

# PRESCRIPTION MONOGRAPH

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

**Form:** Buccal Troche

## Drug Class:

- L-Arginine: Semi-essential amino acid; nitric oxide precursor
  - Sildenafil Citrate: Phosphodiesterase-5 (PDE5) inhibitor
  - Oxytocin Acetate: Neuropeptide hormone; Hypothalamic hormone analog
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**Mechanism of Action**<sup>1,2</sup>: Together, they are intended to address multiple dimensions of sexual function (desire, arousal, and physiological response), by working synergistically between the central and peripheral pathways. It is intended to

- Serve as a precursor to nitric oxide (NO), a potent vasodilator.
  - Enhance endothelial function, improve blood flow, and support cardiovascular and erectile function.
  - Inhibit PDE5 enzyme, prolonging the effects of NO-mediated vasodilation.
  - Act centrally, via limbic and hypothalamic circuits, to enhance trust, desire, and orgasmic intensity; peripherally supports smooth-muscle contractility.
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## Indications Commonly Prescribed for:

- Erectile dysfunction (ED)
  - Endothelial dysfunction
  - Peripheral circulation improvement
  - Sexual performance anxiety
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**Before Use:** Let your health care provider know if you have any medication allergies before you take this compounded preparation. Let your health care 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:

- Nitrates or soluble guanylate cyclase stimulators
  - Cardiovascular disease, uncontrolled hypertension, recent MI or stroke, unstable angina, or severe valvular disease
  - Known or suspected HSV (may trigger outbreaks by enhancing viral replication)
  - Hyponatremia risk
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**Cautions:** Let your Healthcare provider know if you experience any adverse side effects.

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## Warnings and Precautions:

- Additive vasodilation: Risk of hypotension, dizziness, syncope when used together.
  - May indirectly increase cardiac workload due to vasodilation.
  - Use with caution in patients with seizure disorders.
  - Psychiatric effects may be context-dependent (prosocial or defensive).
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## Adverse Reactions:

### Common:

- GI upset (nausea, diarrhea, bloating)
- Headache
- Flushing
- Drowsiness

### Serious, but Rare:

- Hyperkalemia
  - Hearing/vision loss
  - Priapism
  - Hypotension, tachycardia
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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.
  - Strong inhibitors (ketoconazole, ritonavir, clarithromycin) can increase sildenafil exposure
  - Alcohol: Worsens hypotension and dizziness.
  - 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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**How to Use:** This compounded preparation is in the form of a buccal troche. Wash your hands thoroughly. Place the troche gently between your upper gum and cheek—typically on one side of the mouth—and allow it to dissolve naturally. Do not chew, crush, or swallow the troche. Wait an additional 30 minutes before consuming any food or beverages to maximize the amount of medication absorbed through the buccal tissue. If you miss a dose, take 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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## Monitoring Parameters:

- Clinical: Erectile function, symptom improvement, BP response, adverse effects.
  - Vitals: Blood pressure, heart rate (especially when combined).
  - Lab: Electrolytes if high-dose arginine or renal impairment; LFTs/renal function if 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. Olf M, Frijling JL, Kubzansky LD, et al. The role of oxytocin in social bonding, stress regulation, and mental health: an update on the moderating effects of context and interindividual differences. *Psychoneuroendocrinology*. 2013;38(9):1388-1398. doi:10.1016/j.psyneuen.2013.03.011
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