

The 3 Super Supplements For A Strong Sexual Performance

CR James

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A handwritten signature in black ink, appearing to be 'CR James', with a long, sweeping flourish extending to the right.

Introduction

Hello my friend.

As you know, there are many websites on herbs, vitamins, health, nutrients, and super foods.

And the best part is (in terms of the internet as a research tool) as time goes on, the information keeps improving.

The only problem is there is a lot conflicting advice out there...especially when it comes to sexual health.

Keep in mind, I'm not a doctor.

I'm not a supplement specialist.

I'm just a guy who has read about (and tried) lots of supplements for the past 20 years when it comes to sexual health.

Additionally -- and to put my advice/suggestions into context -- I think it's always best to take the natural route. In fact, I've haven't been on any type of prescription medication in over 20 years.

I'm not philosophically opposed to prescription medication. If I had to take them, I would.

And even when it comes to erection health, I'm not against taken drugs like Viagra or Cialis...

It's just that many doctors (not all) are *way too quick* to prescribe drugs, rather than letting the patient explore natural methods to correcting the problem.

Let's talk about 3 powerful natural supplements for a harder erection.

You can get them at the local vitamin shop or eat the food equivalent in some cases (which I recommend if possible).

When it comes to "herbs/vitamins/nutrients" for harder erections...

A lot of experts **argue about:**

- specific brands
- how much to take
- when to take them

What they **agree on** is:

- being healthy
- having a properly functioning penis
- the importance of having sex

After years of reading magazine articles, books, scientific journals, blogs, by doctors/experts, I've learned to appreciate the simple comments that (seemingly believable) people make on forums and blogs saying something like:

"I couldn't get hard. I took XYZ pills blah blah blah my erections are rock hard now!"

(To give you an idea what I mean, see the next page.)

Hey guys,

I am 35 and was suffering from ED for the last 10 years. I'm in great shape (I've run 20 marathons and my avg time is 3hrs). From age 25 until recently, I could only get weak erections and my orgasms weren't intense. I had to rely on a confidence ring to have intercourse. I've tried a lot of "cures" and seen many a doctor. I've had the penile duplex (no venous leak), prostrate checked and the works...I was told it was all in my head which didn't make sense to me b/c I couldn't get a firm erection for masturbation. Viagra and Levitra also didn't help much at all. I researched the physical factors involved w/ getting an erection and thought I found what my problem could be:

To get an erection a gas in the blood stream, Nitric Oxide (NO), relaxes the muscle fibers in the penis allowing blood in. NO breaks down very quickly and Viagra is supposed to slow this break down allowing the necessary blood into the penis. Since Viagra didn't work for me, I figured I didn't have enough NO in my system to begin with. I then researched how to boost NO levels and found out about L-Arginine (an amino acid) and Pycnogenol (an anti-oxident). They work together to boost NO.

I began taking 1500mgs of L-Arginine and 100mgs of Pycnogenol in the morning and 1000mgs of LA and 50 mgs of Pycnogenol in the evening. After only 3 or 4 days, I am getting FIRM erections and having great orgasms...I feel like I did when I was 18. I thought satisfying sex was in the past and am thankful to have my mojo back. I wanted to share this w/ you guys b/c I know what it feels like to be unable to perform up to your potential. AND, the best part of this cure is that there are no side effects...no Viagra hangover. LA and Pycno are very safe and can be found at any vitamin store. LA is cheap, but the Pycno is a little expensive (but worth it).

BTW, I don't have an agenda here...I'm just a guy like you and not looking to move product off the shelves.

There's a study out there (you'll find it if you search the net) that says this cure worked for 92% of men w/ secondary ED...How come I didn't hear about this before...It might have saved my marriage.

Trust me on this cure, I've been there.

Nothing's worse than ED...as far as I'm concerned, life is about three things: Friends/Family, Sports and Sex...Having sex is how you get as close to someone as is humanly possible and it shouldn't be disappointing.

I don't know the guy, but I wanted to screen capture his post for several reasons.

#1. Viagra didn't work for him (more on that later).

#2. It turns out that his formula is very similar to my formula...and he got results with it....except my formula includes a 3rd very important ingredient.

Keep in mind, supplements affect people differently which is one of the main themes in this report.

Another key theme is this: *Going the natural route works amazingly and there are so many stories of guys of all ages talking about how they got rock hard erections like they had in the 20s.*

Actually, there are many supplements that could help, but I think a guy should always start with what I call THE MAIN 3.

And when you see my "water balloons analogy", it may help you understand the significance of these three ingredients.

At any rate, this report has 2 sections.

Section #1: The 3 Super Supplements for a Strong Hard Penis

Section #2: The Game Plan

Let's get started...

