

NATURAL HEALTH PRODUCT FOR MALE ENHANCEMENT

ED – Erectile Dysfunction

Also known as impotence, ED affects over 30 million men and their partners in the U.S. So if you're a man who has ED, or if you think you might be, don't worry – you're not alone. More than 50% of men between the ages of 35 and 70 can experience ED to some degree. It's important to know that ED is a medical condition and not necessarily just part of getting older. The good news is that there are supplements and treatments that can help men with ED.

How Blood Makes You Erect

At its most basic level, an erection is a hydraulic event. Blood fills the penis arteries, through a process called vasodilation, causing it to swell and become firm. How is blood flow increased? Increase the vasodilation. Nerves use chemical messengers to talk to one another and these messengers boost the production of another set of chemicals, which initiates the erection by relaxing the smooth muscle cells lining the tiny arteries that run the length of the penis. As the arteries relax (dilate), thousands of tiny caverns inside these arteries fill with blood. Boosting this messenger response (vasodilation) can be done with drugs or done naturally. In fact many natural ingredients provide a fully functional erection through stimulating this very simple vasodilation process.

Drugs

Oral medications are in the drug class called vasodilators and PDE-5 inhibitors. These medications work to restore a normal system of blood flow in the penis so an erection can occur with sexual stimulation. At \$10 to \$30 per pill though, many men look to alternatives. Thankfully, the natural alternatives already provide these vasodilation and other similar benefits.

Natural Alternatives That Work

You may have heard of Nitric Oxide – this molecule is part of the messenger pathway that creates the vasodilation necessary for strong erections. In fact this is the MOST important pathway for proper blood flow for increasing erection size, making an erection easier to maintain, and for “keeping it up” too.

L-Arginine directly influences increased blood flow through nitric oxide (NO) production/vasodilation, causing erectile stiffness and noticeably increasing a man's penis size. Used primarily in this function to enhance nitric oxide cellular messenger molecule production, nitric oxide produced by arginine has beneficial effects on circulation promoting good cardiovascular health, immune support, memory support and sexual support. Arginine supports healthy Growth Hormone (GH) levels too, promoting a youthful energy and vigor, which is welcome during sexual intercourse. Eighty per cent of the male seminal fluid is made of arginine, hence, it is known as the “fatherhood” amino acid. Arginine is also useful in some cases of actual male sterility. Arginine works so well that it is recommended that you consult your health care practitioner prior to use if you are taking medication for erectile dysfunction – read the entire label before use.

Avena Sativa is a special form of oat. This herb is thought to be soothing to the brain and nervous system, whilst at the same time increasing sexual desire, and performance, in both men and women. Avena sativa is has become a popular natural alternative to pharmaceutical erection enhancers without the dangerous side effects. Its stimulating effects are well known in the animal world, especially with horses where it is widely known that if you feed them oats their behaviour will be wild and energetic – we've all heard the term “sowing your oats”. Arginine for blood flow, Avena Sativa for desire.

Glycine is an amino acid that has a variety of roles, including the potential to increase growth hormone (GH), shuttle toxic substances such as lactic acid out of the body, and calm the brain. Studies show it to clearly augment GH – it is more necessary though for central nervous system function. Research has shown that this amino acid can help inhibit the neurotransmitters that cause hyperactivity and depression – it is a “mood” amino acid. It has also been shown to accentuate arginine delivery, further increasing potential overall blood rush in the groin area. Glycine helps get the mind “in the mood” for having sex and can increase blood flow through vasodilation as well.

Astaxanthin is a strong natural antioxidant – it has been specifically studied for improved performance. One study also showed it to improve sperm velocity as well rate of sexual activity. Astaxanthin is widely used as possible solution to male menopause (andropause). In another study, a group of 42 healthy men took astaxanthin daily for two weeks. The group experienced an increase in their testosterone levels after just three days of starting treatment.

Vitamin E has long been used as a male enhancement supplement. Countless studies exist; one showed that testosterone level was significantly elevated in both testicular tissue and plasma. It was also demonstrated that basal plasma testosterone was increased in normal male subjects following oral vitamin E administration. Vitamin E plays an important support role in hormone production in the pituitary-gonadal axis.

How To Use This Natural Product

Best used when 2-3 capsules are taken with water or juice, prior to sexual encounters. Do not consume more than 6 capsules per day. Although such a formula is natural, it does work and as such, care must be taken when ascertaining whether this product is suitable for you. Consult a qualified health care practitioner before using this or any other supplement. Not for use by persons under 18. Seek advice from a health care practitioner prior to use.

Do not use if you have had a heart attack, stroke or at risk for any medical condition including (but not limited to): kidney or liver dysfunction, sickle cell anemia, herpes, hypotension, hypertension, heart, liver, or thyroid disease, diabetes, psychiatric disease, pernicious anemia, anxiety, depression, seizure disorder, cardiac arrhythmias, stroke, difficulty urinating due to prostate enlargement, or if you are taking antihypertensives, cyclosporine, estrogens, birth control medications, medroxyprogesterone, norethindrone, nitrates, potassium-increasing drugs, sildenafil, aminophyllins, MAO inhibitor and/or any other prescription drug. Do not use if pregnant or nursing. Discontinue use if excessive sleeplessness, tremors, dizziness, nervousness, headaches, or heart palpitations occur.

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1-800-555-1234 • INFO@FITFOODS.CA