

Men's Health

Harmony & Health

(812)738-LIFE(5433)

Quality Products for Health

www.harmony4health.com

www.facebook.com/harmony4health

The general topic of men's health is quite broad. Some areas of concern are:

- Cardiovascular health
- Weight loss (*For more help with this concern, please see the Weight Loss Helps flier.*)
- Prostate health and conditions such as erectile dysfunction (ED) and benign prostatic hyperplasia (BPH).

Erectile dysfunction not only adversely affects intimate relationships, but it can also indicate potential cardiovascular health problems. Because vascular health reflects erectile function, it's not surprising that nutritional supplement ingredients that support healthy erectile performance also contribute to cardiovascular health.

Helpful Supplements to combat cardiovascular issues, ED and BPH:

1. **Power Beets** is a natural pomegranate enhanced drink mix that increases nitric oxide through red beet root. This can increase blood flow throughout the body for healthy sexual performance. Red beet root converts to nitric oxide (NO) in the endothelial cells that line the internal surfaces of arteries. Nitric oxide relaxes blood vessels to facilitate improved blood flow to erectile tissue and the proprietary ingredients generate even more NO levels to further support circulation.
2. **Men's X-action Reloaded** has Epimedium sagittatum (horny goatweed) used in Traditional Chinese Medicine for centuries because of its aphrodisiac effects and support of erectile health. The icariin in it is a Viagra-like active component. Icariin inhibits phosphodiesterase type 5 (PDE-5), an enzyme that causes a rapid termination of male sexual activity, and it also enhances the production of NO from arginine, which helps to maintain erectile function. Men's X-Action Reloaded also has other natural ingredients that complement the actions of L-arginine and horny goatweed, such as maca root, yohimbe root bark and DHEA (dehydroepiandrosterone), which all act as aphrodisiacs and are noted for their erectile and sexual health benefits in men.
3. **Men's Formula** is helpful for enlarged prostate or BPH. Men usually know when they encounter BPH because of difficult urination and frequent nocturnal urination. It appears that high levels of DHT (dihydrotestosterone) lead to excessive numbers of prostatic cells, which can result in an enlarged prostate. Men's Formula has Saw Palmetto, African Pygeum, lycopene, zinc and Stinging Nettle, which all have been helpful for BPH and prostate health.
4. **Equilibrium** is another NSP product that is helpful for men. The ingredient, equol, binds to DHT to protect the prostate from enlarging. It supports healthy prostate function and urine flow without negative side effects.
5. **Ashwagandha** or **Maca** to help with stress, energy, sexual performance, relationships and coping abilities. It can also help brain fog, awareness and motivation.

**Maintenance of men's health is an important priority and should not be ignored. Men should optimize the proper functioning of all body systems so as to preserve the highest achievable health status. Exercise and good nutrition are also important components for dealing with each of these concerns.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally

