

Erectile Dysfunction

DNA Health Report

REPORT CATEGORY —



SEXUAL HEALTH

Sample Client

Report date: 15 January 2026

Powered by

 omicsege

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

10 Your recommendations

60 Next Steps

- 60 Your Lab Results

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

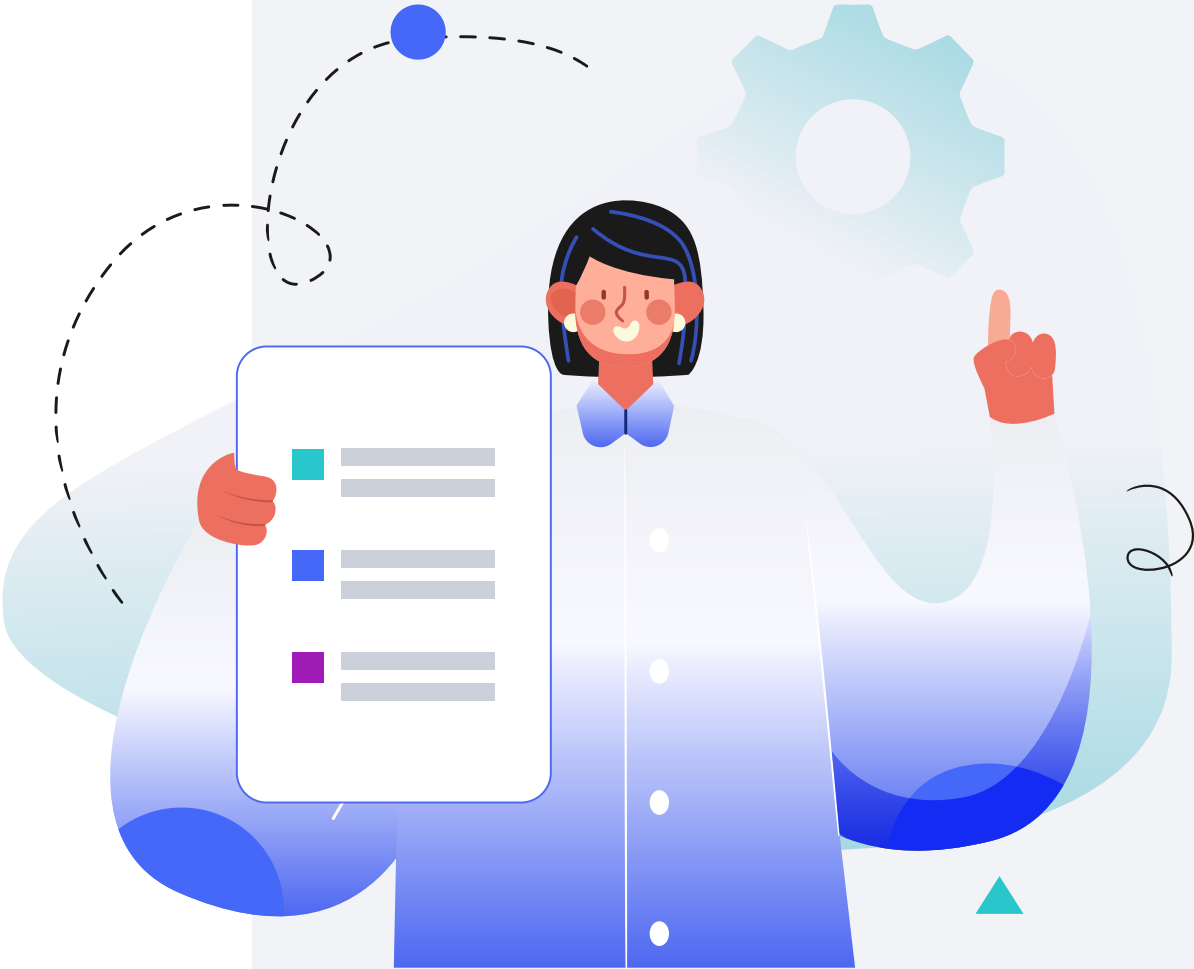
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Voulez-vous coucher avec moi ce soir?

When it’s on, it’s on. That is, unless you can’t get it up.

Performance issues are surprisingly common [\[R\]](#).

Despite this, a flaccid penis at the wrong time can cause a lot of awkwardness.

When this occurs, both partners tend to blame themselves. **But a lot of factors can influence your ability to rise to the occasion** [\[R\]](#), [\[R\]](#).

You’ve probably heard about a lot of these factors, like drinking excessive alcohol (whiskey has a particularly strong reputation for this) and performance anxiety. Certain health conditions may also play a role [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

A lesser known factor that may influence the risk of impotence is genetics [\[R\]](#).

For example, carrying a certain variant of the [NOS3](#) gene can lead to increased blood vessel damage, especially if you’re a smoker. Poor vascular health can contribute to erectile dysfunction [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Alternatively, a variant of the [GNB3](#) gene has been linked to erectile dysfunction and obesity. If you carry this variant, you may need to take particular care to manage your weight to support a strong phallus [\[R\]](#), [\[R\]](#).

Getting down and dirty shouldn’t be a challenge. Let your DNA put in the hard work.

