

HERBS FOR MALE HEALTH

Saw Palmetto:

Known to be beneficial for prostate health, and in preventing an enlarged prostate later in life. May help prevent baldness!

Maca:

A highly nutritious source of vitamins and minerals. It has been used to increase fertility and libido in men and women. It also helps to increase endurance and memory.

Ashwagandha:

Has an effect on the brain helping with memory and cognitive function while also relieving stress and inflammation.

Can help reduce blood pressure and create positive changes to the immune system.

Nettle Root:

A highly beneficial herb with many vitamins and minerals. May lower blood pressure and aid in blood sugar control.

It has been known to reduce inflammation decrease the risk of an enlarged prostate.

Find more info at

www.theathomeapothecary.com