

# **Vitamins And Herbs - Specific Uses For Men & Women**

**By J. Foley**

## **VITAMINS AND MEN**

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### **VITAMINS MEN NEED**

**All people have different nutritional needs. These needs are based on physiology, and are therefore very different between men and women. In an attempt to design exactly what is needed for them, some males turn to men's multivitamins. Others try to take separate supplements of exactly what they feel they need. In either scenario, it is important to develop a healthy balance between supplemented vitamins and a healthy diet.**

## **MEN'S MULTIVITAMINS**

**If one is not inclined to try to create their own cocktail of vitamins and supplements, there are a number of multivitamins out there on the market designed specifically for men. These vitamins range in both price and efficiency, however one does not necessarily correlate to the other. In other words, the most expensive products are not always the best.**

**The best way to determine a good vitamin is to read the ingredients on the back of the bottles while you are out shopping. Compare which packages contain more essential vitamins and nutrients. A word of caution is necessary here. While cost does not necessarily indicate a good vitamin, exceptionally cheap supplements are generally created from synthetic nutrients and are therefore not as healthy for you. Synthetic nutrients are not as easily processed by the body, and therefore are less effective.**

**The most effective way to choose a good multivitamin is to speak with your doctor and see what he or she recommends. Some doctors will even direct you toward prescription vitamins that may be balanced better for you, and could even be covered by insurance.**

## **VITAMINS AND SUPPLEMENTS TO INCREASE SEX DRIVE**

**There are many drugs on today's market to help increase a male's sex drive.**

**However, there are even more products on the market that consist of natural vitamins and herbal supplements that can accomplish much the same thing.**

**By taking natural supplements to accomplish an increase in libido instead of artificial products, one is able to achieve the same desired result without polluting the body with the unnatural substances found in other drugs.**

**Vitamin A is one vitamin that helps contribute to a man's sex drive.**

**Because**

**Vitamin A works with the synthesis of progesterone, it is directly linked to a man's sex drive. Vitamin A deficiency is actually a common cause of male impotence.**

**Vitamin B is as aforementioned not truly a vitamin, but a hormone.**

**This**

**hormone works with the nervous system, and when it is taken in the recommended dosages can actually increase the sensitivity males encounter.**

**Vitamin C is not only essential in helping the development of many hormones**

**that affect the sex drive, but also essential in helping with fertility.**

**Men who**

**maintain an adequate intake of vitamin C are less likely to have fertility**

**problems than those who do not.**

**Zinc is one of the key components in testosterone and sperm production. A man who is lacking in zinc may be experiencing a vast array of problems in the bedroom. Zinc helps to create sperm and maintain the volume of semen in the body.**

### **MEN'S HERBAL SUPPLEMENTS**

**In addition to vitamins, herbal supplements such as ashwagandha, ginger, cloves, ginkgo, horny goat weed, maura puama, yohimbe, and zallouh root are a very well known to increase a man's sex drive and sperm production.**

- **Ashwagandha is an herb similar to ginseng. It is known for helping to cure impotence and infertility. This herbal supplement increases both sexual desire, and the production of sperm.**
- **Ginger/Cloves/Ginkgo all help fight against impotence. These herbs all act in similar ways. One way is by increasing the blood flow to the extremities of the body, and the other is by acting as a warming agent to the body as well.**
- **Horny goat weed, though interestingly named, has been a celebrated herb of Chinese herbalists since prior to the birth of**

## **Christ.**

**This is used in men to treat impotence, increase sperm production, and increase sexual energy.**

- **Maura Puama is another herbal supplement known to help with impotence problems. In addition to this, Maura Puama is an aphrodisiac that works in both men and women alike.**

- **Yohimbe is exceptionally affective for increasing libido and for assisting with erectile problems. However, it does not come without a price. as Yohimbe is also known for causing headaches and dizziness.**

**This is not the case for all men, however, and the positive effects of yohimbe are almost instant, so it may be worth a try.**

- **Zallouh Root is somewhat hard to find and can be moderately expensive because it only grows in very specific mountain regions.**

