

ABSTRACT

Novel methods of improving or enhancing psychological, somatic, and sexual conditions in an aging male human subject, by administering fenugreek or fenugreek seeds, or an extract of fenugreek or fenugreek seeds, are described. Novel methods of reducing symptom severity of andropause, improving sexual functions, preventing further decline of sexual hormones, and/or improving sexual hormonal level in an aging male human subject, by administering fenugreek or fenugreek seeds, or an extract of fenugreek or fenugreek seeds, are also described.

[Figure 1]