



# Oxytocin

## WHAT IS OXYTOCIN?

Oxytocin is a small protein like molecule called a neuropeptide that is produced in the area of the brain responsible for hormone regulation called the hypothalamus and is secreted by the pituitary gland. It is both a hormone and a brain neurotransmitter. In women, it enhances feelings of intimacy. In men, it has been shown to increase their bond and attraction to their partner. In women and men, it is a hormone that is released during sex and contributes to emotional closeness as well as reproductive function.

Oxytocin levels have been shown to increase with food intake, physical touch such as hugs and massage; viewing pictures of loved ones, music, singing, physical exercise, positive environments, positive social contacts, living with others, partner and parental support and love, warm climate, nipple stimulation, vaginal distension, and orgasm.

Often called the "love molecule", Oxytocin is typically associated with helping couples bond with a greater sense of intimacy and attachment. It can cause couples to gaze at each other, creates sexual arousal and helps maintain an erection. In addition, Oxytocin can help people feel empathetic towards others.

Oxytocin has also been shown to protect against obesity, heart disease and drug addiction.

## WHAT CAN OXYTOCIN DO FOR ME?

Studies have shown Oxytocin is effective in controlling the function of the reproductive system and in emotional and psychological functions. This may help your body:

- Encourage erection and orgasm
- Strengthen your reproductive system
- Enhance feeling of bonding with your partner
- Repair and strengthen intestines (Irritable Bowel Disease)
- Improve sleep
- Help in anger management
- Reduces appetite
- Reduce pain
- Relieve anxiety
- Reduce depression and improve overall sense of well-being
- Reduce stress



## OXYTOCIN DEFICIENCY HAS BEEN LINKED TO INCREASED RISK OF DEVELOPING:

- Autism
- Depression
- Fibromyalgia

### WHAT RISK FACTORS CONTRIBUTE TO OXYTOCIN DEFICIENCY?

- Drinking excessive amounts of fluid/water
- Loneliness
- Lack of familial and social contacts
- Fear
- Drug abuse
- Detachment
- Bad social experiences
- Prolonged or even short negative stress
- Anger18

### WHERE CAN I GET OXYTOCIN?

You can obtain Oxytocin compounded from FarmaKeio. Ask your clinician if Oxytocin is right for you.

### HOW DO I TAKE OXYTOCIN?

Oxytocin is available as a nasal spray or as a dissolving tablet to be taken orally every day or as prescribed by your healthcare provider.

### DO YOU HAVE ANY QUESTIONS?

Please do not hesitate to call us:  
888-501-0233

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