Read on to find out more about:

- **How your genetics play a role in erectile dysfunction**
- **Your genetic risk score based on almost 11,000 genetic variants**
- **Personalized recommendations based on your genetics**

About Erectile Dysfunction

Erectile dysfunction is an inability to achieve or maintain an erection. It can be caused by issues with blood flow in the penis. It may also be caused by problems with nerves, hormones, or mental health [\[R\]](#), [\[R\]](#), [\[R\]](#).

Up to 77% of men may have erectile dysfunction at some point in their lives. This number seems to peak between the ages of 60-70 [\[R\]](#).

Risk factors for erectile dysfunction include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Older age
- Smoking cigarettes
- Obesity
- Stress
- Some medications
- Health conditions (e.g., heart disease, diabetes, and depression)

The above conditions are becoming increasingly common around the world. This increase may be why erectile dysfunction is also on the rise [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

To manage erectile dysfunction, a doctor looks for and tries to treat the underlying cause [\[R\]](#).

Treatment options for erectile dysfunction include [\[R\]](#), [\[R\]](#):

- Medication
- Counseling
- Penis pumps
- Implants

About 40% of differences in people’s chances of developing erectile dysfunction may be attributed to genetics. Genes involved may influence [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Hormones
- Blood flow
- “Feel-good” brain chemicals



TYPICAL LIKELIHOOD

Typical likelihood of erectile dysfunction based on 1,731 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
POU5F1B	rs201885483	GG
ALCAM	rs9810233	AG
PDK1	rs836589	GA
PHACTR2	rs6931865	AG
HOXB8	rs559612720	TT
SIM1	rs17185536	CC
SIM1	rs57989773	TT
ANTXR2	rs71612990	TT
BIN1	rs148033183	TT
ABCC4	rs117651201	AA
EBF2	rs113716552	CC
S1PR1	rs76296920	AA
NNMT	rs145841294	GG
TREM2	rs112759925	CC
DMRT2	rs141514244	GG
MYO3A	rs181370779	AA
FNDC3A	rs78447716	AA
ABCC4	rs74915652	GG
DIP2C	rs72774565	CC
ATP5MK	rs113174040	GG
TAF4	rs112189530	CC
/	rs150479690	GG
GAD1	rs116136706	GG
MED13L	rs79670289	CC

GENE	SNP	GENOTYPE
MYO1B	rs114160266	AA
LRATD2	rs148856889	GG
RIOK2	rs542258286	CC
/	rs117183273	AA
SDCBP2	rs78358934	TT
SLITRK5	rs74435896	CC
/	rs71591392	CC
JMY	rs151154234	TT
CTNNA2	rs185236849	TT
/	rs114615131	CC
PAEP	rs145840432	GG
JMJD1C	rs147959008	GG
MAP2K6	rs117578689	TT
PRKAA1	rs115140914	GG
GLI2	rs184766810	CC
LMO4	rs115783895	CC
EXOC6B	rs115038367	TT
EXOC6B	rs185879164	TT
/	rs12994251	CC
CLSTN2	rs9850224	GG
DCLK3	rs950146	TG
F13B	rs2990510	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Aerobic Exercise (Cardio)	1 hour	2	Exercise At Least One Hour a Day	1 hour
3	Sex Therapy		4	Practice Exercise Snacks	1 minutesute
5	Psychotherapy	1 hour	6	Couples Therapy	1 hour
7	Cognitive-Behavioral Therapy (CBT)		8	Avoid Cannabis	
9	Mindfulness Meditation	30 minutes	10	Avoid Illicit Drugs	
11	Avoid Opioid Drugs		12	Shock Wave Therapy	
13	Leafy Green Vegetables		14	Mediterranean Diet	
15	Maintain Optimal Vitamin D Levels	1000 iu	16	Biofeedback	
17	Sleep for 7+ Hours		18	Relaxation Techniques	30 minutes
19	Dietary L-Arginine		20	Beetroot	
21	L-Carnitine	500 mg	22	Methylfolate	400 mcg
23	Fruits And Vegetables		24	Tribulus	250 mg
25	Tongkat Ali	200 mg	26	Propionyl-L-Carnitine	500 mg
27	Zinc	10 mg	28	Avoid Cadmium Exposure	
29	Maca	2 g	30	Yoga	30 minutes
31	Damask Rose Oil	3 drops	32	Pistachios	

33	Vitamin E	200 iu	34	Low-Carbohydrate Diet	
35	Hyperbaric Oxygen Therapy	90 minutes	36	Niacin Supplements	20 mg
37	Butea Superba Root	100 mg	38	L-Citrulline	3 g
39	SAM-e	200 mg	40	Cistanche	300 mg
41	Fenugreek	500 mg	42	Pycnogenol	100 mg
43	Sulbutiamine		44	Alpinia Galanga	300 mg
45	Topical Saffron		46	Mindfulness	30 minutes
47	Coenzyme Q10 (CoQ10)	100 mg	48	Avoid Exposure to Heavy Metals	
49	Avoid Organophosphate Pesticide Exposure		50	Fadogia Agrestis	

1



Aerobic Exercise (Cardio)

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Two meta-analyses (the most recent one with 7 trials and 478 participants) concluded that exercise interventions improve erectile function. Aerobic exercise of moderate-to-vigorous intensity was found most effective [\[R\]](#), [\[R\]](#).