Section #1: The 3 Super Supplements for a Strong Hard Penis

Let's get straight to the point.

The visual that you're about to see is something that I created to help me understand what's happening. And now I'm sharing it with you.

The first time someone suggested an "herbal pill" that would make me harder was years ago. It worked, but I never understood what was actually happening.

I didn't know WHY it made me harder. And why it made me *last longer*.

About 5-8 years later, I read about another "natural" supplement that worked to make a guy harder.

I tried it.
It worked, too.

And again, I didn't really know why it worked.

Truthfully, I didn't care. 😊

However... if you were to go online and search through forums and posts where guys are talking about their experiences with hundreds of these "natural supplements", you would find plenty of people saying it worked. And possibly an equal amount talking about how it didn't work for them.

Let's get to the water balloons analogy. The first thing you want to do is think of an erection as something that takes place as a result of miniature water balloons filling up a tube (the penis).

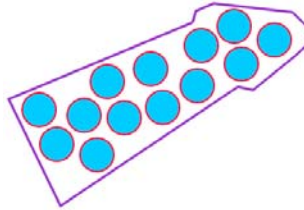
And in order for the penis to get hard (and STAY HARD), three things have to happen. You need (Balloon Ingredient #1) make the water balloons strong enough so that they don't pop too early + (Balloon Ingredient #2) to be able to make plenty of water balloons + (Balloon Ingredient #3) make sure each water balloon is filled with plenty of water.

And because different men have different issues that prevent proper hardness, they require different solutions.

If that's confusing, it's about to become crystal clear. And the water balloons concept will highlight the idea that different men have different issues.

Issue #1: Weak Balloons

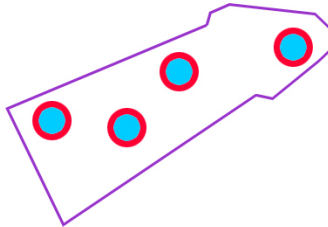
Some guys are great at making lots of *water balloons* (#1) + their balloons have plenty of water (#3) which are important for a strong erection...but their balloons are popping a lot sooner than they should (**weak balloons issue**).... so the erection isn't as strong and/or it fades away too quickly.



They're lacking Balloon Ingredient #1

Issue #2: Weak Balloon Production

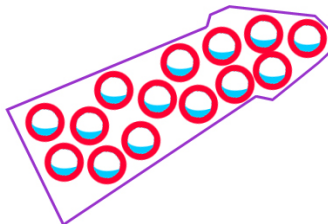
Some guys *balloons* don't pop too early...thick 'balloon skin' (#2) + their balloons have plenty of water (#3) which are important for a strong erection...but they're not making enough of them (**weak water balloon production**).... so the erection isn't as strong and/or it fades away too quickly.



They're lacking Balloon Ingredient #2

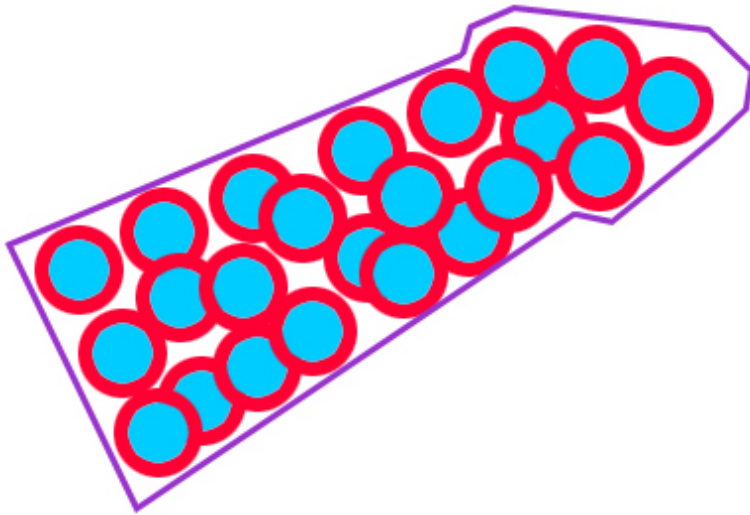
Issue #3: Weak Water Supply

Some guys are great at making lots of *water balloons* (#1) + Their *balloons* don't pop too early (#2)... but they're short on water (**weak water supply**)....so the erection isn't as strong and/or it fades away too quickly.



They're lacking Balloon Ingredient #3

This is your goal (see image below).



And when I say this is your goal, I'm not talking about creating a corny photoshop image 😊

I'm referring to the ability to **address all 3 issues** so that you can have a **SUPER CHARGED rock hard penis!**

Does having a *rock hard penis* mean that she'll think you're the best sexual master ever?

Maybe...

Maybe not...

