



SATISFACTION

Get your mojo back. Enerex SATISFACTION for Men is designed to address all aspects of your sexual health, not just cover up symptoms to increase your performance. Its formula combines herbal aphrodisiacs used for centuries such as Korean Ginseng, Damiana, Maca, Horny Goat Weed and Ginkgo Biloba. These stimulate your sexual desire, enhance circulation to improve erections, balance hormones, increase your endurance, and support a healthy prostate. It adds nutrients including the amino acid L-Arginine and B Vitamins — vital to health and a great sex life.

- **Overview**
- **Ingredients**
- **Features**
- **Ailments**
- **Packaging**
- **Testimonials**



OVERVIEW

Low libido?

Dr. Phil (of the *Dr. Phil McGraw* TV show) says 75% of all couples have problems in their sex life, and a high number of marriages experience stress and even end due to differences in sexual needs. We may all expect a satisfying sex life to happen automatically in a relationship, and expect it to last forever. But unfortunately it doesn't always, and often needs a little help along the way.

Your sexual youth peaks at age 20. From then on, both men and women experience a decline in sexual abilities and desires — 40% of all men over 40 have some performance problems, which equates to millions of men (and their partners) that may occasionally feel sexually frustrated.

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The “P” word

Rather than just trying to increase performance, it is best to work toward balancing and rejuvenating the entire sexual reproductive system and libido. Enerex **Satisfaction’s** naturally based formula combines traditional herbs and advanced nutrients to address the cause of male sexual dysfunction, not just one of the symptoms as drugs do.

Erectile dysfunction (ED) is defined as “the inability to achieve or maintain an erection firm enough to begin or complete sexual intercourse.” But andropause in a man’s middle age has several other symptoms. It often results in loss of energy, strength, abdominal muscle tone, sexual interest and less zest for life in addition to performance.

Romance. Desire. Love. Herbs.

Enerex Satisfaction includes

- Horny Goat Weed, known to improve sexual health and low libido;
- Korean Ginseng with its ginsenosides to increase blood flow to the penis to stimulate sexual endurance;
- Damiana, a traditional aphrodisiac used by the Mayan people;
- Ginkgo biloba, which increases circulation to improve erections; and
- Maca, an aphrodisiac for both sexes because of its beneficial effects on testosterone and other sex hormones.
- Puncturevine , used to treat ED and infertility;
- Saw Palmetto, for supporting a healthy prostate and strengthening sexual desire;
- Velvet Bean, a traditional aphrodisiac containing a source of the precursor to dopamine (the brain's pleasure chemical);
- Green Tea to increase prostate health.

Essential nutrients including:

- L-Arginine, an amino acid that works with the primary physical mediator for men’s arousal,
- Zinc, which plays a strong role in prostate health and sexual development, and
- B Vitamins, because it improves blood circulation and makes sex hormones.

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Spice up your sex drive without side effects

The popularity of libido-enhancing herbs has dovetailed with the introduction of Viagra®, the drug that brought conversation about “that crazy little thing called love” out of the boudoir and into the medicine cabinet. But the benefits of “blue” pills need to be weighed against the pitfalls.

Negative side effects of Viagra® include: bladder pain, burning felt in the chest or stomach, dizziness, increased frequency and/or pain in urination and/or bloody urine, indigestion/nausea, and more rarely: blurred vision, double vision, bleeding of the eye, anxiety, slurred speech/behaviour change similar to drunkenness, bone pain, painful swollen joints, hearing loss, chest pain, fever or chills, confusion /difficulty concentrating, convulsions (seizures), dizziness or lightheadedness, fainting, irregular or pounding heartbeat, dryness/redness/rash /lesions of the skin, headache (severe or continuing), lower back pain, nightmares/restless sleep, numbness in hands, painful prolonged penis erection, shakiness, swelling of the face/hands/feet, trouble breathing, twitching muscles.

Despite the fact that ED drugs such as Viagra® (sildenafil citrate) and Cialis® (tadalafil) don’t work for everyone and are associated with these possible side effects, this doesn’t stop millions of men from using them (one out of every five men over the age of 40 has tried ED drugs). But these drugs do not increase sexual arousal — just because the blood is pumping, doesn’t mean you’re in the mood to make things happen.