Exercise enhances stamina and energy levels, improves self-image, and lifts mood, all of which can lead to greater sexual desire and performance [\[R\]](#).

2



Exercise At Least One Hour a Day

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Exercise may help prevent erectile dysfunction. **Experts say that getting more exercise can support sexual health** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

In line with this, moderate to intense exercise may improve erectile dysfunction [\[R\]](#), [\[R\]](#).

Exercise may help by increasing blood flow in the genitals [\[R\]](#).

3



Sex Therapy

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Engage in sex therapy sessions with a certified sex therapist, typically once a week for a duration of 3 to 6 months, depending on individual progress and need. These sessions can be conducted either individually or as a couple.

Description

Sex therapy is a form of psychotherapy focused on addressing sexual issues and improving sexual function, satisfaction, and intimacy in individuals or couples.

How it helps

In 2 non-placebo-controlled trials of 136 men with erectile dysfunction, internet-based sex therapy improved erectile performance. Psychological therapy can also involve both members of the couple. In a non-placebo controlled trial of 115 men with erectile dysfunction and their partners, two forms of couples therapy (internet-based and face-to-face) were similarly effective [\[R, R, R\]](#).

A meta-analysis of 11 trials and 398 men found that group sex therapy improves erectile dysfunction. Sex therapy was as effective as some other interventions (local injection and vacuum devices) and enhanced the effectiveness of Viagra. In line with this, another meta-analysis (8 studies and 562 men) recommended the combination of sex therapy and Viagra or Cialis as a first-choice treatment for erectile dysfunction [\[R, R\]](#).

In an uncontrolled trial of 30 women with sexual dysfunction, self-evaluation, and sexual diary keeping helped the participants communicate their sexual problems with their partners. However, they didn't experience improvements in sexual function [\[R\]](#).

Internet-based counseling and psychological interventions improved sexual and relationship function in 2 uncontrolled trials of 97 women with sexual dysfunction [\[R, R\]](#).

Psychoeducation sex counseling improved sexual desire, sexual arousal, vaginal moisture, sexual satisfaction, and overall sexual function in 2 non-placebo-controlled trials of 160 women [\[R, R\]](#).

Sex therapy may help by addressing psychological issues like stress, anxiety, and relationship problems that may contribute to erectile dysfunction. Through therapy, individuals or couples can learn coping strategies, improve communication, and foster a better sexual relationship.

4



Practice Exercise Snacks

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Integrate short bursts of physical activity, each lasting about 1 to 2 minutes, into your daily routine at least two to three times a day. These 'exercise snacks' can include activities like doing a set of stairs, rapid bodyweight exercises, pull-ups, push-ups, sit-ups, or brisk walking.

TYPICAL STARTING DOSE

1 minutesute

Description

Staying physically active is essential for maintaining overall health and well-being. **Exercise snacks** are brief, frequent bursts of physical activity integrated into daily routines, helping combat the health risks associated with prolonged sitting and sedentary behavior, such as obesity and cardiovascular issues. Examples include taking the stairs or doing quick exercises during work breaks.

Staying active can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

Exercise snacks are short, quick bursts of physical activity performed throughout the day, designed to break up prolonged periods of sitting or inactivity. These brief bouts of exercise can be as short as a few minutes and are incorporated into daily routines to boost overall physical activity levels.

Exercise snacks are crucial for health because they combat the negative effects of sedentary behavior, such as prolonged sitting, which is associated with an increased risk of obesity, cardiovascular diseases, diabetes, and musculoskeletal issues. They help improve blood circulation, regulate blood sugar levels, and enhance mood and cognitive function.

Examples of exercise snacks include taking the stairs instead of the elevator, doing a few minutes of bodyweight exercises (e.g., squats or push-ups) during work breaks, or walking briskly for a few minutes after meals. These short, frequent bursts of activity contribute to a more active lifestyle and can significantly benefit overall health by reducing the risks associated with excessive sitting.

How it helps

Three meta-analyses (the most recent one with 24 studies) identified physical activity as a protective factor for erectile dysfunction. One of them found that men with erectile dysfunction had 88.6% lower odds of being physically active, while moderate and high physical activity reduced the risk by 58.7% and 2.4 times, respectively. Physical activity was also associated with a lower risk of female sexual dysfunction [\[R, R, R\]](#).

Physical activity may help by increasing blood flow in the genitals [\[R\]](#).

5



Psychotherapy

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Schedule and attend regular sessions with a licensed psychotherapist, typically once a week for 50-60 minutes, over a period of several months to years depending on your individual needs and progress. Consistency is key, and the duration can vary widely based on personal goals and the type of psychotherapy being practiced.

TYPICAL STARTING DOSE

1 hour

Description

Psychotherapy is a broad term for therapeutic approaches that address mental and emotional health issues through talking and counseling. It can be used to treat a wide range of psychological and emotional challenges.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences and help reduce stress [\[R, R\]](#).

Psychotherapy is a great way to improve many conditions, including [\[R, R, R, R, R, R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Weight problems
- Eating disorders

Cognitive-behavioral therapy (CBT) is a type of psychotherapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Mental health problems are common causes of erectile dysfunction. Experts agree that psychotherapy (talk therapy) may help by supporting mental health [\[R, R, R, R, R, R, R, R, R\]](#).

