

## LIBIDONOL™

Using the knowledge and experience of experts in the field of natural and indigenous medicine, microbiology and biochemistry, **Easy Pha-Max®** has developed a unique formula called **Libidonol™**, which contains a total of five active **B.E.E.®** ingredients to support male libido and improve overall sexual performance.

Manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology, **Libidonol™** offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

### **How Libidonol™ Works:**

**Libidonol™** is formulated to help adult men find relief from the vexation of impotency, premature ejaculation, erectile dysfunction and at the same time, increase sexual endurance and improve performance. In addition, Libidonol is also helpful for male infertility. The main mechanisms of Libidonol have been designed to:

1. Stimulate the testosterone hormone in order to increase the male's libido.
2. Improve blood flow to the genital area and expand the blood vessel in the penis.
3. Promote the production of NO (Nitric Oxide) to increase potency.
4. Increase sperm count and activity in order to increase fertility.
5. Improve the male's overall general health situation.

### **Applications**

**Libidonol™** has been used to:

- Help men who suffer from impotence, premature ejaculation, erectile dysfunction, etc.
- Help improve overall sexual performance and endurance.
- Be effective against male infertility by helping to increase sperm count.
- Raise the levels of testosterone in the body.

- Target blood flow to the genital area and expand the blood vessels in the penis.
- Warm the body and act as an aphrodisiac.
- Stimulate the production of androgens (sex hormones) and increase libido.
- Improve a man's ability to hold and maintain an erection.

**Pomegranate Fruit B.E.E.®**: acts as a stimulant for the testosterone hormone, which controls the male's sexual drive. In addition, **Pomegranate B.E.E.®** is a good natural source of zinc for normal prostate functioning and normal sperm count. The name pomegranate comes from the Latin for "fruit of many seeds." Because of its numerous seeds and its red color, the pomegranate has been linked with fertility since ancient times. Preliminary studies suggest that pomegranate juice may contain almost three times the total antioxidant ability compared with the same quantity of green tea or red wine. It also provides a substantial amount of potassium, is high in fiber, and contains vitamin C and niacin.

**Red Clover Flower B.E.E.®**: decreases the platelets in the blood and increases blood flow to the genital area.

**Wild Yam Root B.E.E.®**: contains natural steroids that rejuvenate and give vigor to lovemaking. Wild Yam is a tropical herb whose roots contain natural plant hormones, a progesterone precursor, that is readily absorbed by the body. According to many experts, progesterone can be very beneficial for men in the balancing of male hormones, enhancing libido, and in counteracting the effects of excess estrogen in men (thought to be responsible for symptoms of aging and sexual dysfunction).

**Epimedium Herb B.E.E.®**: (Horny Goat Weed) is a Chinese herb often referred to as a "Yang tonic". This herb produces a warm, almost euphoric effect on the body. Epimedium is commonly used as an aphrodisiac and aids in relieving sexual dysfunction. The Epimedium herb stimulates the production of androgens (sex hormones) and has been used successfully in men suffering from impotence and a low sperm count. It has been shown to aid in increasing libido and erectile ability. This plant is used in Chinese medicine to enhance male sexual function and performance and to correct reproductive disorders. It is being prescribed for impotence, infertility, premature ejaculation, low sperm count, and reduced sex drive and is used to nourish the male sexual area. Epimedium has been studied extensively and has been demonstrated to increase the levels of corticosterone, cortisol, and testosterone. These studies have concluded that its androgen-like effects stimulate sexual activity, increase sperm production, and heighten sexual desire.

**Ginseng Root B.E.E.®**: helps improve libido and the ability to maintain an erection in men with erectile dysfunction. In addition, it may lead to an improvement in sperm count and sperm motility, thus proving useful for male infertility. Ginseng has traditionally been used as a supportive herb for male potency. A double-blind trial found that 1,800 mg per day of Asian ginseng extract for three months helped improve libido and the ability to maintain an erection in men with ED. The benefit of Asian ginseng confirmed in another double-blind study, in which 900 mg three times a day was given for eight weeks. Asian ginseng may also prove useful for male infertility. One preliminary study found that 4 grams of Asian ginseng per day for three months led to an improvement in sperm count and sperm motility.

**L-Arginine**: helps increase NO. NO (Nitric oxide) is the newest and most effective means of increasing sexual performance in both normal males and in males whose libidos are compromised. Researchers believe that nitric oxide "can correct up to 90% of all penile dysfunction." Erections are the result of an increase in blood supply to the penis. NO allows for the vasodilation required for an erection to occur and, it has also been shown that impotence can be caused by a lack of nitric oxide. In a preliminary trial, men with ED were given 2,800 mg of arginine per day for two weeks. Six of the 15 men in the trial were helped, though none improved while taking placebo. In a larger double-blind trial, men with ED were given 1,670 mg of arginine per day or a matching placebo for six weeks. Arginine supplementation was found to be particularly effective at improving ED in men with abnormal nitric oxide metabolism. Although little is known about how effective arginine will be for men with ED or which subset of these men would be helped, available research looks promising and suggests that at least some men are likely to benefit. Research, most of which is preliminary also shows that several months of L-arginine supplementation increases sperm count, quality and fertility. While some pregnancies have been attributed to arginine supplementation in preliminary reports, no controlled research has confirmed these claims. For infertile men with sperm counts greater than 10 million per milliliter, many doctors recommend up to 4 grams of L-arginine per day for several months.

**Ascorbic Acid (Vitamin C)**: helps boost testosterone levels. For treatment of male infertility caused by sperm abnormalities or clumping, vitamin C supplementation has been shown to be as effective as several fertility-enhancing drugs.

**Vitamin E (d-alpha tocopherol)**: increases circulation. Vitamin E deficiency in animals leads to infertility. In a preliminary human trial, 100–200 IU of vitamin E given daily to both partners of infertile couples led to a significant increase in fertility. Vitamin E supplementation may enhance fertility by decreasing free-radical damage to sperm cells. In another preliminary study, men with low fertilization rates in previous attempts at *in vitro* fertilization were given 200 IU of vitamin E per day for three months. After one month of supplementation,

fertilization rates increased significantly, and the amount of oxidative stress on sperm cells decreased.

**Zinc Gluconate:** important in prostate gland function and reproductive organ growth. Zinc also helps boost testosterone levels. Zinc deficiency leads to reduced numbers of sperm and impotence in men. The correlation between blood levels of zinc and sperm quality remains controversial. Infertile men have been reported to have lower levels of zinc in their semen, than do men with normal fertility. Similarly, men with normal sperm density tend to have higher amounts of zinc in their semen, than do men with low sperm counts. A few studies have shown that oral zinc supplementation improves both sperm count motility, and the physical characteristics of sperm in some groups of infertile men. For infertile men with low semen zinc levels, a preliminary trial found that zinc supplements (240 mg per day) increased sperm counts and possibly contributed to successful impregnation by 3 of the 11 men. In a controlled trial, 100 men with low sperm motility received either 57 mg of zinc twice daily or a placebo. After three months, there was significant improvement in sperm quality, sperm count, sperm motility, and fertilizing capacity of the sperm. The ideal amount of supplemental zinc remains unknown, but some doctors recommend 30 mg two times per day.

#### **SUGGESTED USE:**

Take two capsules per day for maintenance purposes and 1-2 capsules 30-60 minutes prior to sexual activity.