Many people are looking to natural alternatives to tackle the issue from all angles and to avoid side effects.

Fulfil your partner; fulfill yourself

Tackle ED naturally: Eat more vegetables in your diet with a healthy plant-based diet. ...

Exercise regularly, which effectively reduces blood sugar and helps to clear arteries; get sufficient sleep and reduce stress; take herbal helpers free of side effects (see FEATURES for more information). Remember that the biggest sex organ in the body is the brain; make sure that your problems aren’t more about creating intimacy or feeling comfortable and confident, than physical issues. Ultimately, you should be interested in creating overall internal health.

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INGREDIENTS

EACH VEGETARIAN CAPSULE CONTAINS:

Medicinal Ingredients:

Horny Goat Weed (<i>Epimedium brevicornu</i> , 20:1, 1200 mg DHE*/EHS*) Leaf	60 mg
Korean Ginseng (<i>Panax ginseng</i> , 5:1, 250 mg DHE*) Root	50 mg
Damien (<i>Turnera diffusa</i> , 20:1, 1000 mg DHE*) Leaf	50 mg
Ginkgo (<i>Ginkgo biloba</i> , 50:1, 2000 mg DHE*) Leaf	40 mg
Maca (<i>Lepidium meyenii</i> , 12:1, 600 mg DHE*) Root	50 mg
Puncturevine (<i>Tribulus terrestris</i> , 4:1, 80 mg DHE*) Fruit	20 mg
Saw Palmetto (<i>Serenoa repens</i> , 4:1, 200 mg DHE*) Fruit	50 mg
Velvet Bean (<i>Mucuna pruriens</i> , 10:1, 300 mg DHE*) Seed	30 mg
Green Tea Extract (<i>Camellia sinensis</i>) Leaf	15 mg
L-Arginine	120 mg
Zinc (Citrate)	15 mg
Niacin (Vitamin B3) Nicotinic Acid	50 mg
Vitamin B6 (Pyridoxine HCl)	50 mg
Folate (Vitamin B9) Folic Acid	100 mcg
Vitamin B12 (Cyanocobalamin)	500 mcg

Non-Medicinal Ingredients:

Brown rice flour, vegetable [magnesium](#) stearate, hypromellose (vegetarian cellulose-complex capsule).

There are no other ingredients added to this formula.

*Dried Herb Equivalent

FEATURES

Light your fire

Enerex Satisfaction aims to improve your sexual prowess with natural ingredients that include both well-known lovemaking herbs and aphrodisiacs you may not know about. They are effective, user-friendly and safe.

Why add so many ingredients to the mix? Before running to your local herbalist to purchase larger doses of these herbs individually, note that most practitioners agree formulas combining

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several herbs work better than single herbs due to what is called "orchestration" — they work synergistically together. **Enerex Satisfaction** includes the following:

Horny Goat Weed (*Epimedium brevicornu*)

What's in a name? This popular herb used by both men and women is known as Horny Goat Weed because folklore (in southern China where it grows) says that mountain goats were observed having quite a time with one another after nibbling from certain "weeds."

The herb has been part of a formula used by Chinese emperors for over 1,800 years to enhance vitality; and today, Chinese physicians say that the herb strengthens "yang," the male life force.

Medical studies show that Horny Goat Weed improves sexual health and quality of life. Researchers in Taiwan wanted to prove that Horny Goat Weed has physiological sexual effects. In a 2006 study, researchers concluded that extract of the herb relaxed the smooth muscle of the sexual organs "through multitargets within specific pathways" to encourage an erection, and therefore might offer a treatment strategy for erectile dysfunction. (J.H. Chi, K.K. Chen, "Epimedium brevicornum extract relaxes rabbit corpus cavernosum through multitargets..." *International Journal of Impotence Research*, 2006,18-335–342; Institute of Traditional Medicine, and Veterans General Hospital, Taipei, Taiwan)

Korean Ginseng (*Panax ginseng*)

Ginseng has been used as an energy and vitality tonic for centuries, and now medical science has shown that its active ingredient called ginsenoside increases blood flow to the penis to increase sexual stamina and stimulate sexual performance.