Types of talk therapy that may support sexual health include [\[R, R, R\]](#):

- Couples therapy
- Cognitive-behavioral therapy (CBT)
- Group therapy

6



Couples Therapy

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Schedule weekly 1-hour sessions with a licensed couples therapist for a minimum of 12 weeks. These sessions can be held in the therapist's office or via a secure online platform, depending on preferences and availability.

TYPICAL STARTING DOSE

1 hour

Description

Couples therapy is a form of psychological counseling aimed at improving communication and resolving conflicts in relationships. It can help couples strengthen their emotional bonds, resolve issues, and improve overall relationship satisfaction.

How it helps

A study of 37 couples engaging in a brief combined sex and relationship therapy for male erectile disorder found significant improvements in target symptoms, sexual satisfaction, and frequency of attempts at sexual activity [\[R\]](#).

In a non-placebo controlled trial of 115 men with erectile dysfunction and their partners, two forms of couples therapy (internet-based and face-to-face) were similarly effective [\[R\]](#).

Couples therapy also improved erectile function rehabilitation in 3 non-placebo-controlled trials of 363 men with prostate cancer [\[R\]](#), [\[R\]](#), [\[R\]](#).

Couples therapy may help by addressing psychological components of erectile dysfunction such as anxiety, stress, or relationship issues.

7



Cognitive-Behavioral Therapy (CBT)

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Cognitive-behavioral therapy enhanced the effectiveness of conventional medication in a non-placebo-controlled trial of 60 men with erectile dysfunction [\[R\]](#).

In 3 non-placebo-controlled trials of over 200 men with erectile dysfunction, internet-based cognitive-behavioral therapy improved erectile performance [\[R\]](#), [\[R\]](#), [\[R\]](#).

The combination of cognitive-behavioral therapy and vardenafil improved erectile function and sexual satisfaction better than vardenafil alone in a non-placebo-controlled trial of 30 men with erectile dysfunction [\[R\]](#).

8



Avoid Cannabis

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Stop any form of cannabis use, including smoking, vaping, edibles, and topical applications. If you currently use cannabis, it's recommended to cease usage immediately and seek support or counseling if necessary for cessation.

Description

Avoiding cannabis is advised in situations where its use is prohibited by law or poses health risks, particularly for individuals with a history of substance abuse or mental health conditions. Responsible use and adherence to local regulations are essential to minimize potential negative consequences.

[Cannabis](#) (marijuana) is a plant used for its medicinal and recreational properties. It contains substances called *cannabinoids*, such as [CBD](#) and THC [\[R\]](#).

Cannabis misuse can have long-term consequences, such as [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung damage
- Mental health problems
- Cognitive impairment

How it helps

A meta-analysis of 5 studies concluded that erectile dysfunction was twice as high in cannabis smokers [\[R\]](#).

Cannabis may impair the signal pathways between the brain and the sexual organs.

9



Mindfulness Meditation

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE
30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

A meta-analysis of 15 studies found that mindfulness meditation improved arousal, desire, and sexual satisfaction while reducing fear linked with sexual activity. However, it had no effects on pain during intercourse [R, R].

Mindfulness meditation may help by reducing stress and anxiety.

10



Avoid Illicit Drugs

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Refrain from using any illegal substances, including but not limited to, narcotics, stimulants, hallucinogens, and cannabis where it's not legalized. This means not purchasing, possessing, or consuming these substances in any form or amount. Commit to this practice indefinitely for long-term health benefits.

Description

Avoiding the use of illicit drugs is essential for preserving physical and mental health, as these substances can lead to addiction, mental health disorders, and other physical health issues. Abstaining from their use supports a safer and healthier lifestyle.

Illicit drugs are highly addictive, illegal drugs. Examples include **marijuana, cocaine, meth, and MDMA (ecstasy)**. The term can also refer to a non-medical use of drugs that are legally available (e.g., medical marijuana in some countries and states) [\[R\]](#).

Illicit drug use can have a **devastating impact on all aspects of your health and wellbeing**. It can lead to [\[R\]](#):

- Dependence and addiction
- Injury and accidents
- Health and sleep problems
- Problems in family and social life

How it helps

According to experts, taking certain drugs such as opioids, cocaine, and cannabis can cause and worsen erectile dysfunction [\[R\]](#).

For instance, erectile dysfunction is a well-known adverse effect of opioid painkillers [\[R\]](#), [\[R\]](#).

Erectile dysfunction is also common among both subjects consuming opioid drugs such as heroin and those on opioid agonist therapy [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

A study of 80 men attending a substance use disorder treatment unit found that 62% of cocaine and alcohol abusers had erectile dysfunction [\[R\]](#).

A meta-analysis of 5 studies concluded that erectile dysfunction was twice as high in cannabis smokers [\[R\]](#).

11



Avoid Opioid Drugs

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Do not use opioid medications unless prescribed by a healthcare provider for specific medical conditions where pain management is necessary, and even then, use them only as directed for the shortest possible duration.

Description

Avoiding the misuse and addiction to opioids is essential for physical and mental well-being, as these drugs can lead to dependence, overdose, and serious health consequences. Responsible use and adherence to medical advice are crucial for managing pain and avoiding opioid-related risks.

How it helps

According to experts, taking certain drugs such as opioids can cause and worsen erectile dysfunction [\[R\]](#).

