



Men's X-Action

A Supplement for Enhancing Male Desire and Virility

Men's X-Action is a combination of herbs that enhances male energy, activity and vitality. These herbs also support the male reproductive organs including prostate function. Men's X-Action may be helpful for impotence or lack of desire in men. It may also help restore male fertility.

This supplement may also have energy and mood-lifting qualities. Here is an explanation of each of the ingredients in this formula.

Muirapuama (*Ptychopetalum olacoides*)

Known as "potency bark," muirapuama is a common shrub indigenous to Brazil. It has been historically used in Brazil as an aid to sexual vitality, including infertility, menstrual problems and impotency. It is also a neuromuscular tonic used for nerve pain, depression and central nervous system disorders. It is an adaptogenic remedy with antistress and anti-fatigue properties. In clinical trials in France on men suffering from loss of desire or the inability to sustain or maintain an erection, 62% of the men reported the herb had a "dynamic effect." In another study, 85% of the men reported enhanced libido and about 90% reported improved ability to maintain an erection.

Yohimbe bark (*Pausinystalia yohimbe*)

Yohimbe comes from a tree in West Africa, and has a similar reputation as a sexual-enhancing herb. Containing the alkaloid yohimbine. Yohimbine and other alkaloids present in this herb appear to have effects on several hormones and neurotransmitters, including epinephrine, norepinephrine and serotonin. It appears to both stimulate blood flow to the pelvic region and to increase nerve sensation in the groin area. Large doses cause a tingling sensation in the genitals.

L-Arginine

Arginine is an amino acid that affects a chemical messenger called nitric oxide, which acts to dilate blood vessels, reducing blood pressure and increasing blood flow to the extremities. It can be helpful for impotency caused by circulatory problems. Arginine supplementation is often an effective treatment for male infertility because it boosts sperm counts among men with low levels of active sperm. It is also reported to improve sperm motility. Arginine is naturally found in chocolate, peas, peanuts, seeds, and almonds and other nuts.

Damiana (*Turnera diffusa*)

Damiana leaves have been used in the U.S. since 1874. Native to Mexico, this herb also has a long-standing reputation as an aphrodisiac. It is reported to improve the sexual ability of

the aging and has been used for infertility, hot flashes, frigidity and impotency. It also has a mood-elevating effect. Damiana may partially work by slightly stimulating the urethra, therefore producing extra feeling in the penis.

Oat Straw (*Avena sativa*)

Oat straw is a mineral rich herb that acts as a nutritive, supplying calcium and other important minerals. Oat straw is reported to be a general tonic to the nervous system.

Saw Palmetto (*Serenoa repens*)

Saw palmetto berries come from a small southeastern palm tree. They have been traditionally used as a tonic for the elderly to enhance digestion, overcome respiratory weakness and to enhance reproductive function. The herb's ability to reduce prostate swelling is well documented. It is also reported to have aphrodisiac qualities.

DHEA

DHEA is a hormone precursor created by the adrenal glands. It is converted to other hormones in the body, particularly sexual hormones like testosterone and estrogen. DHEA supplementation can enhance production of reproductive hormones, helping with fatigue and impotency.

Horny Goat Weed (*Epimedium Sagittatum*)

The traditional name of this ingredient is fairly self-explanatory. Horny Goat Weed has been used for hundreds of years in Chinese medicine as a tonic, adaptogen and aphrodisiac. The exact manner in which it works is still being studied.

Recommended Use

Take one capsule with meals three times daily, or as directed by your health care provider following DHEA level assessment. DHEA can cause adverse reactions in some people, including hormonally related acne. This supplement is not for women, children, person's suffering from bipolar disorder or schizophrenia, or those taking any prescribed medications that affect hormones or neurotransmitters. (Consult with a physician if you are on any medications.) It is also recommended for temporary or occasional use, but not for long-term use (over three months). For longer use, try maca, X-A, or KB-C.

Selected References

www.rain-tree.com/muirapuama.htm
PDR for Nutritional Supplements by Thomson PDR
PDR for Herbal Medicines by Medical Economics Company
Handbook of Herbal Medicines by James Duke

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