

Male Libido Symptoms* Are Systems out of Alignment



Between 10 and 15 million American men experience challenges to libido and sexual performance, according to the National Institutes of Health. Fatigue, stress, inactivity and an unhealthy diet can result in decreased vigor and desire. In addition, the normal aging process may result in a slowing of response, according to the National Institute on Aging.

MALE RESPONSE is a Bio-Aligned Formula™ that helps bring alignment to a range of interrelated body systems that can negatively impact male sexual function: hormonal function, energy generation, circulation, the brain and nervous system, and the prostate gland.



*The term symptom as used above refers to the effects of nutrient shortages or imbalances and is not related to the diagnosis, treatment, cure, or prevention of any disease.



S O U R C E N A T U R A L S®
*Strategies for Wellness*SM

Bio-Aligned Formula™

MALE RESPONSE is a comprehensive herbal-nutrient formula that supports the multiple, interconnected systems involved with male sexual function.

Hormonal Function

Hormones are chemicals released into the bloodstream that control numerous body functions. Testosterone is the most important of the male sex hormones. Produced by the testes, it is responsible for the development and maintenance of the male sex organs, contributes greatly to the level of sexual desire, and helps regulate energy and mood. MALE RESPONSE contains herbs and nutrients that may support hormonal function, including nettles, Panax ginseng, saw palmetto, tribulus, zinc, and vitamin B-5.

Energy Generation

Fatigue and poor energy can take a toll on one's desire or capacity for sexual intimacy. Male Response combines a variety of herbs and nutrients to help revitalize energy levels, nourish the adrenals, and/or invigorate the sexual response. These include ashwagandha, Panax ginseng, Siberian ginseng, zinc, and vitamins B-5 and B-6.

Circulation

Proper circulation of blood is vital for male sexual response. MALE RESPONSE contains several herbs known for their effect on blood flow. For example, yohimbe contains yohimbine, an alkaloid from the bark of a native African tree, which can stimulate selected portions of the nervous system and increase blood flow to enhance the sexual

response. Additional ingredients that support healthy circulation include ginger, ginkgo, and vitamin E.

Brain and Nervous System: Libido

Stress and emotions often affect sexual desire and libido. MALE RESPONSE provides supportive nutrients for the healthy functioning of the nervous system, including copper, and vitamins B-5 and B-6. In addition, it contains herbs traditionally known for their aphrodisiac and/or rejuvenating properties. These include ashwagandha, avena sativa (oats), Panax ginseng, tribulus, and yohimbe.



Prostate Gland

A healthy reproductive system is an important part of a balanced approach to sexual function. Specific ingredients such as zinc support male reproductive health and are essential for the proper

functioning of the prostate gland. Vitamin E, an antioxidant, supports normal prostate tissue functioning and sperm production. Additional support is provided by nettle, saw palmetto, and tribulus.

Lifestyle Tips for Healthy Male Response: A Strategy for WellnessSM

- **Eat well:** Diet is perhaps the most significant single factor in generating virility. A diet rich in whole foods, with adequate protein from sources such as fish, chicken, turkey, lean beef, tofu or legumes, is crucial. The prostate gland contains high amounts of zinc, which is needed for sperm production and healthy testosterone levels. Foods high in zinc include seafood, meat, root vegetables, legumes, pumpkin seeds, nuts and whole grains. It is also important to follow a low-fat, low-cholesterol diet, since elevated cholesterol levels and the resulting buildup of plaque in blood vessels, can affect male response by impairing blood flow.

- **Stop using tobacco.** Nicotine, tobacco's active ingredient, constricts the small blood vessels, interfering with healthy circulation.
- **Use alcohol in moderation and avoid illicit drugs.** Alcohol is a nervous system depressant, which can interfere with sexual function. Steady drinking can inhibit male response by inhibiting blood flow.
- **Get moving.** Moderate, but not extreme, amounts of exercise help you relax, boost your energy levels, increase your physical awareness and ultimately stimulate your sexuality. Regular exercise has an impact on vasocongestion, raising blood supply to the organs, while walking, stretching, swimming and resistance exercise help raise testosterone levels.
- **Contact a counselor.** Counseling can help reduce the anxiety often associated with male performance. It can also address issues at work or home that may be contributing factors.



Male Response is a Bio-Aligned Formula™

Multi-System Support for Sexual Vigor

Hormonal Function	Nettle, Panax Ginseng, Saw Palmetto, Tribulus, Zinc, Vitamin B-5
Energy Generation	Ashwagandha, Damiana, Maca, Panax Ginseng, Sarsaparilla, Siberian Ginseng, Zinc, Vitamins B-5 & B-6
Circulation	Ginger, Ginkgo Biloba, Panax Ginseng, Yohimbe, Vitamin E
Brain and Nervous System: Libido	Ashwagandha, Avena Sativa (Oats), Damiana, Muira Puama, Panax Ginseng, Sarsaparilla, Tribulus, Yohimbe, Copper, Vitamins B-5 & B-6
Prostate Gland	Avena Sativa (Oats), Damiana, Nettle, Saw Palmetto, Tribulus, Selenium, Zinc, Vitamin E

References

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To learn more about Source Naturals Bio-Aligned Formulas™, visit our website, www.sourcenaturals.com, or look for the Bio-Aligned Chart Book at participating health food stores.



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