For instance, erectile dysfunction is a well-known adverse effect of opioid painkillers [\[R\]](#), [\[R\]](#).

Erectile dysfunction is also common among both subjects consuming opioid drugs such as heroin and those on opioid agonist therapy [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Opioids have a strong impact on the hypothalamic-pituitary-gonadal axis, which can lower testosterone levels.

12



Shock Wave Therapy

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Schedule and attend sessions for extracorporeal shock wave therapy (ESWT) with a qualified healthcare provider. Typically, treatments may involve 1 to 3 sessions a week over a span of 3 to 4 weeks, depending on the condition being treated and the severity of symptoms.

Description

Extracorporeal shockwave therapy is a medical treatment that uses shockwaves to stimulate healing and reduce pain in various musculoskeletal conditions. It is often used for conditions such as plantar fasciitis and tendinitis.

In extracorporeal shockwave therapy, sound waves are emitted and passed through parts of the body. Doctors use it to help reduce pain and stimulate tissue recovery in people [\[R\]](#), [\[R\]](#).

How it helps

Multiple meta-analyses (the largest one with 14 studies and 833 participants) found low-intensity technique extracorporeal shockwave therapy effective for erectile dysfunction both in the short and long term. However, many of them pointed out the need for longer, better-quality trials [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Low-intensity shockwave therapy may help by repairing and strengthening the blood vessels, thus increasing blood flow.

13



Leafy Green Vegetables

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Incorporate at least one serving of leafy green vegetables, such as spinach, kale, or Swiss chard, into your diet daily. This can be done by adding them to salads, smoothies, or as a side dish to your meals.

Description

Leafy green vegetables like spinach and kale are packed with vitamins, minerals, and antioxidants. Incorporating them into your diet can promote overall health by providing essential nutrients, supporting digestion, and reducing the risk of chronic diseases like heart disease and certain cancers.

Leafy green vegetables, also called leafy greens, or greens, are edible plant leaves, which can include stalks and shoots as well. Common examples include: lettuce, spinach, kale, chard, endive, and fennel.

Leafy greens contain a host of vitamins and minerals, as well as fiber. Most of them are a particularly good source of vitamin K.

How it helps

In 2 studies of ~26,500 men followed up for 10 years, a frequent intake of at least 50 mg/day of fruits and vegetables was associated with a reduced incidence of erectile dysfunction [\[R\]](#), [\[R\]](#).

In a study of 1,466 diabetic men, the risk of erectile dysfunction was reduced by 10% with each additional serving of fruit or vegetable consumed per day [\[R\]](#).

Leafy greens are rich in nitrates, which the body converts to nitric oxide [\[R\]](#).

14



Mediterranean Diet

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

Following a healthy diet may benefit men’s sexual health. One such diet is the Mediterranean diet [\[R, R, R, R, R, R, R, R, R\]](#).

The Mediterranean diet is rich in fruits and vegetables. Eating more fruits and vegetables may reduce the odds of erectile dysfunction [\[R, R, R, R, R\]](#).

Healthy eating may help by [\[R, R, R\]](#):

- Decreasing oxidative stress
- Increasing arginine, a compound that helps improve blood flow
- Improving underlying health conditions

15



Maintain Optimal Vitamin D Levels

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Low vitamin D levels may be linked to erectile dysfunction. However, some studies didn’t find this link [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Vitamin D supplements may improve erectile dysfunction in people with initially low vitamin D levels [\[R\]](#), [\[R\]](#).

Vitamin D may help by supporting blood vessel health [\[R\]](#), [\[R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

16



Biofeedback

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

Description

Biofeedback is a type of therapy that teaches people how to control certain body functions, such as heart rate, blood pressure, and muscle tension. It can be used to treat a variety of conditions, including stress, anxiety, and chronic pain.

Biofeedback is a kind of “**brain training**” in which sensors are attached to your body. They detect information like your heart rate, temperature, and breathing rate. By seeing this information, you may be better able to control these functions [\[R\]](#), [\[R\]](#).

Biofeedback is used to help with [\[R\]](#), [\[R\]](#):

- Gut problems
- Chronic pain
- Migraines
- Insomnia
- Attention

[Neurofeedback](#) is a form of biofeedback that measures brain activity in real time [\[R\]](#).

How it helps

Biofeedback training of the pelvic floor muscles improved erectile dysfunction, especially that caused by the surgical removal of the prostate, in 5 non-placebo-controlled trials of 294 men [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

A meta-analysis of 9 studies found biofeedback training generally effective but warned about the low quality of most studies [\[R\]](#).

Low resting heart rate variability has been associated with reduced sexual arousal in women. In a non-placebo-controlled trial of 78 women with reduced sexual arousal, completing 4-6 heart rate variability biofeedback sessions improved arousal and perceived genital sensations [\[R\]](#).

Biofeedback may help by reducing stress and anxiety.

17

Sleep for 7+ Hours

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

Sleep problems are linked to erectile dysfunction. Potential risk factors include [\[R, R, R, R, R, R, R, R\]](#):

- Poor sleep quality
- Getting too little sleep
- Shift work, especially working the night shift
- Obstructive sleep apnea (interrupted breathing during sleep)

Poor sleep may contribute to erectile dysfunction by [\[R, R, R\]](#):

- Worsening mental health
- Decreasing blood vessel function
- Lowering testosterone levels

Sometimes, poor sleep is just a sign of another condition that’s causing erectile dysfunction. Examples include depression and heart disease [\[R\]](#).

