

# PRESCRIPTION MONOGRAPH

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**Compounded Active Ingredients:** Arginine (L)/Sildenafil Citrate/DHEA

**Form:** Topical Cream

## Drug Class:

- L-Arginine: Semi-essential amino acid; nitric oxide precursor
- Sildenafil Citrate: Phosphodiesterase-5 (PDE5) inhibitor
- DHEA: Endogenous androgen/estrogen precursor.

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**Mechanism of Action**<sup>1,2</sup>: When compounded together, Arginine (L)/Sildenafil Citrate/DHEA can provide greater smooth muscle relaxation and blood flow. It is intended to

- Serve as a precursor to nitric oxide (NO), a potent vasodilator to initiate cGMP signaling.
- Enhance endothelial function, improve blood flow, and support cardiovascular and erectile function.
- Inhibit PDE-5 breakdown of cGMP, prolonging the effects of NO-mediated vasodilation.
- Promote intracrine conversion into androgens/estrogens to enhance libido and energy.

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## Indications Commonly Prescribed for:

- Erectile dysfunction (ED)
- Endothelial dysfunction
- Peripheral circulation improvement
- Female sexual interest/arousal disorder

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**Before Use:** Let your healthcare provider know if you have any medication allergies before you take this compounded preparation. Let your healthcare provider know if you have any liver or kidney problems. Let your healthcare provider know of all supplements you are currently taking.

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## Contraindications:

- Concurrent nitrate therapy or guanylate cyclase stimulators (e.g., riociguat)
- Severe cardiovascular disease (unstable angina, recent MI, uncontrolled arrhythmia)
- Contraindicated in patients with herpes infections (may enhance viral replication).
- Hormone-sensitive malignancies.

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**Cautions:** Let your Healthcare provider know if you experience any adverse side effects.

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**How to Use:** This compounded preparation is in the form of a topical cream. The cream is a special container that will administer 0.25ml dose. Clean desired area prior to use. To administer remove the protective covering on the top of the dispenser. Turn the dosing knob in the direction marked for the number of prescribed clicks. Confirm the cream has exited the holes at the top of the dispenser. Apply the cream by rubbing the dispenser (where cream exited the holes) onto the desired area. Continue to rub the area until the cream is evenly dispersed over the desired area. Replace the protective cover with a light push and store the device until next dose. If you miss a dose apply as soon as you remember, but not at the time for the next dose. The desired results may take up to several weeks.

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## Warnings and Precautions:

- Additive vasodilation: Risk of hypotension, dizziness, syncope when used together.
  - Use cautiously/avoid in patients with hormone-sensitive malignancies.
  - Cardiac risk: Both agents increase cardiac workload indirectly through vasodilation; evaluate CV risk before prescribing.
  - Androgenic adverse effects in women (acne, hirsutism, alopecia, voice deepening).
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## Adverse Reactions:

### Common:

- GI upset (nausea, diarrhea, bloating)
- Headache, Dizziness
- Flushing, Acne, Oily skin
- Nasal congestion

### Serious, but Rare:

- Hyperkalemia
  - Hypotension
  - Hearing/vision loss
  - Priapism
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## Interactions:

- Nitrates or guanylate cyclase stimulators: Severe hypotension.
  - Antihypertensives (especially alpha-blockers): Additive BP lowering.
  - Other vasodilatory supplements (e.g., yohimbine, niacin): May compound hypotension risk.
  - CYP3A4 modulators: May alter efficacy.
  - Anticoagulants: monitor with dose changes.
  - Insulin or diabetes meds: Theoretical additive effect on glucose metabolism.
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## Use in Specific Populations:

- Pregnancy/Lactation: Contraindicated.
  - Elderly: Greater sensitivity to hypotension; sildenafil dose adjustments may be required.
  - Renal/Hepatic impairment: Use lowest effective sildenafil dose; monitor for accumulation.
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## Storage:

- Store in original container at room temperature (up to 30°C or 86°F)
  - Store in a cool dry place away from heat, sunlight, and moisture
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## Monitoring Parameters:

- Clinical: Erectile function, symptom improvement, BP response, adverse effects.
  - Routine labs: Lipid profile, liver function, and blood pressure.
  - Lab: Electrolytes if high-dose arginine or renal impairment; LFTs/renal function if sildenafil used long-term.
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## Citations:

1. El-Wakeel LM, Fouad FA, Saleem MD, Saber-Khalaf M. Efficacy and tolerability of sildenafil/l-arginine combination relative to sildenafil alone in patients with organic erectile dysfunction. *Andrology*. 2020;8(1):143-147. doi:10.1111/andr.12671
  2. Sigel A, Michalkova D, Capdevila A. Pharmacological activities of dehydroepiandrosterone: a review. *Clin Endocrinol (Oxf)*. 2019;90(4):633s-642. doi:10.1530/EC-19-0155
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