

How should I feel after taking the Superhuman Supplements?

In this post, we'll look at how the ASYSTEM Superhuman Supplements work, how effective they are when used properly, and what you should expect to feel throughout the process.

What are the short-term effects?

SUSTAINED ENERGY

Throughout the day you should have more sustained energy.

Ask yourself:

- Are you making it through that afternoon lull better?
- Have you been able to work out harder, longer, and with better, quicker recovery?

The Science:

- **Ashwagandha KSM 66** - is clinically proven to increase muscle mass and strength, and enhance cardiorespiratory endurance ([Source](#))
- **S7™** - is clinically proven to increase vasodilation and blood flow, therefore sustaining muscle endurance during exercise ([Source](#))
- **DHEA** - is the precursor to androgens (testosterone) and estrogens. Studies have shown these hormones influence energy levels ([Source](#))

MORNING ENERGY

Getting up in the mornings should be that little bit easier now.

Ask yourself:

- Are you finding it easier to wake up and get out of bed?
- Do you feel ready to go and tackle the days tasks with more vigor?

The Science

- **Ashwagandha KSM 66** - is beneficial in normalizing thyroid function which can improve energy levels ([Source](#))
- **Methylcobalamin (B-12)** - helps boost morning energy levels in brain and body
- **Iodine** - Your thyroid uses Iodine to produce peak levels of thyroid hormones. Without optimal Iodine levels you could feel tired, sluggish and weak. ([Source](#))

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BRAIN SPEED

You should have a clear and more focused mental capacity.

Ask yourself:

- Think of a project you are working on. Have you felt an improved focus on it since taking the Superhuman Supplements? Are you able to stay on task longer?
- Have you noticed that you are better at remembering things?

The Science

- **Ashwagandha KSM 66** - is effective in enhancing immediate and general memory, as well executive function, attention, and information processing speed ([Source](#))
- **Pregnenolone** - can positively affect cognitive functions and relieves mental fatigue, boosts alertness and enhances concentration. ([Source 1](#) + [Source 2](#))
- **DHEA** - Higher endogenous DHEA levels support executive function, concentration, and working memory. ([Source](#))

BETTER SEXUAL FUNCTION

You should feel an increased sexual desire.

Ask yourself:

- Have you noticed more spontaneous erections? Or more frequent morning glories?
- Has it been easier to urinate than before? Or has your ability to hold urine improved?

The Science

- **Ashwagandha KSM 66** - clinically proven to significantly improve and regulate serum testosterone levels ([Source](#))
- **S7™** - decreased nitric oxide levels are one of the most common causes of erectile dysfunction. S7 can increase nitric oxide levels by 230% ([Source](#))
- **DHEA** - can help to alleviate sexual dysfunctions that are the result of poor hormone levels by raising androgen (testosterone) levels.

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BETTER SLEEP

Getting some proper zzz's should be that much easier.

Ask yourself:

- Are you sleeping better, deeper, or sleeping longer?
- Are you waking up refreshed?
- Are your dreams more frequent? Are they more vivid? Or do they feel longer?

The Science

- **Pregnenolone** - is a parent hormone to neurohormones that can help create better sleep and improved REM sleep ([Source](#))
 - **Magnesium** - plays a role in supporting deep, restorative sleep by maintaining healthy levels of GABA, a neurotransmitter that promotes sleep ([Source](#))
 - **Vitamin D** - Low levels of Vitamin D are associated with poor sleep, quality of sleep, and duration of sleep. ([Source](#))
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LESS STRESS

Your resistance to stress should have improved.

Ask yourself:

- Think of a regular challenge that usually frustrates you, how do you compare that feeling to now?
- Do you have less anxiety about what the day has in store?
- Do you recover from jet lag faster? Do you handle the flight better stress wise?

The Science

- **B-Vitamins** - help you deal with your environment, work, family, kids, gym, traffic. They can effectively help you lower stress levels. ([Source](#))
- **Ashwagandha KSM 66** - clinically proven to safely and effectively improve an individual's resistance towards stress ([Source](#))
- **DHEA** - is a stress hormone. It is made from your adrenals to always answer the same question when you are stressed, "Fight or Flight". This is how you respond to everything and anything. ([Source](#))

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What are the long-term effects?

