

CIALIX REFERENCES

Maca may increase semen volume, sperm count, and sperm motility.

- [Gonzales GF et al.](#) Lepidium meyenii (Maca) improved semen parameters in adult men. *Asian J Androl.* 2001. 3(4):301-3.

L-Arginine may modestly improve symptoms of erectile dysfunction when taken in conjunction with pine bark extract.

- [Stanislavov R et al.](#) Treatment of erectile dysfunction with pycnogenol and L-arginine. *J Sex Marital Ther.* 2003. 29(3):207-13.

Panax Ginseng increased penile rigidity and girth, libido and patient satisfactions were significantly higher than that of other groups.

- [Choi HK et al.](#) Clinical efficacy of Korean red ginseng for erectile dysfunction. *Int J Impot Res.* 1995.7(3):181-6.

Tongkat Ali significantly increase in testosterone, free testosterone, and estradiol levels

- [Chan KQ et al.](#) The effect of Eurycoma Longifolia on the regulation of reproductive hormones in young males. *Andrologia.* 2021. 53(4):e14001.

Sarsaparilla may increase sex drive, increase blood flow and sperm motility.

- [Das S et al.](#) The bioactive and therapeutic potential of Hemidesmus indicus R. Br. (Indian Sarsaparilla) root. *Phytother Res.* 2013. 27(6):791-801.

Pumpkin Seed promotes prostate function.

- [Vahlensieck W et al.](#) Effects of pumpkin seed in men with lower urinary tract symptoms due to benign prostatic hyperplasia in the one-year, randomized, placebo-controlled GRANU study. *Urol Int.* 2015. 94(3):286-95.

Muira Puama may act as an aphrodisiac.

- [Meletis C.](#) Nature's true aphrodisiacs: vital health factors for men and women. *Alt Comp Therapies.* 2005. 6(4):207-211.

Oat Straw may improve fertility, sperm concentration, motility, viability, and morphology.

- [Saka VP et al.](#) Effect of Avena sativa (Oats) on Spermatogenesis and Reproductive Health. *Journal of Endocrinology and Reproduction.* 2018. 20:118-125.

Nettle increases blood circulation and improves prostate function.

- [Bhusal KK et al.](#) Nutritional and pharmacological importance of stinging nettle (*Urtica dioica* L.): A review. *Heliyon.* 2022. 22;8(6):e09717.

Cayenne Pepper may increase nitric oxide production and penile blood flow.

- [Meldrum DR et al.](#) A multifaceted approach to maximize erectile function and vascular health. *Fertil Steril.* 2010. 94(7):2514-20.

Astragalus primarily affects the nervous system, targets the urinary tract and kidneys, and may increase energy levels.

- [Lim PHC.](#) Asian herbals and aphrodisiacs used for managing ED. *Transl Androl Urol.* 2017. 6(2):167-175.

Catuaba Bark affects dopamine receptors and may have aphrodisiac qualities.

- [Campos MM et al.](#) Antidepressant-like effects of Trichilia catigua (Catuaba) extract: evidence for dopaminergic-mediated mechanisms. *Psychopharmacology (Berl).* 2005. 182(1):45-53.

Licorice Root may limit serum testosterone, allowing the activity of free testosterone which stimulates sexual activity.

- [Al-Dujaili EA et al.](#) Liquorice and glycyrrhetic acid increase DHEA and deoxycorticosterone levels in vivo and in vitro by inhibiting adrenal SUL2A1 activity. *Mol Cell Endocrinol.* 2011. 336(1-2):102-9

Tribulus Terrestris may improve sexual desire and intercourse satisfaction.

- [Kamenov Z et al.](#) Evaluation of the efficacy and safety of Tribulus terrestris in male sexual dysfunction-A prospective, randomized, double-blind, placebo-controlled clinical trial. *Maturitas*. 2017. 99:20-26.

Orchic Substance may increase testosterone levels and sperm counts.

- [Lim PHC.](#) Asian herbals and aphrodisiacs used for managing ED. *Transl Androl Urol*. 2017. 6(2):167-175.

Oyster Extract, high in zinc, may increase serum testosterone concentrations and seminal volume in young men.

- [Hunt CD et al.](#) Effects of dietary zinc depletion on seminal volume and zinc loss, serum testosterone concentrations, and sperm morphology in young men. *Am J Clin Nutr*. 1992. 56(1):148-57

Boron works to maintain the integrity of the body's hormones.

- [Lim PHC.](#) Asian herbals and aphrodisiacs used for managing ED. *Transl Androl Urol*. 2017. 6(2):167-175.