18



Relaxation Techniques

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

Stress and anxiety may contribute to erectile dysfunction. Managing stress may help [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Relaxation techniques that may help include yoga and mindfulness [\[R\]](#), [\[R\]](#).

19



Dietary L-Arginine

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate foods high in L-arginine into your daily diet. This includes nuts such as almonds and walnuts, seeds like pumpkin and sesame, meats, dairy products, poultry, and seafood. Aim to include these L-arginine-rich foods in at least two of your daily meals to help meet your body's needs.

Description

L-arginine is an amino acid that plays a role in nitric oxide production, which helps relax blood vessels and may support cardiovascular health. It's also used in supplements for potential benefits in improving blood flow and exercise performance.

How it helps

Watermelon is very rich in the non-essential amino acid citrulline, which the body can use to make NO's precursor arginine. Other citrulline sources include melons, pumpkins, and cucumbers. More directly, arginine-rich foods include chickpeas, peanuts, soybeans, lentils, turkey, or pork loin [\[R\]](#), [\[R\]](#), [\[R\]](#).

L-arginine is an amino acid that can boost nitric oxide production. This can improve blood flow and erectile function.

20



Beetroot

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate beetroot into your diet by eating it raw in salads or drinking beetroot juice. Aim for a serving of about one small beetroot or 200-250 ml of beetroot juice daily. You can maintain this dietary practice consistently as part of your regular diet.

Description

Beetroot is a vegetable rich in dietary nitrates, which may help improve cardiovascular health and exercise performance.

How it helps

Foods that contain nitrates can potentially increase nitric oxide. Nitrates get converted to nitrites, which are then converted into nitric oxide in the body. Vegetables are rich in nitrates and roughly supply 80% of these compounds [\[R\]](#).

Beetroot is the most famous nitrate-rich food. Some other foods rich in nitrates include [\[R\]](#):

- Leafy greens
- Celery
- Broccoli
- Chinese cabbage
- Turnips
- Cucumbers
- Carrots
- Cauliflower
- [Pomegranate](#) juice

Nitric oxide increases blood flow by relaxing the blood vessels and protecting their lining tissue from oxidative stress. Reduced blood flow is a major cause of *organic* (i.e., non-psychological) erectile dysfunction [\[R, R, R\]](#).

21



L-Carnitine

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 500 mg of L-carnitine supplement daily with a glass of water, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

L-carnitine is an amino acid-like compound that plays a role in energy metabolism and helps prevent toxic substances from building up in cells. It is often used in dietary supplements for its potential to support muscle recovery, reduce fatigue, and enhance athletic performance.

[L-carnitine](#) is a compound that helps you burn fat. It also prevents toxic substances from building up in cells [\[R\]](#).

Your body can usually make enough carnitine to meet its needs. You can also get it from **meat and dairy products** [\[R\]](#).

People use L-carnitine for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Overactive thyroid
- Fertility problems
- Blood sugar control
- Weight control

How it helps

Propionyl-L-carnitine (2 g/day) and **acetyl-L-carnitine (2 g/day)** may improve erectile dysfunction. They may help when taken alone or together. However, L-carnitine didn't help in one study [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

L-carnitine may help by decreasing oxidative stress [\[R\]](#), [\[R\]](#).

22



Methylfolate

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take an L-methyl folate supplement (400-800 micrograms daily), ideally with a meal, to improve absorption. This dosage is recommended for adults, including pregnant women, to support overall health, especially to reduce the risk of neural tube defects in developing fetuses. Continue daily use as part of your regular supplement routine.

TYPICAL STARTING DOSE

400 mcg

Description

Folate, a B-vitamin, is crucial for DNA synthesis, cell growth, and the formation of red blood cells. Adequate folate intake supports overall health and reduces the risk of neural tube defects during pregnancy.

Vitamin B9 (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

SelfDecode recommends L-methylfolate as the preferred folate supplement for those who need one. It is superior to folic acid because it doesn't require activation, but the research is still ongoing [\[R\]](#), [\[R\]](#).

How it helps

People with erectile dysfunction tend to have lower levels of folate. This may apply most to young men and those with severe dysfunction [\[R\]](#).

Taking folate may improve erectile dysfunction [\[R\]](#), [\[R\]](#), [\[R\]](#).

It may help by supporting normal blood vessel function [\[R\]](#).

Please note: *You shouldn't consume more than 1,000 micrograms of folate from supplements per day* [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Your **MTHFR** gene variant may be linked to erectile dysfunction. This variant likely reduces the amount of active folate [\[R\]](#), [\[R\]](#). Folate supplements may help make up for this effect.

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
MTHFR	rs1801133	AA	

23



Fruits And Vegetables

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Increase your intake of fruits and vegetables to at least five servings per day, aiming for a variety of types and colors to ensure a broad range of nutrients. Each serving size should roughly be the amount you can fit in one hand. Try to incorporate at least one serving of fruits or vegetables into every meal and snack throughout the day.

