CLAIMS

We claim:

1. Use of fenugreek or fenugreek seeds, or an extract of fenugreek or fenugreek seeds, in the manufacture of a medicament for the prevention of further decline of sexual hormones in a male human subject, and/or improvement of sexual hormonal level in a male human subject, said male aged about 40 years or older, wherein the medicament is formulated such that the daily dose of the extract is from about 300 mg to about 600 mg.

2. The use as claimed in claim 1, wherein the sexual hormones comprise one or more of Testosterone and Free Testosterone, wherein administration of the medicament results in an increase of serum Testosterone (nmol/L) of at least 10% over 12 weeks.

3. The use as claimed in claim 1 or 2, wherein the medicament is formulated into a dosage form selected from the group comprising solid oral formulation, liquid oral formulation, parenteral formulation, phytoceutical formulation, nutraceutical formulation, and foodstuff, or any useful combinations thereof.