But realistically, the only thing you can expect when you have a **strong rock hard healthy penis**, is that you'll dramatically increase the odds that:

- She'll enjoy having sex with you
- You'll last longer
- You'll be more confident
- You'll be healthier

A rock hard penis that stays hard is the #1 ingredient for pleasurable penetration sex.

Side Note: Some guys obsess over sex techniques or mysterious ancient sex secrets with very little emphasis on just having a friggin' rock hard penis that stays hard. If you have

the #1 ingredient, theeeeeen you can focus on her preferences (i.e. favorite position, talking, being lovable, other sex tips, etc.).

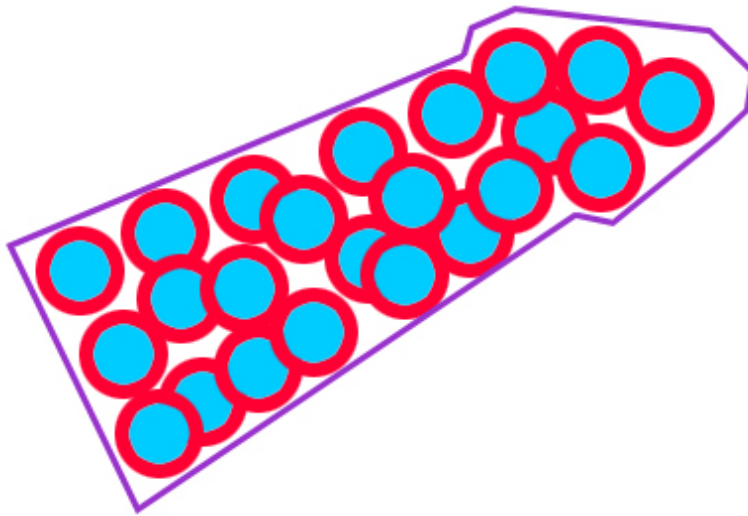
★ **As a bonus:** The things that you do that lead to having a strong penis (i.e. taking the right nutrients + getting plenty of sleep + drinking plenty of water + eating healthy + the right/necessary supplements) are the things that positively affect other areas of health.

As far as the 3 supplements...here's what they are....and why you need them:

Horny Goatweed solves issue #1

Pycnogenol solves issue #2.

L-Arginine solves issue #3.



Horny Goatweed + Pycnogenol + L-Arginine = Super Strong Penis

I'm sure there is a "supplement geek" out there, that will disagree with the water balloon analogy because he assumes that I'm making an isomorphic comparison. In other words, he's looking for an analogy that is *directly similar* to what is actually happening.

We're trying to keep things super simple.

If we really wanted to add another layer of clarity.

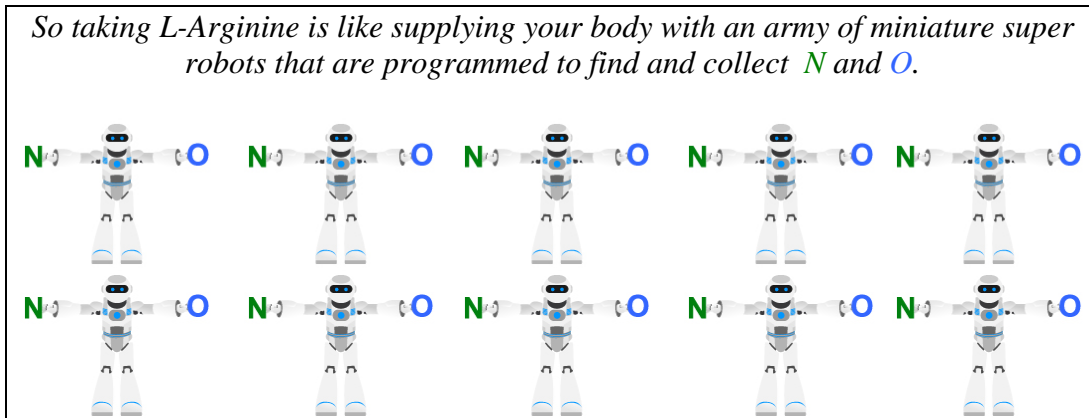
In real life (or on Planet Penis), the water in the balloons are actually a gas called "Nitric Oxide" or **NO**).

In a matter of speaking, L-Arginine are like special robots that "find & collect" **Nitrogen** and **Oxygen** molecules inside of your body.

As far as **Nitrogen**: Amino acids are the best source. Foods that contain plenty of amino acids are *lean meat, chicken, turkey, fish, eggs, dairy, nuts, beans*.

As far as **Oxygen**: If you're exercising, meditating (or breathing efficiently - to take in plenty of **Oxygen**) eating fresh foods (which contains **Oxygen**) and drinking H₂O (Hydrogen + **Oxygen**)...you're supplying your body with *plenty of Oxygen*...

