

SPECIAL REPORT
Just For Men



"If we were sitting in my office and you confided in me, 'Doctor Sinatra, I'm having a problem with my sex life,' here's what I'd tell you..."

New accidental discovery from a cardiologist and psychotherapist improves male potency while actually promoting both cardiac health and romantic relationships!

Guaranteed to work for YOU... or your money back!

Dear Reader,

It started innocently enough.

I'm a cardiologist—a heart doctor—and I often recommend mega-doses of l-arginine, an amino acid, to enhance cardiovascular health.

L-arginine is a powerful vasodilator. It opens blood vessels to improve blood flow to the heart and other organs.

Apparently, one of those other organs is the penis: to my amazement, the men I knew who started taking l-arginine began getting harder, longer-lasting erections!

For some men, this might be annoying or embarrassing. But not to these guys. Here's why.

The fact is, as we get older, we frequently find that our "bedroom performance" is not what it was in our teens, 20s, or 30s. So rather than complain about this unanticipated effect, these men were thrilled. And so were their partners!

I too was thrilled. Diminished libido and sexual potency is something most men won't talk about with their buddies. But they will confide in their doctor.

And if you knew how many men I see who have this complaint, you'd be amazed—and, if you worry about the same problem, maybe a little comforted.

The secret I discovered that helped my patients bring a new spark back to their love life.

I had studied l-arginine as a cardiologist, interested solely in its effect on cardiovascular health. Now I took a closer look at l-arginine from a male potency point of view — and I was surprised at what I found: several preliminary research studies suggesting that l-arginine may be capable of enhancing male sexual performance and reproductive activity.

Basically, l-arginine increases the amount of nitric oxide—an odorless gas made of nitrogen and oxygen—in your system. Why is that important?

Nitric oxide is absolutely necessary for erections. If you don't have enough of it, your erections will be soft and limp—or more likely, nonexistent.

Nitric oxide is found naturally in the body inside the epithelial cells that line the blood vessels. When these cells are stimulated, they release nitric oxide, relaxing your muscles and increasing blood flow.

Researchers at Oxford Radcliffe Hospital discovered that l-arginine achieves relaxation of longitudinal layers of human smooth muscle, leading to immediate synthesis and release of nitric oxide. This action increases blood flow to the penis, resulting in erections that are bigger, harder, and more frequent.

And in a joint study performed by Dr. Adrian Zargniotti and Dr. Eli F. Lizza, 15 men under age 65 with a long-standing inability to have erections were treated with 1400 mg of l-arginine daily for 2 weeks. Six of the men reported a "marked improvement" in their ability to perform sexually with harder and longer-lasting erections. (*The Arginine Solution*, p. 128)¹

Another great thing about l-arginine is that this "vasodilator" effect, in addition to these effects helps promote better cardiac and circulatory system health throughout the body.

It seems that, without meaning to, I had discovered "nature's erection pill"...l-arginine. Potence™—my new male potency formula—contains 2,200 mg l-arginine per daily dosage. That's more than any other male potency supplement I've ever seen...but still comfortably within the safe dosage I

¹ *The Arginine Solution* by Robert Fried, Ph.D. and Woodson C. Merrell, M.D. Warner Books 1999, p. 128)

recommend.

But many of the men to whom I recommended l-arginine also take other supplements I suggested. Could these substances also have a beneficial effect on erectile function and sexual performance? Could taking them in conjunction with l-arginine synergistically multiply its potency effects?

I continue my research to perfect my formula.

I had already been giving Bioperine—a black pepper extract—to many of my patients who take other vitamins and herbs, because it seems to increase the bioavailability of the ingested nutrients.

Pepper is a thermo-nutrient, which means it boosts your body's metabolism, enabling it to absorb nutrients more effectively. One study, for example, showed that a daily dose of Bioperine increased the bioavailability of vitamin C by over 39%. In another trial, Bioperine increased blood levels of fat-soluble beta-carotene by 60% during 14 days of supplementation.

In addition, many people believe pepper to be a sexual stimulant. In 1970, following an outbreak of sexual offenses in prisons, the Peruvian government banned the serving of hot pepper sauces in prison cafeterias, claiming that they aroused sexual desires and were therefore inappropriate fare. The Turks used crushed red peppers in love potions. Brahmacharya, the principles for attainment of purity of soul and body, forbid India's young Brahmans from eating hot peppers. The peppers were believed to produce too much heat in the body system, making blood and sexual fluids watery and the mind restless. (*Peppers*, pp. 8-9)²

Next, we put in 100 mg of nettles. Nettle root, or stinging nettles, are long believed to improve prostate health. A 1993 Warsaw School of Medicine (Poland) study found that nettle root combined with pygeum africanum bark extract significantly reduced urine flow and residual urine, and promoted prostate health.

