

## Product Profile

# YOHIMBE

*Pausinystalia johimbe*

Liquid extract of dried tree bark.

**Actions:** Sexual stimulant to men and women that increases libido (aphrodisiac). Stimulates erectile tissue in both sexes, and enhances sexual sensitivity, arousal and orgasm. Increases sperm production and motility.

**Uses:** Low sex drive or response in both sexes. Male erectile dysfunction; low sperm count.

**Dose:** As a general, non-stimulating tonic, take 30 to 40 drops, 2 or 3 times per day for no longer than 6 weeks. Best taken with sexual tonics (e.g., Ginseng, Oat). As a sexual stimulant, larger more frequent doses may be taken, but only with caution (see below).

**Cautions:** Can cause nervousness, sleeplessness, anxiety, tremor, increased blood pressure and tachycardia; discontinue use if these symptoms appear. Avoid excessive or long-term use. Do not give to children, the aged or pregnant women. Contraindicated in inflammation of sexual organs and glands; in heart, blood pressure and kidney disease; in gastric and duodenal ulcers; in diabetes; and with psychiatric patients or with mood-modifying drugs such as antidepressants.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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