So if you have plenty of L-Arginine, you have army of robotic "finders and collectors".



Side Note: *Although the water balloons explanation is pretty close to what is actually happening, in real life, there are series of complex processes at work. No one technically knows everything there is about these complex series of events. But we do know that Nitric Oxide molecules aren't actually water balloons or even "gas balloons". Nitric Oxide (NO) actually is released during sexual stimulation. And the NO pumps up the blood vessels (i.e. blood vessels = the real balloons) to create a rock hard erection.*

But it's *more fun* and easier to think of taking L-Arginine as a way of keeping your Water Balloons filled with plenty of water so that it 'blows up' the tube (penis) to create a strong erection. 😊

Remember: Our main goal with the analogy is to make distinctions between how different supplements affect the health/strength/hardness of the penis.

...which reminds us that different supplements work for different guys based on different situations.

For example, you can think of these robots as being very skilled at collecting piles of **N** (which are empty balloons) and **O** (which are buckets of water).

You can think of taking **Pycnogenol** as supplying your body with **Master Water Balloon Craftmen** that are really skilled at water balloon production in the form of connecting the **O**s with the **N**s

But then there are the "bad guys" known as PDE-5.

When the L-Arginine Robots are working together with *The Pycnogenol: Master Water Balloon Craftmen* to create a huge pile of water balloons (Os and Ns)...

These PDE-5 assholes get their kicks by shooting the water balloons with arrows. And every time they pop a balloon, they laugh and do a silly dance.

But that's ok.

It turns out, that the "active ingredient" in Horny Goatweed is *icariin* which blocks the activity of PDE-5.

So you can think of Horny Goatweed (HGW) as supplying the body with *Balloon Thickener Specialists*. *So after* the L-Arginine Robots are working together with *The Pycnogenol: Master Water Balloon Craftmen* to create a huge pile of water balloons (Os and Ns)...The *HGW: Balloon Thickener Specialists* adds a coating to the water balloons to make them thick and strong (harder to pop) which of course pisses off the "PDE-5 bad guys" because they can't pop the balloons with their weak arrows.

So you need the *L-Arginine robots* to find plenty of N's and Os.
You need the *The Pycnogenol: Master Water Balloon Craftmen* to put them together.
And you need the *Horny Goatweed: Balloon Thickener Specialists* to add a special coating to the balloons.

Review: In order for the penis to get hard (and STAY HARD), you need (Balloon Ingredient #1) make them strong enough so that they don't pop too early + (Balloon Ingredient #2) to be able to make plenty of water balloons + (Balloon Ingredient #3) make sure each water balloon is filled with plenty of water. (i.e. having enough Ns and O's

Chances are you've read forums or reviews where Guy #1 says "*L-Arginine was awesome!! Blah blah I was rock hard. She loved it blah blah blah!!!*"

But then you'll read Guy #2 saying something like, "*L-Arginine didn't do anything for me! I didn't notice anything!!!*"

When you start focusing on these 3 ingredients and how they PUZZLE together, you'll be able to read "erection supplement success stories" online with much more clarity.

To give you an example of what I mean....let's go back the guy in the screen shot that we showed earlier where the guy talked about how Viagra didn't work for him.

Yet, L-Arginine and Pycnogenol did the trick.

From his perspective, it was a mystery that Viagra didn't work.

And I'm sure you know at least one person who have taken Viagra and achieved a ROCK HARD erection. There are dozens of those stories out there.

Most people (without much thought) would just assume that Viagra would always work for any guy! Right?

But here's the breakdown...

You can basically think of Viagra as being "brother" of Horny Goat Weed (Epimedium)...

In other words, they work the same way. They both CREATE ERECTIONS via (basically) the same path and that is they inhibit an enzyme called phosphodiesterase-5 (PDE5)...Remember: PDE5 are the bad guys that pop balloons....

To see the comparison explained in a clear way, read the article on the link below.

I'll paste it hear, in the event that the website link becomes broken or changed in the future.



DAILY NEWS 26 September 2008

Horny goat weed could be better than Viagra



Epimedium, also known as horny goat weed. This is an example of *Epimedium grandiflorum*, a different species to the one used in the study
(Image: Sphl, Wikimedia Commons)

The soft green heart-shaped leaf of the horny goat weed could hold the key to a new drug for treating erectile dysfunction.

Researchers say the Viagra alternative could be as effective as the famous blue pill, but have fewer side-effects.

Mario Dell'Agli of the University of Milan, Italy, and colleagues tested four plants which are used as natural aphrodisiacs in traditional cultures to establish their potential as alternatives to Viagra.

Viagra's active compound, sildenafil, works by inhibiting an enzyme called phosphodiesterase-5 (PDE5). Because PDE5 helps control blood flow to the penis, inhibiting PDE5 promotes male erection.

