

# VigXL

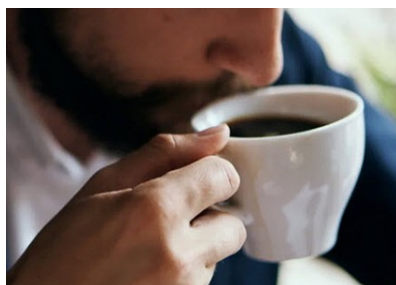
Presents

## 21 Secret Foods That Increase Your Testosterone & Sex Drive



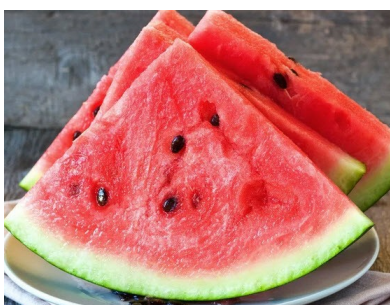
[VigXL.com](http://VigXL.com)

## 1. Coffee



A University in Texas found that men who drink 2-3 cups of coffee per day are 42% less likely to have erectile dysfunction than those who did not consume coffee at all. The findings hold true among overweight, obese, and hypertensive men. The scientists say that coffee triggers a series of reactions in the body that increase blood flow allowing for fuller erections.

## 2. Watermelon



Watermelon is one of the most abundant sources of L-citrulline an amino acid the can make your member get erect and stay erect. Once this powerful nutrient is in your body, it converts to L-arginine which stimulates the production of nitric oxide and increases blood flow making your erections longer, harder, and stronger.

## 3. Ginger



Ginger can improve your bedroom life by aiding in blood flow and improving artery health. This spice has been known to boost testosterone levels and sperm viability. According to a study in the International Journal of Cardiology, consuming as little as a teaspoon of ginger a couple of times a week is all you need. Ginger can add a little spice to your sex life.

## 4. Oats



This popular breakfast cereal is a good source of L-arginine, an amino acid commonly used to treat erectile dysfunction. Oatmeal also lowers cholesterol levels which increases blood flow. Simply put, the better your cholesterol levels are the better your erections will be.

## 5. Fish



Salmon, tuna, sardines, and herring are overflowing with omega-3 fatty acids which raise dopamine levels in the brain. This spike in dopamine improves circulation and blood flow, triggering arousal. Dopamine can make you feel relaxed and more connected with your partner, making intercourse more fun.

## 6. Nuts



Pistachios, peanuts and walnuts all contain L-arginine, one of the building blocks of nitric oxide which maintains men's erections. Brazil nuts contain selenium, a mineral important in hormone and sperm health. Pine nuts are rich in zinc which is known to increase your sex drive, they also contain magnesium which boosts testosterone levels and keeps sperm healthy and viable.

## 7. Maca



Maca is a Peruvian root that increases sexual appetite, stamina, endurance, and fertility. One 2008 study conducted at the Depression Clinic and Research Program at Massachusetts General Hospital in Boston found that maca helped people with antidepressant-induced dysfunction to regain their libidos. Maca is also a powerful aphrodisiac and increases fertility.

## 8. Carrots



A study published in the journal Fertility and Sterility found that carrots had the best all-around results on sperm count and motility than any other fruit or vegetable. The Harvard researchers attribute the boost to carotenoids, powerful anti-oxidative compounds that help increase blood circulation and stronger erections.

## 9. Chili Peppers



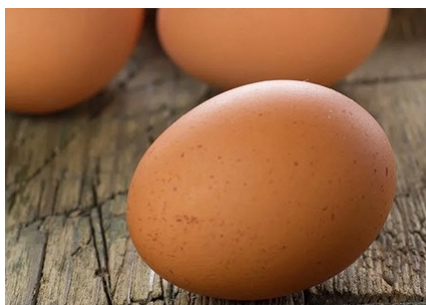
Chili peppers contain capsaicin, a natural chemical that has serious fat-burning and libido boosting benefits. Research has shown that it also increases testosterone levels and blood circulation, all of which is good news for bigger, better erections. Capsaicin can boost the release of endorphins, which in turn stimulates desire and sex drive.

## 10. Pumpkin Seeds



Not only are pumpkin seeds one of the best foods that help you stay erect, but they are also one of the best dietary sources of zinc and magnesium, essential minerals that are shown to increase testosterone and growth factor hormone. The seeds are also a rich source of polyunsaturated fatty acids which boosts prostaglandins, a hormone that helps turn you on.

## 11. Eggs



The boner-boosting ingredient in eggs is choline, a powerful natural chemical that burns fat and helps you to stay hard and erect. Choline triggers the production of nitric oxide (NO), which relaxes arteries and enables blood flow. Eggs are also high in B5 and B6, which help balance hormone levels & reduce stress to get you more in the mood for sex.