To this mixture of arginine, Bioperine, and nettles, I added 20 mg niacin, another powerful vasodilator that complements the l-arginine...250 mg muira puama, a herb known as "potency wood"...and 100 mg avena sativa (wild oats), believed by many to increase libido and sexual satisfaction. (The expression "sowing wild oats"

Potence™ Daily Dosage

L-arginine . . .	2,200 mg
Niacin (vitamin B3)	20 mg
Stinging nettles extract	100 mg
Muira puama	250 mg
Avena sativa	100 mg
Bioperine®10 mg



comes from ranchers' observations of stallions becoming friskier after eating the grain.)

I now had a safe herbal potency formula. And it seemed to be working wonders. But . . .

...something was still missing.

From the results achieved, I knew that the optimal combination of male potency nutrients in Potence could make a dramatic improvement

in a man's ability to achieve and maintain an erection.

But as you may know, I'm not only an M.D. specializing in cardiology—I'm also a certified psychotherapist.

My unique background and training help me to treat the "whole person" in a way someone who is only a medical doctor—or only a psychotherapist—cannot.

So I sat down and wrote "Super-Satisfying Sex." This special report—which I give free to every reader who orders Potence—addresses the psychological side of sexual satisfaction, in a way a supplement alone cannot.

In it, I put everything I would tell you if you came to me for psychotherapy and complained of diminished male potency. Including: Vitamins and minerals to boost your sex life...libido-draining drugs you should avoid...how to satisfy your partner every time...exercises to enhance your sexual experience...foods that fuel your sexual desire, drive, and performance...3 ways to enhance romance...the greatest sexual turn-off of all time—and how to avoid it...and more.

Now, you can't buy this informative little book anywhere, at any price. Right now, it is only available as part of my Potence program.

Get the Potence™ program and save money while you revitalize your love life.

The ingredients in Potence are the same ones I strongly recommend in my articles—and the same ones I recommend as an M.D. to my private patients in my medical office.

And the advice I give in "Super-Satisfying Sex" is the same I'd give you, in my role as a certified psychotherapist, if you came to me for private counseling. We plan to offer this special report later on for \$19.95. But it's yours absolutely FREE when you order Potence on a risk-free trial basis.

²Peppers by Amal Naj, Random House Books 1992, pp. 8-9

(continued)

Before Potence, if you wanted to take the optimum combination of potency supplements I recommend in my articles, you'd have to buy bottles of the 6 different supplements!

Now Potence gives you the perfect daily dosage of each key ingredient in a single tablet, at a cost of less than \$25 a month for all 6 ingredients. That's quite a savings over purchasing them individually.

100% guaranteed.

Unlike mail-order vitamin sellers or Internet pharmacies, I stand behind every product I recommend in each Optimum Health Nutritional Update. And that's certainly the case with Potence.

Send for Potence today. Read my special report, "Super-Satisfying Sex." Start taking the tablets. Then judge for yourself. (When it comes to male potency, there's little question of whether something works or not—if it does, the proof is immediately visible!)

If, at any time, you ever feel my Potence program

is not getting the results you want—giving you harder and longer-lasting erections, increased sexual drive and desire, and better bedroom performance and enjoyment—simply return the unused portion, or even the empty container. We will give you a complete refund of every penny you paid, no questions asked.

So don't wait! Renewed sexual potency and a restored love life are just around the corner. To get Potence now, call toll-free 800-304-1708. You—and your special someone—will be glad you did.

Sincerely

Stephen Sinatra M.D.

Stephen Sinatra, M.D.

P.S. Even if you return Potence for a full refund, the bonus report, "Super-Satisfying Sex," is yours to keep...our way of saying "thanks" for giving Potence a try.

Super Satisfying Sex

Stephen Sinatra M.D.

Potence™ Order Certificate

YES! Please send me Potence™ and the Free Special Report — "Super-Satisfying Sex" (a \$14.95 retail value) — according to the terms indicated below, and shipped in a plain white carton:

	TOTAL
<input type="checkbox"/> GOOD DEAL! 1-month supply (Item # MP14): \$19.95 — SAVE \$5.00! This includes: • A one-month supply of Potence • The Special Report, <i>Super-Satisfying Sex</i> (a \$14.95 value)	_____
<input type="checkbox"/> BETTER DEAL! 3-month supply (Item # MP34): \$54.95 — SAVE \$20.00! This includes: • A three-month supply of Potence • The Special Report, <i>Super-Satisfying Sex</i> (a \$14.95 value)	_____
<input type="checkbox"/> BEST DEAL by far! 6-month supply (Item # MP64): \$99.95 — SAVE \$50.00 This includes: • A six-month supply of Potence • The Special Report, <i>Super-Satisfying Sex</i> (a \$14.95 value)	_____
Shipping & Handling	\$5.95
TOTAL AMOUNT	_____



Order by January 31, 2000 and SAVE UP TO 40% on your first shipment of Potence!

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Enclosed is my check for \$ _____ (Made payable to Optimum Health)

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