Dell'Agli and his colleagues tested the four plants in vitro to see how efficient they were at inhibiting

PDE5.

Just one – Epimedium brevicornum, also known as horny goat weed and Bishop’s Hat – had an effect. This confirmed previous studies showing that icariin, a compound found inside the horny goat weed, is a PDE5 inhibitor.

The fifth compound

Sildenafil, however, is 80 times more effective at inhibiting PDE5 than icariin. Dell’Agli and his team extracted icariin from the plants, and produced six modified versions of it, which they also tested on PDE5. The most efficient of these, compound 5, “works as well as Viagra”, says Dell’Agli.

A drug made from compound 5 could also cause fewer side effects than Viagra.

In addition to PDE5, sildenafil affects other phosphodiesterases, including some that are essential to sight and heart function. As a result, people who have heart problems are not advised to take Viagra and patients who do take the drug sometimes suffer disturbances to their eyesight.

Preliminary tests suggest that compound 5 does not affect other phosphodiesterases, meaning it may not have the same side effects as Viagra.

Eat your weeds

Compound 5 will now have to go through lengthy clinical trials before it can be approved as a drug. It could be 10 years before it reaches the market.

In the meantime, “if people eat horny goat weed, I think it can be beneficial because it contains icariin,” says Dell’Agli. “But it will not be as effective as Viagra.”

Horny goat weed is found in the wild in China, Asia and Europe.

The research was supported by private funds, but Dell’Agli declined to provide details.

Journal reference: Journal of Natural Products, DOI: 10.1021/np800049y

<https://www.newscientist.com/article/dn14825-horny-goat-weed-could-be-better-than-viagra>

The article basically says that HGW and Viagra both create erections the same way - taking out the PDE-5 bad guys who pop balloons.

It's very possible that the guy in the screenshot was already doing a great job at making water balloons harder to pop. That could explain why Viagra didn't work for him.

And if that's the case, he's better off focusing on the other two balloon ingredients, and that's what he did.

I began taking 1500mgs of L-Arginine and 100mgs of Pycnogenol in the morning and 1000mgs of LA and 50 mgs of Pycnogenol in the evening. After only 3 or 4 days, I am getting FIRM erections and having great orgasms...I feel like I did when I was 18. I thought satisfying sex was in the past and am thankful to have my mojo back. I wanted to share this w/ you guys b/c I know what it feels like to be unable to perform up to your potential. AND, the best part of this cure is that there are no side effects...no Viagra hangover. LA and Pycno are very safe and can be found at any vitamin store. LA is cheap, but the Pycno is a little expensive (but worth it).

BTW, I don't have an agenda here...I'm just a guy like you and not looking to move product off the shelves.

There's a study out there (you'll find it if you search the net) that says this cure worked for 92% of men w/ secondary ED...How come I didn't hear about this before...It might have saved my marriage.

Trust me on this cure, I've been there.

Nothing's worse than ED...as far as I'm concerned, life is about three things: Friends/Family, Sports and Sex...Having sex is how you get as close to someone as is humanly possible and it shouldn't be disappointing.

In simple terms people have different situations and they have different issues.

Some guys just have Issue #1 (weak balloons that pop easily)

Some guys just have Issue #2 (weak balloons production)

Some guys have Issue #2 + Issue #3.

Some guys have Issue #1 + Issue #2 + Issue #3.

With all of that in mind, let's get to the game plan...

Keep in mind, I think these 3 should be the starting point.

And the fun part is once they start working (thank me later ☺), there are other NATURAL/SAFE nutrients that will make your erections even more rock hard!!

Yes!! There are other foods and supplements that take things to the next level!

Some are common foods that you have in your house right now.

Let's get to the game plan...

Section #2: The Game Plan

Okay. So you know about the 3 super supplements...

Great!

How do you put them into action?

As far as buying these supplements, I think it's best to get them from food if you can, but I also buy supplements as well.