As you continue to take the Superhuman Supplements daily, you continue to feel the above short-term benefits, including:

- Sustained energy and better morning energy
- Sustained cognitive function and memory
- Continued better sexual performance
- Continued better sleep
- Continued better recovery from stress and exercise

In addition to these you should notice the following longer-term benefits, after approximately six months:

BETTER CARDIOVASCULAR HEALTH

Ask yourself:

- When you exercise, do you feel you have better stamina than before? Perhaps you have noticed you don't have shortness of breath so much anymore?
- If you've recently checked in with your doctor, have you noticed lower blood pressure?

The Science

- **Magnesium** - is most likely the most important nutrient for your heart. ([Source](#))
- **CoQ10** - plays a vital role in helping Mitochondria generate ATP (energy). Most muscles have around 200 mitochondria per cell, your Heart cells contain around 5000 mitochondria per cell, the most in your body ([Source](#))
- **Vitamin K2** - optimal Levels of Vitamin K2 helps decrease inflammation, lowers blood pressure and helps prevent cardiovascular disease ([Source](#))
- **Methyl Folate** - Adequate Folate helps reduce levels of Homocysteine, an inflammatory molecule linked to the development of heart disease ([Source](#))

IMPROVED MENTAL HEALTH

Ask yourself:

- Is your memory better, is it improving?
- Do you have less brain fog?
- Are you feeling mentally sharper or quicker?
- Is your mood improving?

The Science

- **Iodine** - According to The World Health Organization, Iodine is the most prevalent, yet easily preventable, cause of Brain Damage ([Source](#))
- **Fish oil DHA/EPA** - Omega 3's are highly effective for both the prevention and treatment of depression and anxiety ([Source 1](#) + [Source 2](#))
- **B-Vitamins** - high doses can reduce stress and mental fatigue. ([Source](#))

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IMPROVED METABOLIC HEALTH

Ask yourself:

- Can you go longer or harder with your cardio or resistance training?
- Can you work out less and still see improvement?
- Can you take more time off exercise and not see loss as quickly?
- Do you notice an improvement to lower fat and increased lean mass?

The Science

- **Chromium** - plays a role in the metabolism of nutrients through its impact on the hormone insulin ([Source](#))
- **Omega 3's (DHA/EPA)** - balance improves inflammation and cell membrane function to improve poor metabolic processes ([Source](#))
- **Ashwagandha KSM 66** - helps to improve weight management ([Source](#))

STRONGER IMMUNE SYSTEM

Ask yourself:

- Has your daily well-being improved?
- Perhaps you have noticed that you have a more resilient immune system?

The Science

- **Vitamin D(3)** - supplementation can help minimize the incidence of flu ([Source](#))
- **Iodine** - the most foundational mineral to a strong healthy immune system. Bacteria, Viruses, & microorganisms find it hard to survive in an iodine-enriched environment.
- **DHEA** - can help improve immune function ([Source](#))

LESS INJURIES, QUICKER RECOVERY, LESS SORE OR ACHING JOINTS

Ask yourself:

- Do you sustain fewer injuries?
- If you do get injured, do you recover faster, are the injuries less debilitating?
- Do you feel less fragile, more resilient?
- Do you have fewer aches and pains?

The Science

- **Ashwagandha KSM 66** - increases muscle mass, strength and recovery. ([Source](#))
- **Fish Oil DHA/EPA** - optimal levels lead to optimal cell and cell membrane function as well as optimal hormone receptor function aiding in quicker recovery ([Source](#))
- **S7™** - clinically proven to increase nitric oxide levels by 230%, allowing for quicker recovery ([Source](#))
- **Magnesium** - is essential to optimal muscle and nerve function. Without adequate magnesium, muscles and nerves cannot generate the energy needed to relax.
- **Methylcobalamin (B-12)** - Methylcobalamin improves neuropathic pain. ([Source](#))