Lately Viagra has dominated the news and headlines as the only remedy for erectile dysfunction, commonly referred to as impotence. Despite the aggressive media campaign on behalf of Viagra, natural remedies are available that are equally effective, probably safer, and certainly more cost-effective in restoring erectile function.

Used for centuries in West Africa, yohimbe bark was used as a tea to enhance virility. For more than 50 years, before the advent of Viagra, an extract of yohimbe bark, with its active ingredient yohimbine, was used in the United States to treat sexual problems in both males and females.

Some human trials have shown that yohimbine provides benefits if there is no organic cause of erectile dysfunction. That is, if the decrease in libido is a result of stress, anxiety, or advancing years, and not due to any illnesses, including psychiatric conditions.

The latest German study published in 1997 shows that 71% of 83 males diagnosed with erectile dysfunction responded favorably to yohimbine treatment over an eight-week period. More importantly, it should be noted that yohimbe bark extract does not require testosterone as an aid to enhance libido.

Yohimbe Bark Extract Liquid is aimed at shortening the span from ingesting yohimbe to the time its effects kick in. Quick-acting sublingual Yohimbe bypasses the digestive system, leaving more active ingredient intact for use by the body.

This product is recommended for both men and women. In women, Yohimbe has been used traditionally to treat impotence and frigidity. Yohimbe helps to increase blood flow and sensitivity of nerves, especially in the pelvic region. It is used as an aphrodisiac to excite sexual organs and improve central nervous system function.

This product also brings together the ingredients Saw Palmetto and Sarsaparilla, which act synergistically with Yohimbe to increase the beneficial effects.

Research demonstrates that a compound in saw palmetto has aphrodisiac effects. Perhaps that is where the herb got a reputation as an aphrodisiac and a tonic to increase sexual energy and revive low libido in both sexes.

There is so much variety in individual response to Yohimbe that it would be foolish to only offer one strength. There is a differentiation in the amount of Yohimbe used to experience desired results in different people. This is also the case between men and women.

For these reasons we offer Yohimbe Bark Extract Liquid.
SELECTED REFERENCES


FREQUENTLY ASKED QUESTIONS

1. What is the Optimal use for Yohimbine?
   Yohimbine has been used to aid libido in small amounts of less than 10mg, up to 15-20mg daily. Our recommendation is 1 tablet daily to provide 8mg yohimbine daily unless otherwise recommended by a health care practitioner.

2. Does Yohimbine Have Adverse Effects?
   Most researchers deem it to be safe and is generally tolerated well when used in the recommended doses. Increase in dosage may cause anxiety, dizziness, headache, nausea, increased urinary frequency and insomnia. Yohimbine may also cause high blood pressure and, as a result, occasional arrhythmia. The individual optimal dose may be determined by consultation with a healthcare provider.
3. Who Should Not Take Yohimbine?
Men with known and diagnosed high blood pressure or a family history of high blood pressure should not take yohimbine.