# Stay Healthy Naturally







# Vitality Plus For Men and Women

# Who Needs More Vitality?

Many men and women alike face changes in their interest in and desire for sexual activity. The lack of libido (sex drive) can indicate the state of your mental and physical functioning. What controls the sex drive is complex, but libido levels can be affected by various lifestyle and general health factors. For instance, if you aren't getting enough sleep or exercise, or you smoke or drink too much, your sex drive will diminish. Also, as we age, hormones decline. The lack of testosterone, a major hormone for both men and women, accelerates the aging process. When levels of this hormone decrease in either gender, so too can libido and satisfaction decrease.

**Vitality Plus** contains herbs to lower stress levels, boost libido and stamina, and enhance a feeling of well being and sexual fulfillment. This formula also provides excellent nutritional support to your entire body, increases circulation to your body's extremities, and offers cardiovascular support. High in antioxidants and rich in nutrients, your bones and joints will be strengthened, your brain fortified, fatigue reduced, and male and female fertility enhanced.

# Yin Yang Huo (Horny Goat Weed)

Eradicates erectile dysfunction
Relieves joint pain and arthritis
Sharpens memory and boosts energy
Increases libido and heightened sexual activity
Stimulates hormones to improve sexual function and arousal

#### Maca

Combats depression
Boosts energy and libido
Encourages hair growth
Helps alleviate depressant-induced sexual dysfunction
Diminishes hot flashes and other menopausal symptoms

#### Muria Puama

Improves appetite
Lessens depression
Alleviates erectile dysfuntion
Improves menstrual and PMS complaints
Decreases male and female sexual dysfunction
Counteracts harmful effects of prolonged stress
Helps with aging-related declines in brain function

### Stinging Nettle

May lessen gout
Helps to reduce enlarged prostate
Relieves muscle and joint pain, tendonitis
Fights gastro-intestinal and urinary tract infections
Alleviates allergies, sneezing, nasal congestion, and itchiness

#### **Oat Straw**

Strengthens bones
Stabilizes blood sugar
Keeps your teeth strong
Soothes your nervous system
Relieves depression by nourishing your
pancreas, liver and adrenal glands

#### **Beet Root**

Fights cell damage
Increases blood flow
Improves cognitive focus
Reduces inflammation in your body
Improves endurance to not tire easily

# **Tribulus Terrestris**

Helps fight diabetes Combats sexual dysfunction Boosts body strength, builds muscle mass Improves athletic and sexual performance