## 12. Shellfish



Clams, oysters, and mussels are a rich source of B12 an erection enhancing vitamin. The boner-boosting bivalves are also high in L-arginine an amino acid that converts to nitric oxide which cause blood vessels to relax, facilitating more blood flow. Additionally these shellfish are high in zinc and magnesium helping you to stay hard and erect.

## 13. Avocados



This green fruit is rich in potassium, vitamin B6, and vitamin E, nutrients that have been associated with increased libido. Also, avocado's have a rich source of mono-saturated fats protecting your heart and boosting circulation in the blood. These fruits also have abundant carotenoids which supply energy and stamina allowing you to last longer under the sheets.

## 14. Garlic



According to historians, ancient Egyptians used garlic to boost their stamina. Researchers have confirmed that consuming garlic helps stop the formation of new fatty deposits inside the arterial walls. The prevention of these deposits increase blood flow and keep your erections hard and strong. Garlic is also known to reduce belly fat, enabling you to look and feel better.

## 15. Broccoli



As men age, their estrogen levels gradually rise, while testosterone levels fall. Cruciferous vegetables like broccoli and cauliflower are rich in indoles which boost testosterone levels by breaking down and eliminating estrogen in your body. Estrogen inhibits the production of male sex hormones. If your body has an excess of estrogen it inhibits the production of testosterone.

## 16. Dark Chocolate



There's a reason dark chocolate became a gift given before sexual activity. Cacao increases serotonin, a powerful mood-enhancing agent, which can lower stress levels, boost desire, and make it easier to reach orgasm. Cacao also increases blood flow through the arteries and relax blood vessels, sending blood to all regions of the body including your sexual organs.

## 17. Berries



Cherries, strawberries, and goji berries all contain anthocyanins, a natural chemical that cleans your arteries of plaque buildup, keeping them open for better blood flow. Goji berries stimulate the release of important hormones that regulate mood, mind, and memory while providing oxygenation to all the cells and tissues of the body which increases sex drive.

## 18. Wine



If you're looking for a way to simultaneously boost your libido and calm those pre-date jitters, pour yourself a glass of red wine. According to a study printed in Nutrition Journal, vino can elevate testosterone levels. The abundant antioxidants in wine also trigger nitric oxide production, which increases blood flow. But drink more than a few glasses and this will kill your libido.

## 19. Tomatoes



Double down on this marinara to protect your manhood. One study found that this garden vegetable can improve sperm morphology (shape); men with the highest tomato intake had healthier more viable sperm than men who had low intake. Tomatoes are one of the best foods to help you stay hard and erect allowing you to pleasure your partner to the max.

## 20. Pomegranate



A study published in the International Journal of Impotent Research discovered that pomegranate juice, rich in antioxidants that support blood flow can help improve erectile dysfunction. Animal studies have also shown that this elixir improves long-term erectile response, so it's definitely worth a shot. The rich vitamin C in this fruit also produces healthier sperm.

## 21. Spinach



Spinach can increase blood flow and is considered one of the best foods to help you stay erect. It is rich in magnesium, a mineral that decreases inflammation in blood vessels allowing for more oxygenated blood. This increase in oxygen can drive blood to the extremities, which can increase arousal and make things more pleasurable in bed.

## Achieve Maximum Results With **VigXL** & **TestroXL**



### **100% Natural Formulas: A science based approach to ancient medical wisdom**

**VigXL** and **TestroXL** formulas contain a powerhouse of proven natural ingredients specifically chosen to help boost your testosterone, increase your sex drive, and perform better in bed (and the gym). Modern science combined with ancient herbal wisdom to bring you potent blends of all natural ingredients that have stood the test of time.

Many men are also deficient in key hormone producing nutrients such as Zinc (a main ingredient in VigXL & TestroXL), which has a profound effect on your testosterone levels. These supplements are designed to cover every angle (virility, libido, blood flow, testosterone) for maximizing your male vitality and therefore also your sex life!

Reach new levels of performance with VigXL and TestroXL - they work great by themselves and even better when used in combination.

[Learn more about these elite performance supplements here!](#)





## **Disclaimer & Terms of Use:**

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VigXL & TestroXL are formulated using only 100% natural ingredients that have been scientifically researched and lab tested, with no undesirable side effects. Make sure you read the entire ingredients list before taking VigXL & TestroXL if you have any known allergies. If you are currently taking any medication you should consult your doctor or qualified medical professional before using VigXL or TestroXL. If you are allergic to Shellfish you should not take VigXL as it contains a small amount of shellfish extract.

Consult your doctor or qualified medical professional before beginning a new diet or exercise plan, and before taking any new supplements. By following the diet and advice in this Ebook and/or by taking VigXL/TestroXL you agree to perform your own due diligence and assume any risk and liability that may result from your actions. Individual results will vary. The material in this eBook is provided for general information only and should not be relied upon or used as the sole basis for making decisions without consulting primary, more accurate, more complete or more timely sources of information. Any reliance on the material in this ebook is at your own risk.