Women's Libido & Sexual Wellness Protocol‡

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS

Women's libido and sexual satisfaction are influenced by a complex interaction of physiological, psychological, relational and lifestyle factors. Changes in libido may occur alongside poor sleep, stress, fatigue, hormonal changes, emotional strain, relationship concerns, medication use or inadequate nutrition. A personalized, root-cause-informed approach can help clinicians identify modifiable factors while supporting sexual wellness in a comprehensive and patient-centered way. This protocol includes recommendations to support foundational health and focused interventions to address common clinical objectives related to women's libido and sexual wellness.‡

FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following foundational supplements to support overall health and well-being:‡

PRODUCT RECOMMENDATIONS	FEATURES	SUGGESTED USE
Select one based on patient's age		
Women's Nutrients (Order Code: WMN6)	Foundational multivitamin/mineral complex specifically formulated to meet the nutritional needs of women of childbearing age.	2 capsules daily, with a meal
Women's Nutrients 40+ (Order Code: WN1 / WN3)	Foundational multivitamin/mineral complex specifically formulated to meet the nutritional needs of women over 40.	3 capsules, 1-2 times daily, with meals
Plus		
O.N.E.™ Omega (Order Code: ONO6 / ONO3)	Foundational support (1,000mg) of triglyceride-form EPA and DHA.‡	1 softgel daily, with a meal

TARGETED SUPPORT

The products in this category supports common clinical objectives related to women's libido and sexual function‡. Use in combination with foundational support.

CLINICAL OBJECTIVE‡	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Women's libido and sexual function	Self-reported arousal, lubrication, pleasure, orgasm and satisfaction; Validated sexual health questionnaires	**FemiVive** (Order Code: FMV1) Enhances sexual satisfaction and pleasure and improves arousal, lubrication and orgasm‡	2 capsules, 1-2 times daily, between meals

‡This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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ADDITIONAL CONSIDERATIONS

The products in this category offer alternative or added support. Choose from the options listed below based on clinical objectives.‡

CLINICAL OBJECTIVE‡	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Sleep Onset, Efficiency and Duration	Symptom Survey; Sleep Questionnaire; Wearable devices	**Best-Rest Formula** (Order Code: BRF1/ BRF6) A combination of flower extracts and natural ingredients promote restful sleep‡ *or* **Pure Sleep** (Order Code: PSL6) Helps your patients fall asleep, stay asleep and wake up refreshed without morning grogginess‡	2 capsules, 30-60 minutes before bedtime 2 capsules, 30-60 minutes before bedtime
Promote Stress Resilience	Symptom Survey; validated stress questionnaires	**Daily Calm** (Order Code: DCM6) Helps relieve occasional stress and anxiety‡	1 capsule, 2 times daily between meals
Emotional Well-being	Self-reported well-being	**Calm Mind** (Order Code: CLM6) Promotes a calm state of mind‡	1 capsule, 2 times daily between meals
Menstrual and Menopausal Comfort	Self-reported premenstrual menstrual, peri-menopausal, menopausal symptoms; validated questionnaires	**PMS Essentials** (Order Code: PMS260 / PMS21) Supports menstrual comfort and mood‡ or **MenoVive** (Order Code: MOV6) Broad-range support for menopausal health and comfort‡	2 capsules, 1-2 times daily, with meals 1 capsule, twice daily, with meals
Gut Microbial Balance and Gut Brain Axis Signaling	GI symptom survey; bowel patterns; fiber intake; recent or frequent antibiotic/PPI use; vaginal or urinary concerns; consider stool or organic acids testing at clinician discretion	**Probiotic 50B** (Order Code: PR56) Acid-resistant capsules with pH targeted release; High-potency probiotic support for healthy intestinal microflora‡	1 capsule daily, with or between meals
		Poly-Prebiotic (Order Code: PPRC1) Prebiotic blend to support the microbiome and GI health‡	3 capsules, 1-2 times daily, with or between meals