Studies show that the majority of men with erectile dysfunction (ED) will experience improvements if they take this herb.

A 2013 clinical study, for example, evaluated the effectiveness and safety of ginseng berry (the part of the plant which has high ginsenosides) on ED. The randomized, double-blind trial tested 119 men with mild-to-moderate ED who were given 4 tablets of either standardized Korean ginseng berry or placebo daily for 8 weeks. Erectile function and premature ejaculation were both assessed. The study stated, "Oral administration of the extract improved all domains of sexual function, and no adverse side effects were found. It can improve sexual life in men with sexual dysfunction." (Choi, YD, Park, CW et al, "Effects of Korean ginseng extract on sexual function in men with erectile dysfunction", *International Journal of Impotence Research*, 2013 Apr;25-2:45-50. Urological Science Institute, Yonsei University College of Medicine, Seoul, South Korea)

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Damiana (Turnera diffusa)

Damiana is a traditional Mexican aphrodisiac used by the Mayan people for sexual stimulation and increased energy.

Damiana herb's sexual performance effects have been revealed in several clinical studies. A 2013 study, for example, wanted to determine the underlying reasons that it creates these effects. In this animal study, Damiana "facilitated expression of male sexual behavior" by improving ejaculation and penile erections.

Researchers stated, "Findings support the pro-sexual effect which involves a certain pathway that relates to the central nervous system. It also has an anti-anxiety effect which improved sexual performance." (R Estrade-Reyes, M Carro-Juarez et al, "Pro-sexual effects of Turnera diffusa (Damiana) in male rats", Laboratorio de Fitofarmacología, Universidad Autónoma de Tlaxcala, Tlaxcala, México. *Journal of Ethnopharmacology* 01/2013; DOI:10.1016/j.jep.2012.12.025)

Ginkgo Biloba

Ginkgo biloba, which is well-researched for its circulation and brain enhancing effects, is most known for improving mental alertness and memory, but it has also been found to increase peripheral circulation that produces firmer erections.

Studies have been most pronounced on those who experience sexual dysfunction due to taking anti-depressant drugs. In one study, for example, Ginkgo biloba leaf was found to be 84% effective in treating antidepressant-induced sexual dysfunction. (Men were 78% responsive to the sexual enhancing effects and women were over 90% responsive).

According to the researchers, Ginkgo Biloba had a positive effect on all "four phases" of the sexual response cycle: desire, excitement (erection and lubrication), orgasm, and resolution (afterglow). Patients that had sexual dysfunction after taking antidepressant medications including SSRIs, SNRIs and MAOIs were tested. Dosages of Ginkgo Biloba ranged from 60 mg to 120 mg. In the larger dosage, slight negative side effects were noted in a couple of patients: gastrointestinal disturbances and headache. (Cohen AJ, Bartlik B. "Ginkgo biloba for antidepressant-induced sexual dysfunction." *J Sex & Marital Therapy*, 1998 Apr-Jun;24(2):139-43. University of California, San Francisco, CA, US)

In another study, 50 men with proven arterial erectile impotence were treated with 240 mg of Ginkgo Biloba (GB) daily for nine months. The patients were divided into two groups: group 1 could achieve erections with drugs; group 2 could not achieve sufficient erections even with high-dose drugs.

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In group 1, all men regained spontaneous and sufficient erections after oral GB treatment after six months. Arterial flow rates began improving after three months and rigidities at the penile tip and base were significantly improved after six months. In group 2, improved arterial penile flow rates and rigidities were noted at six and nine months. Over two-thirds of group 2 patients responded to drugs (such as Viagra®) following GB treatment whereas they hadn't responded to them before this. No side effects were noted during treatment with GB. Researchers noted, "Because we understand the mechanism of action and the safety of GB, it should be the phytomedical (plant-based) treatment of choice for erectile dysfunction." (Sohn M & Sikora R, "Ginkgo Biloba Extract in the therapy for Erectile Dysfunction" *Journal Sex Educ Ther* 17: 53-61, 1991.)

