



## PATIENT & CAREGIVER EDUCATION

# Zestra

This information describes the common uses of Zestra, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

## What is it?

Zestra may improve sexual function in normal women and in those suffering from female sexual disorders.

Zestra is a personal product for women promoted to relieve symptoms of female sexual dysfunction. It contains [borage seed oil](#), [evening primrose oil](#), [angelica root extract](#), [Coleus forskohlii extract](#), ascorbyl palmitate, and [dl-alpha tocopherol](#). Sexual dysfunction may include painful intercourse, loss of desire, and difficulty in achieving arousal or orgasm. Stress, changes in hormone,

cancer treatment, drugs, or menopause are some of the factors that can cause sexual dysfunction. Properties in borage, evening primrose, angelica, and *C. forskohlii* may be responsible for Zestra's activity. A small study suggests that Zestra can improve sexual function in both normal women and in those suffering from female sexual arousal disorder.

Zestra has not been studied in cancer patients. Women who are pregnant, breastfeeding, or those trying to get pregnant should not use Zestra.

## **What are the potential uses and benefits?**

### **Female sexual dysfunction**

Clinical studies suggest that Zestra can improve sexual function in women.

## **What are the side effects?**

- Mild to moderate genital burning was reported following use of Zestra.

## **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 and be monitored by a physician

when using this product.

### Do Not Take if:

- You are pregnant or breastfeeding.
- You are trying to get pregnant.
- You are sensitive to any of the components.
- You have a vaginal infection or irritation.

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](http://www.mskcc.org/pe) to search our virtual library.

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