**For those men that have access to it or don't mind paying the price, zallouh root has been used for years in treating erectile dysfunction and increasing sexual desire.**

## **VITAMINS AND SUPPLEMENTS MEN SHOULD AVOID**

**While some vitamins are especially good for men, others are equally as bad.**

**Doctors and experts will recommend certain vitamins and supplements and will also alternatively recommend avoiding others as well. Some of the vitamins and supplements that should be avoided include liquid creatine, chitosan, L-carnitine, pyruvate, and ribose. As for herbs, licorice**

**(including  
the black licorice candy), dong quai, fennel, hops, peony, and white  
willow  
should all be avoided.**

**It is important to always properly research any herbal supplement  
or vitamin  
supplement you are thinking of taking before purchasing it. Herbal  
experts  
are great resources for developing your knowledge of herbal  
supplements.**

**Doctors can also be consulted, though knowledge of herbs varies  
from doctor  
to doctor, as does their opinions on herbs vs. medications. When all  
else  
fails, books and the Internet are great ways to do your own research  
on the  
specific herb you are questioning. No herb should ever be taken  
without first  
doing the proper research, so do not ever jump right into an herb  
because  
you have “heard good things about it.”**

### **HERBAL SUPPLEMENTS TO AVOID**

- Licorice is one herb that should be absolutely avoided by men who are trying to impregnate their partners. Licorice, though known to increase the sex drive, also causes a decrease in sperm count. This does include the candy black licorice!**
- Dong quai is an herb common to women’s treatments. For every ounce of effectiveness it has for women it has equal parts of problematic effects for men. This herb helps to increase estrogen and**

**can upset the natural balance of a man's body.**

- **Fennel is another herb that is great for women by counteractive to men. While the herb will increase the sex drive of a woman it will actually decrease libido in a man and should therefore be avoided.**

- **Hops is another herbal supplement that men should avoid.**

**Although**

**helpful for the treatment of minor ailments hops has a nasty side effective of decreased libido and even impotence.**

- **Peony is taken usually in root form. It's one more herb that's greatly**

**helpful for regulating women's menstrual symptoms but devastating to**

**the male libido. In addition, peony can be quite toxic if not taken correctly and in proper dosages, so should always be avoided unless an herbal expert has been consulted.**

- **White willow is the natural basis for the synthetic base to aspirin.**

**This gift from nature has wonderful aspirin like effects such as decreasing pain and reducing fever. It also raises estrogen levels and can cause sexual dysfunction in men.**

### **OTHER SUBSTANCES TO AVOID**

- **Some doctors will advise that creatine is a great substance for assisting in muscle development, while other doctors disagree and state that it is unnatural and unhealthy for the body. For those that do**

**desire to take this supplement, the liquid form is one that should be avoided. Liquid creatine in studies has shown that they have no greater affect than a placebo. Some claim that the liquid form is more**

**readily accepted into the body, but there is nothing scientific to back**

up these claims.

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- **Chitosan is a supplement that claims to work as a fat blocker. There are no proven scientific studies that have shown this to be the case. What studies have shown, however is that chitosan can cause gastric disturbances and other unpleasant health problems. This supplement should just be generally avoided.**
- **L-Carnitine is claimed by some to give increased energy and foster weight loss. In regards to claims of increased energy, there is simply no scientific research to back up these claims. As far as the weight loss is concerned, some studies have shown L-Carnitine to promote weight loss; however there are significantly more studies that have shown that it does not.**
- **Pyruvate is supposed to cause weight loss by increasing ones metabolism. While this is the case, it is only true when you are taking a massive dose of pyruvate (approximately 350 pills a week). In order to have pyruvate stimulate weight loss, you would be required to take what is a potentially toxic dose of the substance.**
- **Ribose is sold with claims of increasing energy. No studies have ever**

**been conducted to back this claim up. This is yet another  
supplemental  
product that probably has no positive effects in the area it claims to.**

**5**

## **VITAMINS AND WOMEN**

### **VITAMINS WOMEN NEED**

**Like children, senior citizens, and men, women have specialized  
needs in  
their vitamin intake. Vitamins should be taken that help them not  
only to  
stay healthy, but also to help balance out their natural menstrual  
cycles.**