Maca (*Lepidium meyenii*)

Maca is a root vegetable indigenous to the Andean mountains of Peru that has a long history as an aphrodisiac and physical energizer. Research shows that it has a regulating effect on the sex hormones testosterone, progesterone and estrogen, which helps to increase libido for both sexes.

Maca has also been found to balance to the hormonal changes of aging (menopause/andropause) to restore more energy and vigor for sex. Maca's components act on the body's hypothalamus, pituitary and adrenal glands; these glands produce hormones including adrenaline, which increases vitality and virility.

The first known published human study on Maca's effect on libido and fertility in men was conducted in Peru and published in the *Asian Journal of Andrology* several decades ago. Study data showed that Maca increased sexual desire (libido) by 180% and increased sperm count by 200%. Other benefits included increased sperm mobility, increased DHEA levels, decreased anxiety and stress, lower blood pressure and a general sense of well-being.

Since then, many other studies have been completed. Similar to Ginkgo Biloba, Maca has been studied for its effectiveness with sexual dysfunction caused by depression medications (SSRIs). One 2008 study compared low doses (1.5 g/day) to high doses (3.0 g/day) of Maca in 20 patients with sexual dysfunction. Maca made a significant improvement, and libido also improved in certain situations, especially with 3 g/day. Researchers concluded that "Maca root may alleviate SSRI-induced sexual dysfunction, and Maca may also have a beneficial effect on libido." (Dording CM, Fisher L, "A study of maca root (*L. meyenii*) for the management of SSRI-induced sexual dysfunction," *CNS Neurosci Ther.* 2008 Fall;14(3):182-91)

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Puncturevine (*Tribulus terrestris*)

Puncturevine or Tribulus is a plant that produces fruit that is covered with sharp spines. The fruit, leaf and root are used as medicine for everything from kidney problems, heart health and digestion issues to helping to stimulate mothers' milk flow, erectile dysfunction and spermatorrhea (involuntary release of semen without orgasm).

Medical science has shown that Puncturevine may indeed help with sexual function in men. A 2003 animal study gave four different groups the herb for 8 weeks. There was a statistically significant improvement in sexual behaviour (increases in having sex, intracavernous pressure and ability to ejaculate increased from 19% to 27%) in the four rat groups; and there was also decreases in those with previous waning sex drive (from 16% to 23%). "The pro-erectile aphrodisiac property of this herb could possibly be the result of an increase in androgen and subsequent release of nitric oxide from the nerve endings innervating the corpus cavernosum." (K. Gauhaman, A.P. Ganesan, et al, "Sexual effects of puncturevine (*Tribulus terrestris*) extract: an evaluation using a rat model." *J Alternative and Complementary Med.* 2003 Apr;9(2):257-65, Department of Obstetrics and Gynaecology, National University of Singapore, Singapore)

Saw Palmetto (*Serenoa repens/serrulata*)

Saw Palmetto is a small palm tree that grows in Florida. Although Saw Palmetto is popular for supporting a healthy prostate and urinary system, it is also used for the male reproductive system and to restore and strengthen sexual desire.

Saw Palmetto has been well studied for its action on testosterone in the treatment of prostate enlargement and prostatitis. Erectile dysfunction and prostate diseases are closely related since the prostate is an integral part of a man's sexuality, and proper ejaculation is dependent upon the health of the gland. In fact, half of all men who suffer from prostate disease also suffer from ED. Most men begin to experience some degree of prostate disorder with advancing age.

According to researchers in Britain at the UCL School of Pharmacy, benign prostatic hyperplasia (BPH), the most frequent reason for urinary problems in elderly men, is also the main cause of sexual dysfunctions in this group. Standard drug therapies for BPH symptoms are known to cause further sexual dysfunctions. Thus, treatments are sought which improve urinary symptoms and sexual problems. A 2012 study conducted by this centre showed that a Saw Palmetto treatment lead to an improvement not only of urinary symptoms but also of sexual dysfunctions.

