

## **Virility (Item #4050)**

Naturally Charge-Up your Sex Life

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**Virility** is Universal Formulas' revolutionary, all-natural product formulated to address erectile and sexual dysfunctions. We believe that sexual and erectile dysfunctions are natural to the aging process. Addressing issues around sexual performance healthfully and naturally can be a way to honor our experiences as men and women. Virility is a natural approach to sustaining sexual desire and increasing circulation in the sexual organs. Virility is unlike any other formula for erectile and sexual dysfunction thus far and is appropriate for both men and women.

Pharmaceutical research has tended to focus on artificially manufacturing an erection and artificially increasing libido. Common market drugs often target a specific enzyme function related to arterial expansion and muscle relaxation. These drugs, however, are sometimes counter-effective in the long run, targeted mainly for immediate response. Relying on such drugs to stimulate sexual performance may have serious health consequences when used over an extended period. Sexual and erectile dysfunction is often a symptom of poor health. The reliance on a pharmaceutical approach to sexual response does not increase circulation (a benefit for increased sexual stamina and libido) nor does it lead to improved general health. The benefits of Virility are enhanced with a general health protocol that includes intention and action in the following areas:

**Dietary Considerations:** Diets high in white sugar, caffeine, excessive meat, junk food and chocolate are extremely counter-productive to good sexual health. Although these consumptives tend to increase libido, their long-term use has the opposite effect. The first order of business for anyone attempting to improve their sexual health is eliminating or reducing the consumption of the above-mentioned items. Foods that increase sexual health are: yams; sweet potatoes; grains, especially brown rice; oats; fresh fruits and vegetables and fresh squeezed fruit or vegetable juices. The juice of sweet potatoes mixed with carrots is an excellent combination for sexual dysfunction for men as well for women. (Please request a "Juicing for Health and Longevity" information sheet from us for more on this topic.) A supplement protocol which includes a potent multi-mineral/multi-vitamin such as Universal Formulas' Quint-Essence (Item #6111) is highly recommended.

**Tobacco and Alcohol:** If an individual truly wants to change their sexual dysfunction these two items must be avoided. Once sexual health has increased a small amount of alcohol is harmless. Tobacco however, has serious counterproductive effects on the sexual organs.

**Exercise:** The lack of exercise is a large contributor to erectile dysfunction and sexual dysfunction in women, since the stamina during sexual activity is compromised by a lack of healthy circulation in the sexual organs. Stamina during sexual activity is necessary for a healthy, satisfying sex life. Moderate Weight Lifting, Tai Chi, Chi-Kung, Yoga and moderate running are good examples of stamina-building exercise techniques. Excessive exercise such as bodybuilding can actually be counter-productive to good sexual health.

**Underlying Causes:** Psychological and emotional issues are sometimes associated with erectile or sexual dysfunction and may require therapy in addition to healthful changes in life style. Ignoring the underlying causes of erectile or sexual dysfunction may be risky.

Virility is most successful when taken approximately 60-120 minutes prior to sexual activity. We suggest one capsule for every twenty-five pounds of a man's body weight and one capsule for every thirty pounds of body weight of a woman's body weight. On days without sexual activity, both men and women may continue taking two capsules a day as a maintenance dosage.

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The all-natural ingredients contained in Virility include Vitamin E and Universal Formulas' unique proprietary delivery system of enzymes and iron-based Fulvic trace minerals. These constituents increase the effectiveness and absorption of the formulas' ingredients. Other components of Virility are: Horney Goat Weed, Maca Root, Muirapuama, Tribulus, Schizandra, Catuaba Bark, Red Chinese Ginseng, Arginine, Vitamin E. We briefly describe each ingredient and their action below.

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## Ingredients Explained

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**Horney Goat Weed** contains a variety of polysaccharides, as well as the flavanoid "icariin." These constituents are believed to be responsible for the plant's androgenic activity that increases both sperm production and blood testosterone in animals. In traditional Chinese medicine, horny goat weed has been given to both sexes. In men, the herb is believed to increase sexual desire and is known to improve some cases of impotence. In women, the herb has primarily been used for fatigue and postmenopausal hypertension.