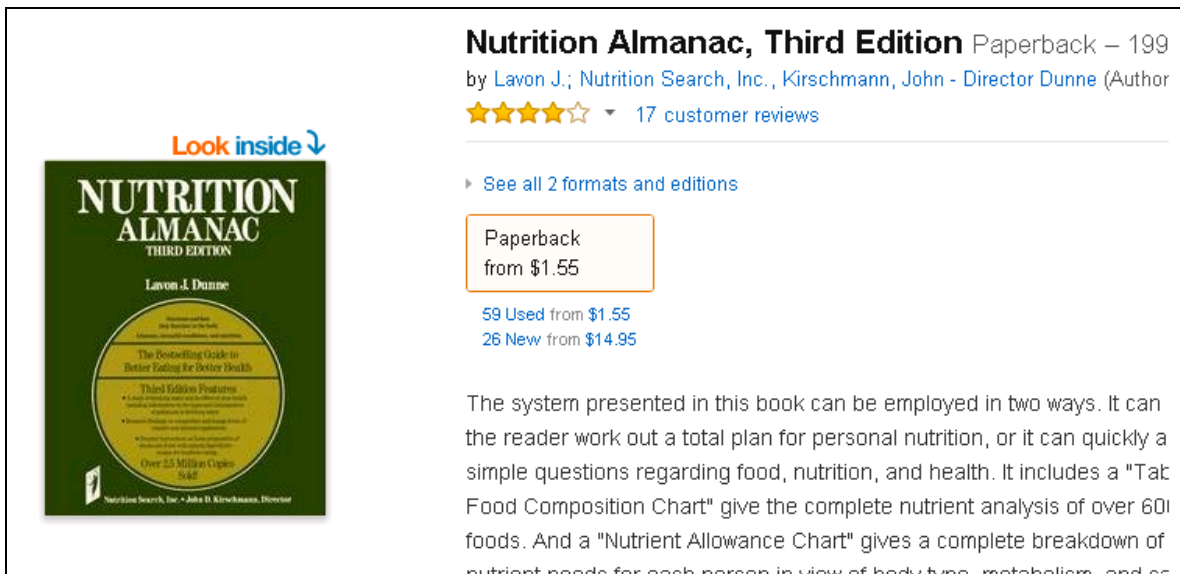
There are some websites out there that will say make sure you ONLY buy brand X or make sure you buy 6 bottles at once because it takes awhile to kick in.

Ignore them.

You don't have to buy a particular. You can often supplement with food you may have in your house right now in many cases.

You can buy a book called the *Nutritional Almanac* which I think is awesome.

Do a search on amazon and type in Nutrition Almanac.



Nutrition Almanac, Third Edition Paperback – 199
by Lavon J.; Nutrition Search, Inc., Kirschmann, John - Director Dunne (Author)
★★★★☆ 17 customer reviews

▶ See all 2 formats and editions

Paperback
from \$1.55

59 Used from \$1.55
26 New from \$14.95

The system presented in this book can be employed in two ways. It can the reader work out a total plan for personal nutrition, or it can quickly a simple questions regarding food, nutrition, and health. It includes a "Tak Food Composition Chart" give the complete nutrient analysis of over 601 foods. And a "Nutrient Allowance Chart" gives a complete breakdown of nutrient needs for each person in view of body type, metabolism, and so

As you can see, it's possible to get this for under \$2.

[Click this link to go to amazon to buy it.](#)

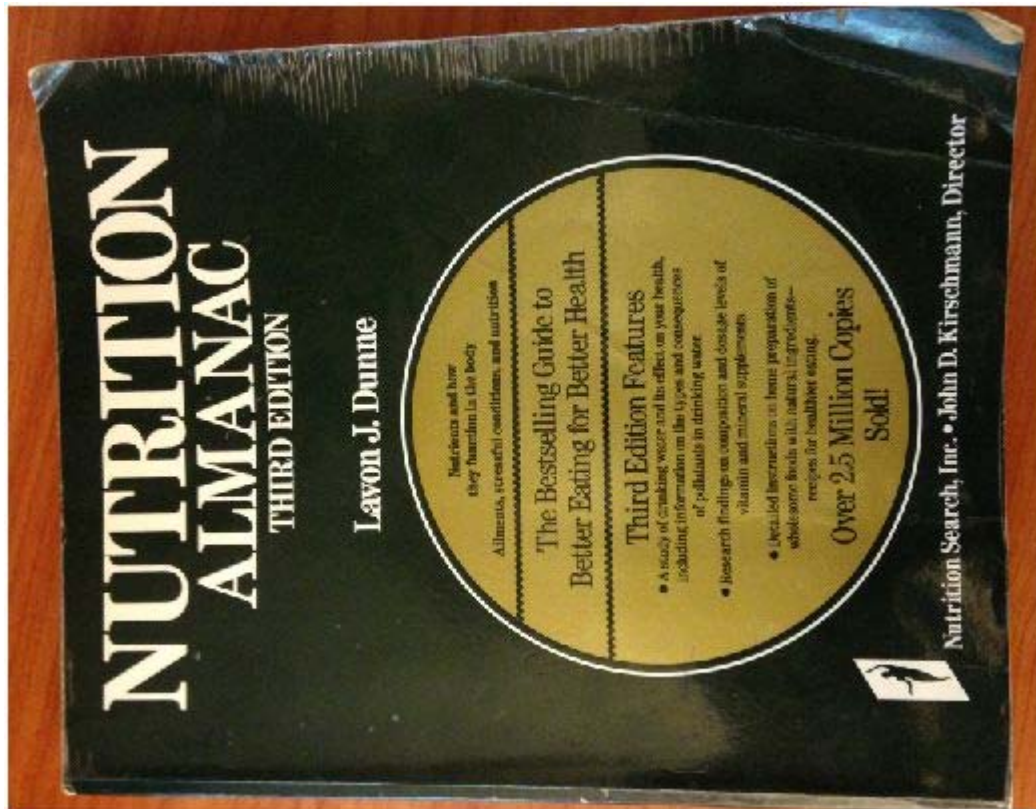
Disclaimer: *I'm compensated from the links that are in this report. However my suggestions are based on my honest recommendations. In fact, I rarely endorse other products (as you may already know). If I do suggest something, it's based on something I have tried and I think it's **really worth it**. With this book, as you can you see, it can be as cheap as under \$2. I think the book shown above is so valuable, it's worth driving out to the nearest health store right now and paying full price.*