**Many people would be amazed to know how greatly vitamins and  
herbal  
supplements can help with the female reproductive system, from  
relieving  
pre-menstrual symptoms to increasing sex drives, right down to  
helping with  
conception.**

### **EXTRA AMOUNTS WOMEN NEED**

**Women need a lot of the same daily vitamins as their male  
counterparts.**

**There are four vitamins and two minerals that women need  
especially.**

**Vitamin E, Vitamin K, and Magnesium are three of the vitamins  
that are  
especially needed in women. In addition to these three vitamins, it is  
important for breastfeeding women to also take zinc each day.  
Calcium and  
Iron are two very important minerals that women should remember**

**to  
consume daily as well.**

## **WOMEN'S MULTIVITAMINS**

**Some women try to take individual vitamins each day, while others prefer to get their daily requirements by taking one simple pill. For these women, specialized women's vitamins are the way to go. Women can also talk to their doctor to see if any prescription or over-the-counter vitamins are recommended.**

**For females who are trying to become pregnant, are pregnant, or are nursing, specialized prenatal vitamins are both recommended and encouraged. These are available both with a prescription and over-the-counter.**

**Prescription vitamins often come with the added bonus of being covered by insurance. Prenatal vitamins are an important part of making sure your baby develops in a healthy way. Women carrying babies who are depleted of vitamins have a much higher risks of having babies born with health problems – for instance, Spina Bifida is a devastating life-long disability caused by pregnant mothers not getting enough folic acid.**

**Do not be fooled into thinking one brand of vitamin is better than another**

simply because it costs more money, as this is not always the case.  
Always  
remember to keep in mind what types of vitamins and minerals your  
multivitamin should have in it, and compare that to the ingredients  
listed on  
the bottle. Pay special attention to the amount of each vitamin and  
mineral  
listed on the bottle, and compare that to what is the recommended  
daily  
dose.

### **VITAMINS TO INCREASE THE SEX DRIVE**

There are a number of vitamins and herbal supplements that women  
can  
take to increase their sex drive. Aphrodisiacs are found quite readily  
throughout nature, both in herbal, vitamin, and mineral form. The  
vast  
amounts of these supplements that are available should be able to  
cover  
most any problem a woman may have in the bedroom. While  
medications to  
deal with the female libido are around and available, they are not  
nearly as  
well researched as the male versions. In many ways, women are  
better off  
finding natural ways to deal with their desires, or lack thereof.

- **Vitamin A is often used in conjunction with the female libido. The vitamin contributes to the production of estrogen, and therefore helps a woman feel a little more sexually driven. Daily doses of vitamin A are said to really increase a woman's sex drive.**
- **Vitamin B, a hormone and not truly a vitamin, works by increasing**

**levels of arousal. This happens because Vitamin A makes the body more sensitive to touch and other sensations, due to its affecting the nervous system.**

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- **Vitamin C is great for women who want to increase their sex drive and their fertility. Vitamin C also decreases the likelihood of women getting sick, and healthy women are much more likely to have a full sex drive.**
- **L-Arginine is an amino acid that has major affects to the libido of a woman, and her partner as well. An L-Arginine supplement can be as effective for women as prescription drugs and is widely encouraged throughout the globe.**

## **WOMEN'S HERBAL SUPPLEMENTS**

**There are some herbs that are beneficial to both genders in terms of the health of their reproductive systems. Most are beneficial to both men and women. Herbal supplements that have positive effects on women include ginseng, fo-ti, Damiana, Tongkat Ali, and Maca.**

- **Ginseng serves as a natural aphrodisiac and in fact, is one of the best selling herbs on the market. This herb is also credited with giving increased brain function and concentration. Ginseng is quite safe and**

**effective, but of course should only be taken within its recommended dosages.**

- **Fo-ti is a Chinese herb that has been used for centuries to increase a woman's libido. While this supplement is also used for men, it seems to have more profound effects on women than on their partners.**