ADDITIONAL CONSIDERATIONS *CONTINUED*

CLINICAL OBJECTIVE‡	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
(continued) **Gut Microbial Balance and Gut Brain Axis Signaling**	*(continued)* GI symptom survey; bowel patterns; fiber intake; recent or frequent antibiotic/PPI use; vaginal or urinary concerns; consider stool or organic acids testing at clinician discretion,	**SunButyrate™-TG liquid** (Order Code: BTGL) Unique, butyrate-rich triglyceride oil that promotes intestinal health, gut barrier integrity, cytokine balance in the G.I. tract, bowel motility, and abdominal comfort‡	1 teaspoon, 1 -3 times daily, with meals
		L-Glutamine powder (Order Code: LGP) Nutritionally supports the mucosal lining and the healthy functioning of the gastrointestinal tract, as well as lean muscle mass‡ *or* **Epi-Integrity powder** (Order Code: EIP1) Promotes healthy modulation of mucosal immune responses to support GI integrity in a great-tasting powder‡	1 scoop mixed with water or juice, 1-3 times daily, between meals 1 scoop, 1-2 times daily. Add 1 servings to 8 oz of water or juice. Shake or stir until dissolved
Modulate ß-glucuronidase Enzyme Activity* *Not a primary strategy when symptoms or assessments suggest low-estrogen support needs	Bowel regularity, fiber intake and gut health history. Consider serum hormones, urinary estrogen metabolites or stool beta-glucuronidase testing at clinician discretion.	**Calcium D-Glucarate** (Order Code: CG1 / CG6) Supports healthy detoxification‡	2 capsules, 1-3 times daily, with meals

NUTRITION RECOMMENDATIONS

Diet may influence sexual wellness indirectly by supporting energy, mood, sleep quality, metabolic health, vascular function and inflammation. Clinicians should avoid implying that a specific food or dietary plan directly enhances libido. Instead, nutrition recommendations should be framed as supportive strategies that help reduce barriers to sexual wellness.

NUTRITION FOCUS	CLINICAL APPLICATION	RATIONALE
Blood sugar stability	Recommend meals that include protein, fiber-rich carbohydrates and healthy fats.	Blood sugar variability may be associated with fatigue, poor sleep, cravings, and irritability,[2–4] which can indirectly affect libido, sexual interest and relationship engagement.

NUTRITION RECOMMENDATIONS *CONTINUED*

NUTRITION FOCUS	CLINICAL APPLICATION	RATIONALE
Mediterranean-style or anti-inflammatory dietary pattern with adequate protein intake	Encourage a variety of colorful vegetables, fruits, legumes, whole grains, nuts, seeds, omega-3 fatty acids, herbs/spices, fish/seafood and minimally processed protein sources. Individualize protein recommendations based on age, body composition goals, activity level and clinical status.	Mediterranean-style and anti-inflammatory dietary patterns have been associated with better sexual function outcomes in women.[1] Adequate protein supports satiety, lean mass, energy and amino acid availability. This may be especially relevant when changes in libido occur alongside fatigue, poor mood, high stress or inadequate intake.
Reduce/eliminate added sugar and processed foods	Recommend meals that include protein, fiber-rich carbohydrates and healthy fats.	Higher processed food intake may impact poorer mental health and sleep-related outcomes, both of which are relevant to sexual wellness.[5,6]
Alcohol intake	Assess quantity, frequency, timing, and whether alcohol is used to relax, initiate intimacy or manage stress. Consider a 2- to 4-week reduction trial when alcohol affects sleep, mood, arousal, lubrication, orgasm or next-day energy.	Alcohol and female sexual function have a complex relationship. While low to moderate intake has been associated with higher self-reported sexual function, higher intake has been associated with poorer arousal, lubrication, orgasm and sexual function outcomes.[7]
Restrictive dieting or under-eating	Screen for chronic dieting, inadequate energy intake, rigid food rules, body dissatisfaction or disordered eating patterns. Refer when appropriate.	Over-restriction may worsen stress, fatigue, body image concerns and emotional well-being, all of which can influence sexual desire and satisfaction.
Fiber diversity and fermented foods	Encourage a gradual intake of diverse plant fibers from vegetables, fruits, legumes, whole grains, nuts and seeds. Fermented foods may also be included as tolerated. Consider prebiotic supplementation when dietary intake is limited or when additional support for microbial diversity is clinically appropriate.	Fiber diversity supports short-chain fatty acid production, bowel regularity and gut microbial balance. These pathways may support gut-brain communication, immune signaling and the fecal elimination of estrogens, which may be relevant when sexual wellness concerns occur alongside digestive symptoms, low fiber intake or high stress.[8]

LIFESTYLE RECOMMENDATIONS

Sleep

Poor sleep quality has been associated with sexual function concerns in women, while better sleep quality has been linked with sexual activity.[9] Sleep disruption may influence libido through fatigue, altered mood, reduced stress tolerance, changes in emotional regulation and lower relationship engagement. Assess sleep duration, sleep quality and sleep timing. Encourage a consistent sleep-wake schedule, a 30- to 60-minute wind-down routine, reduced evening screen exposure and avoidance of late alcohol consumption or heavy meals when these impact sleep.

