

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Memorial Sloan Kettering
Cancer Center

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ArginMax was shown in small studies to improve sexual performance in both women and men.

ArginMax is a dietary supplement that contains [Ginkgo biloba](#), [Panax ginseng](#), [American ginseng](#), [garniana](#), [L-arginine](#), Vitamins [A](#), [C](#), [E](#), B-complex, [zinc](#) and [selenium](#). The manufacturers of ArginMax claim that it helps improve sexual performance in both men and women. Sexual dysfunction may involve loss of sexual desire, arousal, difficulty in maintaining arousal, painful intercourse, or difficulty in achieving orgasm. Factors responsible can include stress, hormonal imbalance, antidepressant use, menopause, and cancer treatment, among others.

The herbal components of ArginMax are thought to improve sexual satisfaction by increasing blood flow and by promoting muscle relaxation. Small studies suggest Arginmax may improve sexual function, but a study in female cancer survivors did not see such benefit although improved quality of life was reported.

Patients with hormone sensitive cancers should be careful as ginseng can have estrogenic effects. L-arginine can worsen asthma symptoms and affect blood sugar, so patients with asthma or diabetes should also be careful when using this product. Ginseng and ginkgo can cause interactions with other prescription drugs.

What are the potential uses and benefits?

- Female sexual dysfunction
Small studies suggest ArginMax may improve sexual satisfaction, but a study in female cancer survivors did not find such benefit.
- Erectile dysfunction
ArginMax improved the overall sex life in men with erectile dysfunction.

What else do I need to know?

Patient Warnings:

Sexual dysfunction could be a result of other complex underlying physical, biological, or psychological disorders. Patients should consult with and be monitored by a physician when using this product.

Do Not Take if:

- You are pregnant or nursing.
- You have diabetes: L-arginine may affect blood sugar levels.
- You have asthma: L-arginine may worsen symptoms.
- You have a hormone-sensitive cancer: Ginseng may have estrogenic effects.
- You are taking prescription drugs: Herbal components of ArginMax may interact with various drugs.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

ArginMax - Last updated on March 24, 2022

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