- **Damiana is another herb that is known to be a wonderfully successful aphrodisiac. This plant has been used in Mexico for years for this very purpose, and in more recent years has made its way to other countries for the same reason.**

- **Tongkat Ali is an herb known for increasing libido in both men and women. This herb comes from Malaysian countries and in its own region is actually more popular than prescription medications!**

- **Maca dates back to ancient civilization. It is credited to increased physical strength as well as a heightened libido. Maca has been taken for many years as a way of naturally boosting an individual's sex drive.**

## **VITAMINS AND SUPPLEMENTS WOMEN SHOULD AVOID**

## **HERBS WOMEN SHOULD AVOID DURING PREGNANCY**

**Some herbs are not healthy for a woman to take, especially if she is nursing, pregnant, or thinks she may become pregnant soon. While herbs are**

**all natural, they are not all healthy, and some of them can be quite harmful.**

**It's important to thoroughly research any herb or supplement before taking it to insure that it will have only the most positive effects on your health.**

**Herbs that should be avoided by women at all cost include Black cohosh, blue cohosh, pennyroyal, ginger, dong quai, licorice (yes ladies, this does include the candy!) and fenugreek. These herbal supplements have a variety of side effects that can be devastating to the woman's body, especially a pregnant woman.**

- Black cohosh is occasionally used under the direction of an experienced herbalist, doctor, or midwife, in order to encourage contractions and labor toward the end of a pregnancy. If it is taken any earlier than this in any amount, can cause a miscarriage.**
- Blue cohosh, like its brother herb, should also never be taken in an quantity during pregnancy, for fear of causing contractions which could lead to early labor and miscarriage.**
- Pennyroyal is an herb that can cause hemorrhaging and death in a pregnant woman. Like Cohosh, it can also cause contractions and in fact, was even given throughout history in large doses to women in order to make them abort.**
- Ginger is a great herb to alleviate nausea and flu like symptoms, however during pregnancy can actually cause birth defects to the unborn child much like the use of drugs can. Ginger should be avoided**

**both during pregnancy, and during conception.**

- **Dong quai is yet another herb that can cause premature uterine contractions along with birth defects, and therefore should be avoided prior to conception as well as throughout pregnancy.**
- **Licorice and its black candy (the red varieties do not contain actual licorice) can be very aggravating for those trying to conceive. Licorice decreases the likelihood of conception and also increases blood pressure.**
- **Fenugreek is in line with the above mentioned herbs. This herb also causes uterine contraction during pregnancy which can easily lead to miscarriages and should be strictly avoided in pregnant women.**

### **OTHER SUPPLEMENTS WOMEN SHOULD AVOID**

**Herbs are not the only supplements that should at times be avoided by women. Some supplements should be avoided at all times by women while other supplements only need to be avoided before and during pregnancy and while breastfeeding. Some of the more common supplements that women should avoid include, but are not limited to, vitamin A, vitamin D, and alfalfa.**

- **Vitamin A is an important part of health, but when more than**

**10,000**

**IU of this nutrient is taken daily by a pregnant women, it can severely increase the rate and likelihood of birth defects. Please consult a doctor if you are pregnant or nursing and you think your daily intake of vitamin A is greater than 10,000 IU.**

- **For the same reason, vitamin D should not fall outside of the guidelines of 400-1,000 IU each day. Anything lower than 400 IU can cause the pregnant mother to be unhealthy, but anything over 1,000 IU a day creates a chance to cause birth defects.**

- **Women who are presently taking birth control pills, blood thinners, aspirin, Warfarin, Heparin, or potassium should not take alfalfa supplements. The risks and complications with alfalfa combined with any of the above mentioned substances can be quite severe including severe bleeding. Birth control is also much less affective when alfalfa is taken and there is an increased risk of pregnancy.**

**It is quite important for any woman who is thinking of taking any type of vitamin or other supplement to speak with their doctor before taking it, especially if they are breastfeeding, pregnant, or trying to become pregnant. Precaution certainly outweighs trying to correct whatever problems could be caused by taking the wrong thing.**

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