Stress regulation

High stress may reduce sexual interest and arousal by increasing fatigue, distraction, emotional overload and difficulty transitioning into rest or connection. Assess perceived stress, caregiving burden, work demands, emotional overload and recovery time. Recommend simple, repeatable stress-regulation practices such as diaphragmatic breathing, brief mindfulness, gentle yoga, time in nature, journaling or scheduled decompression time.

LIFESTYLE RECOMMENDATIONS *(CONTINUED)*

Emotional well-being

Emotional and relational context often shapes desire, arousal and satisfaction.[10,11] High mental load can interfere with emotional availability, sleep initiation, stress recovery and the ability to transition into intimacy. Screen for low mood, emotional exhaustion, irritability, body image concerns, trauma history and lack of emotional connection. Refer to a mental health professional when symptoms are persistent, trauma-related or outside the practitioner's scope.

Movement and physical activity

Exercise may support female sexual function through both physiological and psychological pathways, including vascular function, mood, body image, autonomic flexibility and metabolic health.[12] Encourage regular movement that includes both aerobic and resistance-based activity, individualized to the patient's fitness level, preferences and medical status.

OTHER CLINICAL CONSIDERATIONS

Changes in libido do not always indicate a clinical concern with sexual function. Further assessment may be warranted when the patient reports persistent distress, loss of quality of life, relationship strain, pain, or avoidance. Clinicians should assess contributors that may require medical, gynecologic, pelvic health, mental health or prescribing-provider collaboration.

Assess, address, refer or collaborate when any of the following are present to reduce barriers to sexual wellness rather than directly impacting libido:

- Genitourinary or pelvic health concerns, including vulvovaginal dryness, pelvic pain or tension, burning, bleeding or recurrent symptoms associated with sexual activity[13,14]
- Perimenopausal, menopausal, postpartum or menstrual symptoms requiring medical evaluation, including but not limited to hormonal assessment or the evaluation of estrogen metabolism and clearance
- Digestive concerns: Gut health may be clinically relevant when changes in libido occur alongside bloating, altered bowel habits, low fiber intake, frequent antibiotic or PPI use, high stress, vaginal or urinary concerns, or signs that estrogen metabolism support may be needed. The gut microbiome has been shown to be influenced by estrogen as well as impact estrogen levels and metabolism primarily through the secretion of β-glucuronidase[15,16]
- Medication-related sexual concerns[17] or medications that may interfere with estrogen clearance
- Trauma history, emotional distress or safety concerns
- Persistent low libido with significant distress or relationship impact
- Suspected need for pelvic floor therapy[14]
- Relationship concerns that would benefit from couples therapy or sex therapy

Relationship and communication support: Sexual function is not solely physiological. Relationship satisfaction, communication, emotional safety and partner dynamics can influence libido, arousal and pleasure in ways that nutrition, supplements and lifestyle strategies may not be able to address.[18,19] Encourage open communication, non-sexual affection, scheduled connection time and referral to a qualified therapist or sex therapist when appropriate.

CLINICAL BOTTOM LINE

The initial goal is not to address every possible contributor at once. Instead, begin with the most important modifiable barrier while taking the patient's priorities into account.

- Support libido and sexual function with FemiVive as the featured targeted support.‡
- Address sleep when fatigue, poor sleep quality or inconsistent sleep timing is present.
- Address stress and emotional well-being if the patient feels overwhelmed, low mood, emotionally depleted or disconnected.
- Improve nutrition quality if the diet is high in added sugar, refined foods, alcohol or inconsistent meals.
- Address gut health and estrogen metabolism and clearance, as needed.
- Refer when pain, trauma, medication effects, hormonal concerns, pelvic floor concerns or relationship safety concerns are present.

LEARN MORE

For additional information refer to the resources below:

Protocols:

- Stress Management & Relaxation
- Sleep Protocol
- Microbiota- Gut-Brain Axis Protocol

Blogs:

- Evidence-based Strategies for Clinicians: Addressing the Four Key Factors of Sleep Disturbances
- Reducing Mental Load: Practical Tips to Help Patients Declutter Their Mind
- Cortisol: How It Shapes Occasional Anxiety and Mood

Resources:

- Drug-Nutrient Interactions Checker: Provides valuable information on potential interactions between your patients' prescriptions, over-the-counter medications and nutritional supplements.

Visit Pure Encapsulations® to find more On-Demand Learning, Clinical Protocols and other resources to support your practice.

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*All assessments may not be necessary. Testing should be performed at the discretion of the healthcare provider.
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