



149 Barrington Street,  
Christchurch – New Zealand.  
Phone: (03) 332 1786  
Fax: (03) 332 1486  
E-Mail: [products@nzherbal.com](mailto:products@nzherbal.com)

## MEN'S TONIC

**N**ew Zealand Herbals Men's Tonic is a collection of herbs designed specifically for needs of the male anatomy. Sexual dysfunctions in men (such as low sperm count, impotence, etc) may be treated with this remedy. This remedy also provides benefits to those who are athletic and wish to have an edge over their competitors and to those who are fatigued.

Herbs contained within this remedy include:

- **Withania:** Withania has traditionally been used in Ayurvedic medicine as a regenerative tonic particularly for the muscles, marrow, and semen. It is used in all conditions where there is a weakness or tissue deficiency and for those who are overworked, stressed, lack sleep, have nervous exhaustion or sexual dysfunction (which includes low libido (sex drive), impotence, etc.). Its Sanskrit name is 'Ashwaganda' which means "giving the power and vigour of a horse".
- **Skullcap:** Skullcap has been traditionally used as a nerve tonic. It is said to calm the heart, promote awareness, clarity and detachment as it restores control over the senses. Classed by herbalists as a nervine tonic, antispasmodic, and anticonvulsant, it contains calcium, potassium, magnesium, zinc, and vitamins C & E.
- **Damiana:** It has been suggested that Damiana can be used to increase sperm count in males and strengthen the egg in females. It is useful in increasing sexual prowess. This herb has been said to be one of the most popular and safest of all plants claimed to restore natural sexual capacities and functions.
- **Liquorice Root:** Liquorice is a natural anti-inflammatory which aids in the relief of muscle spasms and inflammation. It has a healing effect on all the body's mucous surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucous membranes. It also aids the removal of excess toxins found within the bowels. The herb can also promote stamina and normal adrenal function.
- **Panax Ginseng:** Panax is one of the most important energising herbs traditionally used in Chinese herbal medicine. It is said to be transforming, nourishing, and warming to body tissues and the blood stream. It is said to 'calm the spirit' and has been used to alleviate conditions of anxiety, stress, fatigue, reduced resistance, and lowered libido. Ginseng increases the oxygen-carrying ability of the blood and allows the muscle to use more of the available fatty acids contained within the blood stream. Its overall effect is energising, and it is particularly suited towards men health issues.

**Typical Dose:** Twenty to thirty drops, twice daily. This remedy may take one to three weeks before any effects are noticed.