

Ingredients for sexual health

KSM-66 Ashwagandha® (P11206)

A study on male fertility and testosterone of 225mg 3x per day found a 167% increase in sperm concentration, 53% increase in sperm volume, 57% increase in sperm motility, and 17% increase in serum testosterone levels. This was a 12 week-long study on 46 participants.

A study on female sexual wellness and general wellbeing using 300mg twice/day for 8 weeks on 80 participants found that there was a 40% increase in arousal, 48.7% improvement in lubrication, 75.7% improvement in orgasm, 71.6% improvement in desire and 80.8% improvement in satisfaction and 18.3% increase in the number of total sexual encounters.

In a 2002 study, maca was studied for its ability to to increase sexual desire in men, while a 2008 study showed it decreased sexual dysfunction in postmenopausal women.

Maca (P1301)

Selenium & Zinc (P32322) (P2609)

Selenium and Zinc make your male sexual health products stronger by allowing access to the following claims:

Selenium: Contribution to normal spermatogenesis

Zinc: Contributes to the maintenance of normal testosterone levels in the blood