Description

A diet rich in fruits and vegetables provides essential nutrients, antioxidants, and dietary fiber. This combination supports overall health, helps maintain a healthy weight, and reduces the risk of chronic diseases such as heart disease and certain cancers.

How it helps

In 2 studies of ~26,500 men followed up for 10 years, a frequent intake of at least 50 mg/day dietary flavonoids from fruits and vegetables was associated with a reduced incidence of erectile dysfunction. In one of them, men with a high intake of fruits had a 14% lower risk of erectile dysfunction [\[R\]](#), [\[R\]](#).

In a study of 1,466 diabetic men, the risk of erectile dysfunction was reduced by 10% with each additional serving of fruit or vegetable consumed per day [\[R\]](#).

Fruits and vegetables are rich in flavonoids that may help by increasing the production of arginine and nitric oxide, inhibiting the narrowing of the blood vessels, and reducing oxidative stress, among others [\[R\]](#).

24



Tribulus

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 250-1500 mg of Tribulus terrestris extract daily, divided into one to three doses, with meals. Start with the lower dose to assess tolerance and gradually increase as needed. This regimen can be followed for up to 90 days, after which a break or reassessment is recommended.

TYPICAL STARTING DOSE
250 mg

Description

Tribulus is an herb commonly used in traditional medicine for its potential to enhance athletic performance and libido. It is believed to contain active compounds like protodioscin, which may contribute to its aphrodisiac and adaptogenic effects.

[Tribulus](#) (*Tribulus terrestris*) grows in parts of Europe, Asia, and Africa. It’s been used in traditional Chinese and Indian medicine for centuries [\[R, R\]](#).

Today, people use tribulus to potentially help with [\[R, R\]](#):

- High blood pressure
- Sexual dysfunction and infertility

How it helps

Tribulus (750 mg/day for 12-13 weeks) may improve erectile dysfunction. However, one study didn’t find any benefits [\[R, R, R, R, R, R\]](#).

Tribulus may help by increasing sex hormone levels and improving blood flow [\[R, R, R, R, R\]](#).

25



Tongkat Ali

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 200-400 mg of Tongkat Ali extract daily, preferably in the morning, to maintain consistent levels in your body. This dosage is typically taken in a single dose or divided into two doses throughout the day. Use for a period of 5-9 weeks followed by a break or as advised by a healthcare professional.

TYPICAL STARTING DOSE

200 mg

Description

Tongkat Ali is a plant native to Southeast Asia. Traditionally and today, its roots have been used as a herbal remedy to boost energy, improve libido, and support overall vitality. It's typically consumed as a tea or in powdered form. The main compounds in Tongkat Ali are quassinoids, which are believed to have potential benefits for hormonal balance and sexual health.

[Tongkat ali](#) or longjack (*Eurycoma longifolia*) is a plant native to Southeast Asia. It has a long history in traditional medicine [\[R\]](#).

Today, people mainly use extracts from its root to support erectile function and fertility [\[R\]](#).

How it helps

Tongkat ali extract (300 mg/day for 12 weeks) may improve sex drive in men. However, its effects on erectile function are mixed [\[R, R, R, R, R\]](#).

Tongkat ali may help by increasing testosterone levels [\[R, R\]](#).

26



Propionyl-L-Carnitine

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 500 mg to 2 g of propionyl-L-carnitine orally with meals to enhance absorption, divided into two or three doses throughout the day. Continue this regimen daily for a minimum of several weeks to observe benefits.

TYPICAL STARTING DOSE
500 mg

Description

Propionyl-L-carnitine is a naturally occurring compound that plays a role in energy production and cardiovascular health. It is often used as a dietary supplement to support circulation and reduce symptoms of conditions like peripheral artery disease.

Propionyl-L-carnitine is a supplement that people use to improve athletic performance, heart health, and more. It provides [L-carnitine](#), a compound that helps your body get energy from fat [\[R, R\]](#).

How it helps

Propionyl-L-carnitine, both alone and combined with acetyl-L-carnitine, enhanced the effectiveness of Viagra and Levitra in 4 controlled trials (2 of them placebo-controlled) of 208 men with erectile dysfunction caused by type 2 diabetes or the surgical removal of the prostate [\[R, R, R, R\]](#).

The combination of propionyl-L-carnitine (2 g/day) and acetyl-L-carnitine (2 g/day) improved erectile function better than hormone therapy with testosterone (160 mg/day) in a 6-month placebo-controlled trial of 120 aging men. In a 3-month uncontrolled trial of 54 men, the combination of propionyl-L-carnitine, acetyl-L-carnitine, and niacin improved erections in 40% of the subjects [\[R, R\]](#).

Propionyl-L-carnitine may help by decreasing oxidative stress [\[R, R\]](#).

27



Zinc

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

10 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

A study of 39 middle-aged men taking the diuretic drug hydrochlorothiazide found that the treatment caused zinc deficiency in 20 patients, which was associated with sexual dysfunction. Supplementation with zinc (500 mg/day for 30 days) restored blood zinc levels and sex function, but only in 8 of the patients [\[R\]](#).

Chronic kidney disease patients may suffer from zinc deficiency from hemodialysis treatment. The resulting testosterone deficiency leads to reduced sex function.