It's that awesome!

I got my copy from a GNC supplement store about 15 years ago!

(Damn. Time flies!)

At any rate, I think I paid 20 or 30 bucks for it. I don't remember, but it has been priceless!! In fact, look at how beat up and shitty my copy is below. ☺



The funny thing is, I expected everyone on Amazon to give it 5 stars. But that's not the case.

I would give it 6 stars! Here's why I like it. You can just quickly flip to any food and see a breakdown 30+ elements (vitamins, minerals, amino acids).

Technically, you can do this sort of thing searching online, but the book makes it easier and quicker.

For example...as you can see below....Kale has 0.67 mg of Niacin.

	Measure	Kale	Kidney bean ckd	Kohlrabi
Measure		1 C.	1 C.	1 C.
Weight	gm	67	185	140
Calories		33	218	38
Protein	gm	2.21	14.4	2.38
Carbohydrate	gm	6.7	39.6	8.68
Fiber	gm	1	2.78	1.4
VITAMINS				
Vitamin A	IU	5963	10	50
Vitamin B ₁	mg	.074	2	.07
Vitamin B ₂	mg	.087	.11	.028
Vitamin B ₆	mg	.182	—	.21
Vitamin B ₁₂	mcg	0	0	0
Biotin	mcg	5	—	—
Niacin	mg	.67	1.3	.56
Pantothenic acid	mg	.061	—	.231
Folic acid	mcg	19.6	.068	.015
Vitamin C	mg	80.4	—	86.8
Vitamin E	IU	8	—	—
MINERALS				

It's just a tool to help you quickly find out the nutrients that are in foods.

In fact, one day (years ago) I read something that talked about how nuts/seeds are high in L-Arginine...

So I opened the book → Went to the nuts/seeds section → and compared all of the nuts/seeds to see which one had the *MOST* L-Arginine per 'cup'. And the winner was pumpkin seeds @ 5.57 grams per cup (or 1390 mg per .25 cup).

1.19	1.33	2.79	5.57	4.99	3.46	.378	2.52
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So instead of buying L-Arginine pills (at 1000mg), you can eat 1/4 cup of pumpkin seeds and get the same amount.

I think it makes sense to start with 1000 mg - 1500 mg of L-Arginine for a few days and see if you notice a difference.

There are many experts that suggest 3 grams (3000 mg) of LA per day for erection health.

Personally, I don't use sunflower seeds as my exclusive means of getting L-Arginine.

I do a mixture of seeds + supplements.

And for what it's worth as far as the brand, I use:

#1: L-Arginine



NOW Foods L-Arginine 500mg, 250 Capsules
by Now Foods

\$11.30 (\$0.05/Count) [Subscribe & Save](#)
Save more with monthly Subscribe & Save deliveries.

\$11.89 (\$0.05/Count) ~~\$23.99~~ [Prime](#)
Only 16 left in stock - order soon.

More Buying Choices
\$11.53 new (43 offers)

★★★★☆ 629

#1 Best Seller in L-Arginine Nutritional Supplements

FREE Shipping on orders over \$35

Product Description

... L-Arginine is a conditionally essential basic amino acid involved ...

[Health & Personal Care](#): See all 125 items

<http://amzn.to/1G3obGa>

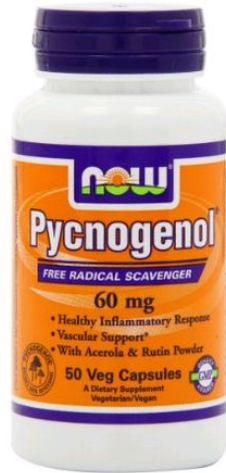
Note: I'm just telling you which brand I normally buy. When it comes to supplements, I don't get too picky with the brands. I don't have a favorite. You can probably find something cheap...or something that ships quicker...The one above just happens to be the one I currently have. You can go to a supplement store or search on Amazon or some other site.