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After eight weeks with a Saw Palmetto preparation, the urinary symptoms improved by 50% and sexual problems including erectile dysfunction, ejaculatory problems, or lack of sexual drive by about 40%. “This is one of the first therapies ever to show an improvement of BPH symptoms and of sexual dysfunctions at the same time. Furthermore the treatment was well tolerated and cost effective,” states Dr. Eugen Riedi, urologist and head of the clinical study. (Suter A, Saller R, et al. “Improving BPH symptoms and sexual dysfunctions with a saw palmetto preparation?” *Phytother Res.* 2012 Apr 23. doi: 10.1002/ptr.4696. UCL School of Pharmacy, Centre for Pharmacognosy and Phytotherapy, UK)

Velvet Bean (*Mucuna pruriens*)

Velvet Bean is a tropical legume (like a bean) that grows in Africa and Asia and is used medicinally for several ailments. For example, it is used in Ayurvedic medicine for Parkinson’s disease. Velvet Bean is also a traditional aphrodisiac.

Velvet Bean’s sexual enhancement qualities are due to a naturally occurring source of L-Dopa, the precursor to dopamine (the brain's pleasure chemical), which has a significant impact on sexual pleasure and functioning. There have been several studies showing its effectiveness including an animal study in India. (Amin KMY, Khan MN, Hakim Syed Zillur Rahman, et al., 1996, "Sexual function improving effect of *Mucuna pruriens* in sexually normal male rats". *Fitoterapia* 67 (1): 53–58. "The seeds of *M. pruriens* are used for treating sexual dysfunction in Unani Medicine... ")

Another Indian study showed that Velvet Bean can improve sexual behaviour, libido, and performance in men and women. Research done in 2010 at College of Pharmaceutical Sciences, Manipal, India, showed that when it was given in a dose of 0.75 mg/kg body weight daily, it increased the sexual activity of male rats by ten-fold by stimulating their testosterone level.

The research showed that the animals had increased sexual desire and improved sexual performance after 21 to 28 days. (However, impotent animals did not derive benefits.) (Pharmacologyonline 1: 607-613, 2010, Vijayanarayana K, Padma GM Rao et al. “Aphrodisiac activity of geyenaphro: a poly herbal formulation in rats, Manipal College of Pharmaceutical Sciences, Manipal Karnataka, India. “Geyenaphro significantly enhanced sexual activity in both male and female rats, both in a single dose and in a chronic dose (100 mg/day orally for 28 days). It was found to be superior to (L-Dopa) in male rats and equal potency in female rats.”

Green Tea (*Camellia sinensis*)

In addition to being a popular soothing and stimulating drink, green tea’s powerful antioxidants destroy certain bacteria and viruses, increase the immune system, and contribute to a healthy

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prostate. Many studies have been completed on the association between drinking green tea and reduced risk of prostate cancer. Here are three:

A 2006 double-blind trial testing green tea catechins (600 mg per day for one year) significantly reduced the incidence of prostate cancer in a group of 60 volunteers with high-grade prostate intraepithelial neoplasia. (Bettuzzi S, Brausi M, et al, "Chemoprevention of human prostate cancer by oral administration of green tea catechins in volunteers with high-grade prostate intraepithelial neoplasia." *Cancer Res* 2006, 66:1234-1240.)

A 2004 study found prostate cancer risk declined with increasing frequency and quantity of green tea consumption (Jian L, Xie LP, et al. "Protective effect of green tea against prostate cancer: a case-control study in southeast China." *Int J Cancer* 2004, 108:130)

A 2008 study of 49,920 men in Japan suggested that green tea was associated with a decreased risk of advanced prostate cancer in men drinking five or more cups compared with those drinking less than one cup per day (Kurahashi N, Sasazuki S, et al. "Green tea consumption and prostate cancer risk in Japanese men..." *Am Journal Epidemiol* 2008, 167:71-77.)

L-Arginine

Arginine is an amino acid (amino acids are part of protein) that we need for many functions, like building muscle and boosting immunity. The body also uses Arginine to produce nitric oxide – the primary physical helper responsible for men's arousal – having an effect similar to the way Viagra works.

Arginine has been used as a natural sex booster because it has been found to improve blood flow to the penis.

