The term impotence has traditionally been used to describe a male’s inability to obtain and maintain an erection. IN dealing with impotence, many men self-medicate by using local herbs and over the counter preparations. Due to the increasing number of men seeking help for impotence, there is a need to investigate the safety and effectivENESS of some of the commercially available products as well as food and drinks that reportedly enhance sexual desire or performance. For the purpose of this investigation, the aphrodisiac qualities of commercially available foods and natural over-the-counter products were evaluated. After assessing the available evidence, it WOULD APPEAR  that ONLY some products and foods MAY contributE to the traditional, self-management of impotence. However, in MOST instances further research on human subjects is required.

Tweet

Due to the increasing number of men seeking help for impotence, THE EFFECTIVENESS of some of commercially available products as well as food and drinks that CLAIM TO enhance sexual desire or performance WAS assessED IN RLEATION TO their CLAIM ON aphrodisiac qualities. ~~,~~ it WOULD APPEAR that ONLY some products and foods MAY contribute to the traditional, self-management of impotence BU MOST EVIDENCE ON THE EFFECTIVENESS OF MOST IS LACKING