

SUPPLEMENTS TO HELP WITH ERECTILE DYSFUNCTION

L-arginine

5 grams a day for 6 weeks

L-citrulline

1.5gm a day for 1 month

Pycnogenol

80mg a day

MACA

take one gram per 100mg
of L-arginine

Panax Ginseng

Tongkat Ali

200mg to 300mg a day

Ginkgo Biloba

Horny Goat Weed

Vitamin D3 and K2

Resveratrol

Multivitamin

with Methylated B

Ashwagandha

100mg twice a day

Fenugreek