



Lorna Vanderhaeghe, MS, is Canada's leading women's health expert and has been researching nutritional medicine for over 25 years. With degrees in nutrition and biochemistry, she is the author of 10 books including *A Smart Woman's Guide to Hormones* and *A Smart Woman's Guide to Weight Loss*. She has a monthly newsletter which you can read and sign up for at her website.

# SEXsmart™

## What to expect from this product:

- ♥ Increases desire
- ♥ Increases libido
- ♥ Improves sexual arousal
- ♥ Increases sexual response
- ♥ Improves orgasm ability
- ♥ Enhances blood flow
- ♥ Increases lubrication
- ♥ For men and women



## Enhancing Libido

Sexual concerns are very common among women today. A recent University of Chicago study found that 43 percent of women surveyed reported sexual difficulties. Stress, depression, lack of sleep, too much work, prescription drugs, poor nutrition, hormone imbalances and menopause are a few reasons why women are lacking desire or having difficulty achieving orgasm. Sexual problems include lack of sexual desire, difficulty becoming aroused, inability to achieve orgasm, lubrication problems and pain during intercourse. While men have been reaching for the "little blue pill" in record numbers, many women have been wondering what is out there for them. Pro-sexual nutrients are a safe way to get you thinking about sex again while improving your overall health.

The pro-sexual nutrients found in SEXsmart™ help bring back desire, aid orgasm and improve lubrication while also improving overall strength and wellbeing. SEXsmart™ pro-sexual nutrients are designed for women who want the zest back in their sex life.

**L-arginine** is an essential amino acid. In women, L-arginine increases "staying power." Both men and women report that L-arginine increases their libido or desire for sex. L-arginine is the main source of the primary molecule responsible for sexual arousal in women and erections in men. Caution: If you

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have herpes L-arginine may cause outbreaks.

**Choline** - For women, the neurotransmitter that sends sexual messages to the nerves, called acetylcholine (ACh), is an important part of sexual function. ACh is involved in the build-up toward orgasm and the urethral and vaginal contractions that occur during orgasm as well as the subjective perception of orgasm intensity and duration. Choline and vitamin B5 help to enhance acetylcholine, thereby enhancing orgasm.

**Tribulus Terrestris**, also known as puncture vine, has been a prosexual herb for thousands of years. The Chinese used it as a cure for impotence. Tribulus works as an adaptogen, which means it has a general tonic effect of bringing into balance a variety of hormones and other biochemicals. Tribulus raises testosterone levels when they are low.

**Pantothenic Acid**, also known as vitamin B5, is part of the B vitamins group. Along with choline, pantothenic acid enhances acetylcholine, the neurotransmitter that sends sexual messages to the nerves.

**Ginkgo Biloba** - Many research studies show ginkgo to be a major aid in improving blood flow to small blood vessels. Enhancing blood flow to the genitals heightens sexual sensations.

**Eurycoma Longifolia**, also known as Malaysian ginseng, is the missing key in helping women's libido. This potent herb brings the zest back in your sex life and aids vaginal dryness.

## FORMULA:

### EACH CAPSULE CONTAINS:

L-arginine Hydrochloride .....	333 mg
Tribulus Terrestris Extract (aerial parts) .....	50 mg
(45% Steroidal saponins)	
Choline (bitartrate) .....	25 mg
Pantothenic Acid (Calcium pantothenate) .....	25 mg
Ginkgo Biloba Extract (leaf) .....	13 mg
(24% Ginkgo flavonglycosides and 6% Terpene lactones)	
Eurycoma Longifolia (root) .....	8 mg

This product does not contain irradiated rice flour, artificial preservatives, colors or sweeteners, dairy, soy, wheat or yeast. **VEGAN-FRIENDLY. GLUTEN-FREE.**

## SUGGESTED USAGE:

- Women: 3 capsules taken together daily with food. Men: 6 capsules several hours before performing or as directed by a health care practitioner.

**ALL FORMULAS ARE THIRD PARTY INDEPENDENTLY TESTED FOR QUALITY AND POTENCY.**

**LORNA**  
vanderhaeghe  
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For more information on Lorna Vanderhaeghe products, and to sign up for Lorna's FREE e-letter, go to [www.hormonehelp.com](http://www.hormonehelp.com).

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