

# Scheduling status

Category D Medicine.

Proprietary name (and dosage form)

NPL SERIES BLACK

# HALO TEST

## Capsules

## Composition

Each dose (6 capsules) provides:

% NRV

### DOSES PER BOX: 30

DAY		
<b>TESTOSTERONE AMPLIFIER</b>		
Ajuga Turkestanica (Turkesterone)	500 mg	-
Eurycoma Longifolia (Tongkat ali, Root, as 2 mg of a 100:1 extract providing 200 mg of dried herb equivalent)	200 mg	-
Tribulus terrestris (fruit extract standardised to 40% saponins)	400 mg	-
Trigonella Foenum-graecum (Fenugreek, Seed, as 150 mg of a 4:1 extract providing 600 mg of dried herb equivalent)	600 mg	-
<b>FREE TESTOSTERONE SUPPORT</b>		
Cholecalciferol (vitamin D3)	20 mcg	133 %
Urtica Dioica L. (Stinging nettle, Root extract, standardised to 1 % silica)	150 mg	-
Boron (as citrate)	10 mg	-
Providing Boron (elemental)	0.5 mg	-
<b>ANTI-AROMATASE MATRIX</b>		
Cynara scolymus (Artichoke, Root extract standardised to 30% luteolin)	200 mg	-
3,3'-Diindolylmethane (DIM)	50 mg	-

## NIGHT

### SLEEP SUPPORT

L-tryptophan	200 mg	-
Valeriana Officinalis (Valerian, Root powder)	50 mg	-
L-theanine	50 mg	-
Passiflora incarnata (Passionflower, Leaf powder)	250 mg	-

### GH SUPPORT

Melissa Officinalis (Lemon balm, Leaf extract providing 500 mg of dried herb equivalent)	450 mg	-
<b>ZMA (ZINC-MAGNESIUM ASPARTATE)</b>	<b>450 mg</b>	-
Of which: Magnesium (as aspartate)	82.9 mg	20 %
Zinc (as mono-methionine and aspartate)	5.4 mg	49 %
Vitamin B6	1.9 mg	112 %

### CORTISOL SUPPORT

Withania somnifera (Ashwagandha, Root as 33 mg of a 15:1 extract providing 500 mg of dried herb equivalent)	500 mg	-
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\*% Nutrient reference values (NRVs) for individuals 4 years and older

-%NRV not established

Other ingredients: gelatine (bovine) capsule, magnesium stearate (E572), glidant (E551). Sugar free.

## PHARMACOLOGICAL CLASSIFICATION:

Category D Medicine. 33.7 – Combination product.

## PHARMACOLOGICAL ACTION:

Preliminary research suggests that saponins present in Tribulus terrestris may increase levels of testosterone, luteinizing hormone, DHEA and dihydrotestosterone.

The active constituent in fenugreek seeds, 4-hydroxyisoleucine, appears to stimulate insulin production and may also increase testosterone levels.

ZMA is a combination of zinc monomethionine aspartate, magnesium aspartate and vitamin B6. These nutrients play a role in catalyzing the production of testosterone and growth hormone in the body.

Research shows that beta-sitosterol found in Stinging nettle may inhibit prostate tissue growth and maintain free circulating testosterone levels.

Diindolylmethane is a major active metabolite of indole-3-carbinol and may elicit anti-estrogen effects (estrogen degradation).



Turkesterone is an ecdysteroid and is one of the bioactive compounds occurring in Ajuga turkestanica.

Ecdysteroids have been shown to potentially increase protein synthesis and muscle mass.

Ashwagandha contains several active constituents including alkaloids, steroidal lactones, and saponins and may have sedative and anti-stress effects by suppressing stress-induced increases of dopamine receptors.

Lemon balm contains citronellal, and geraniol monoterpenoid aldehydes, flavonoids, and polyphenol compounds. In addition, Lemon balm contains terpenes, and these may possess cholinergic activity or act on gamma-aminobutyric acid (GABA) receptors producing a sedative affect.

## INDICATIONS:

Halo Test is indicated when a deficiency of the active ingredients exists. Halo Test may aid normal protein synthesis and support regular testosterone production.

## CONTRAINDICATIONS:

Diabetics should use this product under the supervision of their healthcare practitioner and blood glucose levels should be monitored closely. Men with a history of prostate disease should contact their healthcare practitioner before using this product. Discontinue use 2 weeks prior to any planned surgical procedure.

## INTERACTIONS:

**LITHIUM:** Theoretically, due to potential diuretic effects, this product might reduce excretion and increase levels of lithium. Lithium dose may need to be reduced.

**ANTICOAGULANT/ANTIPLATELET DRUGS:** There is preliminary evidence of platelet aggregation inhibition. Theoretically, taking along with anticoagulant or antiplatelet drugs might increase the risk of bruising and bleeding.

**ANTI-DIABETES DRUGS:** Theoretically, concomitant use might cause additive hypoglycemic effects. Dosing adjustments for insulin or oral hypoglycemic agents may be necessary.

**DIURETIC DRUGS:** Theoretically, diindolylmethane might increase the risk of hyponatremia if used with sodium-depleting diuretics.

**THYROID HORMONES:** In animals, lemon balm extract has been shown to decrease levels of circulating TSH and inhibit thyroid secretion. Theoretically, lemon balm might interfere with thyroid hormone replacement therapy.

## HUMAN REPRODUCTION:

Pregnant and breastfeeding women should avoid using this product.

## DOSAGE AND DIRECTIONS FOR USE:

Take 3 daytime capsules (white) with your first meal of the day and 3 night-time capsules (black) before bedtime. Use for cycles lasting 12-weeks. Discontinue use for 2 weeks before repeating the cycle. Alternatively use as directed by your health and fitness advisor.

## SIDE EFFECTS AND SPECIAL PRECAUTIONS:

Discontinue the use of this product where there is sensitivity towards any of the ingredients.

## KNOWN SYMPTOMS OF OVERDOSE AND TREATMENT:

Use only as directed.

## IDENTIFICATION:

Halo Test Daytime: White, size 00 capsules with brown powder.  
Halo Test Night-time: Black, size 00 capsules with brown powder

**PRESENTATION:**

Black and white carton with (18) blister packs of 10 capsules (90 white and 90 black).

**STORAGE INSTRUCTIONS:**

Store at or below 25° C. Protect from light and moisture. Keep out of reach of children.

**REGISTRATION NUMBER/APPLICATION NUMBER:**

This medicine has not been evaluated by the South African Health Products Regulatory Authority. This medicine is not intended to diagnose, treat, cure, or prevent any disease.

**NAME AND BUSINESS ADDRESS OF APPLICANT:**

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**DISCIPLINE OF THE MEDICINE**

Combination Western Herbal.

**REFERENCES**

Cancer Biology and Therapy 2004; 3: 855-7  
European Journal of Pharmacology 2000; 390: 339-45.  
Journal of Ethnopharmacology 2005; 96: 127-32.  
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Urological Research Journal 2000; 28: 201-9  
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