**Maca Root** increases strength, energy, stamina, libido and sexual function. Maca root is a rich source of sterols, including sitosterol, campesterol, ergosterol, brassicasterol, and ergostadienol. Exactly which of these constituents that affects sexual desire and performance is unknown; however, all historical claims made for Maca Root appear to be valid. Experiments conducted at the Chinese Academy of preventive Medicine at the University of North Carolina at Chapel Hill demonstrated that animals fed a standardized extract of Maca Root had significantly increased energy and stamina and exhibited an increase in sexual activity next to the controls, which were not fed Maca Root (Urology, April 2000).

**Muira Puama** is a popular and widely consumed bark amongst the natives of the northern Amazon River basin for its general health benefits. For centuries, this plant has been used to increase libido and improve sexual potency. Although research on Muira Puama is still modest, reports in scientific journals and at conferences have indicated that the herb does enhance sexual desire and performance. In one French study using Mura Puama, 51 percent of 262 men with erectile problems reported improvement and 62 percent experienced an increase in libido.

**Tribulus Terrestris** extract is determined by research done in the 1980's to be of benefit to men troubled with impotence (an inability to achieve or maintain an erection satisfactory for sexual enjoyment), a low libido and poor sperm quality. Poor sperm quality refers to inadequate sperm count and/or poor sperm motility (a sperm's "liveliness" and swimming ability). Studies in Bulgaria involving 212 men with conditions including impotence, hypogonadism (decreased function of the testes) and sperm deficiency revealed that Tribulus extract might significantly improve the quantity and quality of sperm. Men treated with Tribulus produced semen with a greater number of sperm and a higher percentage of motile sperm that swam faster and further. Men who had previously been unable to achieve an erection and men with a low libido also showed significant improvement. Although the exact mode of action for Tribulus is not yet fully understood, it has been proven that Tribulus can increase the amount of Luteinizing Hormone (LH) produced by the body's pituitary gland, which stimulates the testes to secrete the male hormone Testosterone.

**Schizandra** is called Wu Wei Zi in China, to which this plant is native, which means, "Five Taste Fruit." Due to the fact that Schizandra possesses all five of the classical "tastes" (sour, bitter, sweet, spicy and salty), Chinese herbalists say that it thus possesses the essence of all five of the elemental energies (wood, fire, earth, metal and water). Schizandra is therefore respected as a health-providing tonic that is in the same class with Ginseng and Ganoderma. Schizandra is said to promote the production of semen and is famous for its ability to relieve sexual fatigue and for increasing men's sexual "staying power." Schizandra is said to increase

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circulation and sensitivity in the female genitals. Many women claim increased genital warmth and sensation after using Schizandra for a period of time.

**Catuaba Bark** has a long history of use in Brazil with no reported toxicity or ill effect. In fact, according to Dr. Meira Penna, the only side effects are erotic dreams and increased sexual desire! While no clinical research has validated the traditional use of catuaba as an aphrodisiac, it continues to be used widely for its ability to enhance sexual drive and increase libido in both men and women. In the last several years, its popularity has grown in the North American herbal market as part of various libido-enhancing formulas now available in health food stores.

**L-ARGININE** is an amino acid which is the precursor to the production of Nitric Oxide. It's nitric oxide that increases blood flow to sexual organs — producing enhanced libido for women and giving men stronger erections. The result is maximized sensations for both men and women.

By relaxing arteries and increasing blood flow, L-Arginine speeds up muscle repair; it also seems to bolster gains in muscle mass, and new research shows it may even cause new contractile units to appear at the ends of muscle fibers. It could also boost recovery and muscle synthesis by supplying the muscle with fresh glucose and amino acids to rebuild respective glycogen and protein stores.

**Vitamin E** ~ We add Vitamin E for its natural ability to support the reproductive glands. Upwards of 800 IU per day is highly recommended.

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## Ordering Information

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### Virility (*Item 4050*) 90 Vegi-Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**NOTE:** Thanks to Ralf Ostertag for his input in this factoid and formula. Ralf is a founding member of Universal Formulas and remains active on the Advisory Board to Universal Formulas.

Because erectile dysfunction could be a side effect of prescription drugs or a symptom of other health problems, see a doctor before you take any nutritional supplement. If you've been having trouble achieving or maintaining an erection during a period of more than 90 days, let your doctor know.

Take your dosage with water. Limit alcohol, caffeine, simple sugars and high yeast breads. Virility should be part of a balanced diet of nutritive foods and moderate exercise as well as proper supplementation. You may wish to accompany your Virility dosage with Quint-Essence, Universal Formulas' premiere daily whole food supplement.

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

**Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are Universal Formulas, Inc.

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