CLAIMS

We claim:

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

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

3. The use as claimed in claim 1, wherein the extract of the fenugreek or fenugreek seeds, 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.

4. The use as claimed in claim 2, wherein the fenugreek or fenugreek seeds, or the extract of the fenugreek or fenugreek seeds, is to be administered in an amount of 300 mg to 500 mg per day.