifestyle. It is not intended to diagnose, treat, cure or prevent any disease.

### **Important safety information**

- Do not exceed the recommended daily dose of 6 capsules.
- The product is not intended for use by women, including those who are pregnant, trying to conceive, or breastfeeding.
- Not suitable for individuals under 18 years of age.
- Food supplements should not replace a varied and balanced diet or a healthy lifestyle.

Consult your healthcare professional before use if:

- you are taking any prescription or over-the-counter medications, particularly blood thinners, diabetes medicines, thyroid medications, blood pressure drugs, sedatives, or immunosuppressants;
- you have any pre-existing medical conditions, including hormone-sensitive conditions, thyroid disorders, autoimmune diseases, diabetes, heart disease, liver or kidney issues, or a history of hormone-dependent cancers;
- you are unsure whether Valox is appropriate for you.

Discontinue use immediately and seek medical advice if you experience any adverse reactions, such as persistent digestive discomfort, allergic symptoms, unusual fatigue, changes in mood or any other unexpected effects.

### **Additional precautions**

- Use only as directed. Consistent daily use alongside proper nutrition and regular exercise provides the best foundation for achieving results. Individual results may vary.
- Store in a cool, dry place below 25°C.
- Protect from direct sunlight and moisture.
- Keep out of reach of children.

Valox contains researched ingredients at levels appropriate for adult men, but you should always confirm the safety and suitability with a qualified healthcare provider. Although this product is manufactured to high standards, it is your responsibility to ensure that it meets your personal health needs.