The main support for the use of Arginine in erectile dysfunction comes from a double-blind trial in which 50 men with erectile dysfunction received either 5 g of L-arginine or placebo daily for 6 weeks. More men in the treated group experienced improvement in sexual performance than in the placebo group. (Chen J, Wollman Y, Chernichovsky T, et al. "Effect of oral administration of high-dose nitric oxide donor L-arginine in men with organic erectile dysfunction: results of a double-blind, randomized placebo-controlled study." *BJU Int.* 1999;83:269-273.) Several studies showed improvements when L-arginine was used in combination with other herbal ingredients.

Zinc

The mineral Zinc is vital for men's health for several reasons; it lends a hand in hundreds of body processes, from making enzymes to producing DNA to repairing cells. Zinc also plays a

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strong role in prostate health, sexual development, reproduction, blood pressure, and heart beat regulation.

Zinc is recognized as a vital nutrient for a healthy prostate, effective in reducing both BPH symptoms and size of the prostate. Insufficient intake of this mineral lowers testosterone levels and reduces sperm count in otherwise healthy men — no doubt why oysters, high in zinc, have gained a reputation as an aphrodisiac. Testosterone, of course, is an extremely important hormone for both men and women. It boosts sexual drive and capacity, muscle and bone growth, energy levels, and immune function, and so low zinc may affect these.

Surveys by the USDA have found that the average intake of zinc for men and women of all ages is below the recommended daily allowance (and RDAs are based on the amount of a nutrient required to prevent obvious, well-recognized diseases of deficiency, not just deficiencies that may damage your health over the longer-term). Those who follow low fat or vegetarian diets are at even greater risk of zinc deficiency.

Vitamins B3 (Niacin), B6, B9 (Folate) and B12

B Vitamins are critical factors for good health and good sex.

Vitamin B3

Vitamin B3 (Niacin) is necessary for energy metabolism, especially “anaerobic” metabolism which is linked with the short, intense bursts of energy that you have during sex.

B3 is well known for its ability to improve blood circulation, and also assists in making the sex hormones estrogen, progesterone and testosterone. Vitamin B3 also enhances the sexual flush. This sexual flush increases blood flow to your genitals and therefore intensifies your orgasm. In addition to taking a supplement, brown rice, tuna, swordfish, peanuts, chicken, turkey and sundried tomatoes have B3.

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Vitamin B6

Vitamin B6 is a libido enhancer because it helps in controlling elevated amounts of prolactin in your body. Prolactin relieves sexual arousal after orgasm and takes your mind off sex. It rises sharply immediately after orgasm.

Vitamin B6 also helps the functions of estrogen and testosterone, and helps to make the energizing, mood enhancing neurotransmitters called serotonin and dopamine. Vitamin B6 has been shown to help increase counts in men with low sperm count. Vitamin B6 enhances the usefulness of Zinc (see above). In addition to a supplement, bananas, Brussels sprouts, avocados, baked potatoes, beef, halibut and tomatoes have B6.

Vitamin B12

Vitamin B12 is said to heighten your sex drive because it enhances penile erection by enlarging blood vessels. It also stimulates secretion of histamine needed for orgasm.

Vitamin B12 is also an energy booster, and is important for your body to manufacture red blood cells and support the functioning of your nerves. To boost Vitamin B12, take a supplement and get it in shellfish, fatty fish, beef and eggs.

AILMENTS

Sexual Health & Enhancement

Low libido? Enerex SATISFACTION for Men is designed to address all aspects of your sexual health, not just cover symptoms to increase your performance. Its formula combines herbal aphrodisiacs such as Korean Ginseng, Damiana, Maca, Horny Goat Weed and Ginkgo Biloba. These stimulate your sexual desire, enhance circulation to improve erections, balance hormones, increase your endurance, and support a healthy prostate. It adds nutrients including L-Arginine and B Vitamins — vital to a great sex life.

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PACKAGING

Why should you care about Enerex Satisfaction's bottle? We chose this packaging because it protects the product and the planet.

Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and "chemical migration" from container to product (so the supplements don't acquire toxins from the plastic). In all of these areas, PETE is virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it's very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn't provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

TESTIMONIALS

Please leave a testimonial if you really like this product.

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