
Men Reporting Lasting Longer with Hyperforin

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Abstract

Dapoxetine, a new short lasting selective serotonin reuptake inhibitor (SSRI), has demonstrated clinical efficacy in clinical trials when used immediately before intercourse [1]. However, Dapoxetine has not yet been approved by the regulatory agency in part because of concern of risk and benefit ratio of a SSRI in this quality of life condition.

We became interested if Hypericum perforatum, a natural supplement has demonstrated pharmacologically to inhibit serotonin reuptake [2] can be formulated to help men last longer during sexual intercourse. In a rat model of ejaculation duration hyperforin extract from Hypericum perforatum can delay time to ejaculation [3].

Ten male volunteers took the rapid release formulation of hyperforin (DeLithe Nutraceutical, Inc, Pittsburgh, PA) for eight weeks and assessed their sexual intercourse duration and sexual satisfaction.

In five men with mean ejaculatory duration at baseline of less than 90 seconds (mean age 39 years old), four reported lasting longer (mean time to ejaculation before and after treatment, 58 ± 12 seconds to 131 ± 23 seconds, respectively ($p < 0.01$)). Equally interesting, the mean sexual intercourse

duration increased from 266 ± 39 to 391 ± 34 seconds ($p = 0.02$) after Hyperforin extract treatment in three of five men with ejaculation greater than 3 minutes at baseline (mean age 43 years old). No adverse effect on sexual function and no systemic side effects were reported.

Seven of ten couples reported subjective global sexual satisfaction improvement for both the men and his partner after hyperforin. Five couples reported more frequent female orgasm. Rapid onset of action, ease of use and safety make hyperforin extract an option for men who wish to last longer. Prospective randomized studies are necessary to further evaluation the utility of hyperforin extract.

References

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