Another thing: With LA, just eating more nuts/seeds/protein could be enough where you don't even need to buy a bottle.

#2. Pycnogenol

NOW Foods Pycnogenol 60mg, 50 Vegetarian Capsules from Now Foods

★★★★☆ 25 customer reviews



<http://amzn.to/1PdJLKS>

Note: Why did I pick this brand? Because it was one of the first things that popped up when I searched in amazon. 😊 Again, I'm not too picky on brands. With Pycnogenol, you can't get it from food, so get the pills if you want to try it out. It's also known as *french maritime pine bark extract*. So keep that in mind, if you're in the supplement store.

#3 Horny Goat Weed

Horny Goat Weed Extract with Maca Root For Increased Performance
Libido Boost For Men & Women - 1000mg Epimedium & 10mg Icaritin

★★★★☆ 739 customer reviews



<http://amzn.to/1jmm0n3>

Note: When it comes to HGW, I'm not too picky about brands. But you'll want to go with something that has at least *10mg icariins*. Read the label. It could be this brand (which is what I have) or any brand.

Some people will argue over which brands to get or they feel like they're being ripped off because it didn't effect them how they expected.

With supplements, the reality is people's reactions are different. Some people would need to take it for awhile for the bodies to adjust to it. (But keep in mind, you don't need to buy 6 or 12 bottles at once...especially if you're just testing to see better erection quality).

If a guy just bought Horny Goat Weed and that's it... and for him, he got an amazing rock hard erection with it, theeeeeeen it would make sense to buy 6 bottles at once....*the next time*.

Point is...in most cases (when it comes to supplements) you really can ignore many negative reviews because a guy could have *Issue #1* but he's buying an *Issue #3* supplement.

If you want to really test what issue you have, then you can test one at a time.

If you want speedy results, just get all three (after all, they're natural and have other health benefits) + make the decision to eat better + drink plenty of water + get enough sleep.

It's a matter of preference.

So there you go.

I hope you enjoyed the report.

These 3 natural supplements can be life changing!!

Give it shot and let me know how it works for you.

Until next time, talk soon...

Warmest Regards,
CR James



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Super Supplement FULL Report (52 pages)

[If you enjoyed this report,
click here to get the FULL VERSION](#)

**The 6 Supplements For A Rock Hard
Performance**

The FULL VERSION includes:

- The **6** Super Supplements for a Super Rock Hard Penis (we'll continue with the water balloon analogy while covering **3 MORE Super Supplements as they relate to 3 more water balloon issues.**

You'll learn Balloon Issue #4.

You'll learn Balloon Issue #5.

You'll learn Balloon Issue #6.

And to make things super simple: You'll see the visual representation of #4, #5, and #6.

- The 7 foods you need to be sexually charged (You may have most of these in your home right now.)

[Search for recipes online that feature these 7 foods.](#)

- The 10 Lesser-Known Sex Foods & Stimulants (Some of these are at your grocery store.)
- The 5 Key Sex Herbs (I put a double star next to my favorite ones)
- [Checklist] The 20 Extremely Unknown Sex Herbs (for men and women)

Note: Most of these I haven't tried. However, if you ever wanted to research something that could help, start with this list.

- 3 Important Vitamins for sexual health - Chances are you and your lady are getting enough of these 3 vitamins. However, it's important that you or your lady are NEVER lacking these 3 vitamins. You'll see why.

- **5 Super Foods For Peak Health**

- You'll learn the #1 herb that you should avoid even though some guys swear by it.

I use to take it, but I'll never take it again and I'll explain why.

- And you'll learn ONE MORE "hidden rock hard erection" herb. I started to include this in the Super 6, but I changed my mind.

You can think of this one as #7.

I've used in the past. Some guys take this ONE SUPPLEMENT and that's it to get Rock Hard Erections even though they're not super healthy.

- [The special tea you can make for her to secretly boost her libido and make it easier for her to orgasm. \(She'll think you became a better lover overnight\).](#)

Note: The key is to combine these two. It's best when these two are also combined with proper "sexual desire boosting" tactics.

[The Secret Tea + Good Seduction Tactics + Super Rock Hard Penis = Winning Formula!](#)

You'll love this report because it's a combination of VERY WELL RESEARCHED information + Tested Advice.

It follows the philosophy of:

Use a natural approach to strong penis health + Know what's really happening + Maintain overall health (good sleep, plenty of water, exercise often)

Sometimes the difference in rocking her world in the bedroom comes down to DECIDING to take the right "natural" supplements.

[If you enjoyed this report,
click here to get the FULL VERSION](#)

ALSO: At the bottom of the page, I'll share how you can get the FULL VERSION for free.