In 2 placebo-controlled trials of 120 men receiving hemodialysis, supplementation with zinc acetate (50 mg/day for 6 months) or zinc sulfate (250 mg/day for 6 weeks) restored zinc and testosterone levels. In one of them, the treatment also improved erection hardness, frequency of intercourse, and sex drive [\[R\]](#), [\[R\]](#).

However, infused zinc was ineffective in 2 trials (one of them placebo-controlled) of 24 men on hemodialysis [\[R\]](#), [\[R\]](#).

A meta-analysis of these studies concluded that zinc supplementation was a promising intervention to improve sex function in men with chronic kidney disease [\[R\]](#).

Zinc may help by assisting testosterone production.

28



Avoid Cadmium Exposure

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

To avoid cadmium exposure, refrain from smoking or exposure to secondhand smoke, reduce consumption of foods high in cadmium like shellfish, liver, kidney meats, and certain leafy vegetables, and use ceramic or glass containers instead of plastic when microwaving food. Limit intake of cadmium-contaminated workplace air by using protective gear if you work in battery manufacturing, welding, or metal refining industries.

Description

Avoiding cadmium exposure is essential to prevent potential health risks associated with this heavy metal, such as kidney damage and increased cancer risk. Reducing exposure to cadmium-containing products and contaminated foods is crucial.

Heavy metals are elements naturally found in the environment. They are also used for agricultural, industrial, and medicinal purposes. Some can even be found in small amounts in your body [\[R\]](#), [\[R\]](#).

Long-term exposure to high amounts of heavy metals can be harmful to your health [\[R\]](#), [\[R\]](#).

Heavy metals that are most often linked to health problems include [\[R\]](#), [\[R\]](#):

- Lead
- Cadmium
- Arsenic
- Chromium
- Mercury

How it helps

A study of 3,681 participants associated high blood cadmium levels with a 50-100% increased risk of erectile dysfunction [\[R\]](#).

Cadmium is known to harm blood vessels, including the ones enabling an erection.

29



Maca

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 1.5 to 3 grams of maca root powder daily, mixed into a glass of water or a smoothie, preferably in the morning. Continue this regimen for at least 6 to 12 weeks to experience potential benefits.

TYPICAL STARTING DOSE

2 g

Description

Maca is a root vegetable native to Peru and is often used as a dietary supplement for its potential to boost energy and enhance sexual function. While research on maca's health benefits is ongoing, it is valued for its potential adaptogenic properties and use in traditional medicine.

Maca (*Lepidium meyenii*) is a plant from the mustard family. It is native to the Andes mountains of Peru [\[R\]](#).

Maca is used as a food. People also take it as a supplement to potentially support [\[R\]](#):

- Sexual function
- Fertility
- Mood

How it helps

Although the effect was small, maca extract (2,400 mg/day) improved sexual well-being in a placebo-controlled trial of 50 men with mild erectile dysfunction [\[R\]](#).

In a small placebo-controlled trial of 14 postmenopausal women, receiving maca powder (3.5 g/day) for 6 weeks improved sexual function, anxiety, and depression without affecting sex hormone levels [\[R\]](#).

Maca is thought to boost libido and increase blood flow, which can improve erectile function.

30



Yoga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

A yoga intervention (2 sessions/week for 6-9 weeks) improved erectile function and other measurements of sexual health in a non-placebo-controlled trial of 50 men with prostate cancer. Similarly, a 12-week yoga intervention improved sexual function (especially arousal and lubrication) in a non-placebo-controlled trial of 41 women with metabolic syndrome [\[R\]](#), [\[R\]](#).

Yoga increases blood flow throughout the body, including to the pelvic area. It also reduces stress and anxiety, which are often contributing factors to erectile dysfunction.

31



Damask Rose Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a few drops (about 3-5) of damask rose oil diluted in a carrier oil, such as almond or coconut oil, to the desired area of the skin twice daily. Continue application daily for a period of at least 8 weeks to observe potential benefits.

TYPICAL STARTING DOSE

3 drops

Description

Damask rose is known for its aromatic properties and is often used in perfumes and cosmetics. Some preparations, such as damask rose mouthwash and oil, may have potential benefits for oral hygiene and skin health due to their pleasant fragrance and potential antibacterial properties.

How it helps

In a placebo-controlled trial of 50 men with erectile dysfunction caused by methadone therapy for opium use disorder, taking Damask rose oil (2 mL/day) for up to 8 weeks improved sexual function and testosterone levels [\[R\]](#).

Damask rose oil may help by stimulating blood circulation and relieving stress.

32



Pistachios

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a handful of pistachios (about 1-2 ounces) into your daily diet. You can add them to your breakfast cereals, salads, or simply snack on them throughout the day. Do this regularly for ongoing heart health benefits and to aid in maintaining a balanced diet.

Description

Pistachios are a type of nut native to Asia but grown extensively in the Mediterranean. They are packed with healthy fats, fiber, protein, and various vitamins and minerals, like vitamins C, B6, and E, as well as potassium, copper, and iron. They are also rich in antioxidant and anti-inflammatory compounds, which can help lower cholesterol levels and support weight management.

The pistachio (*Pistacia vera L*), known as **the “green nut”**, is a nut native to Asia but widely cultivated in the Mediterranean. Pistachios have **low fat content** and high levels of [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Unsaturated fats
- Vitamins (C, B6, E, K, thiamin)
- Minerals (Potassium, copper, iron, and magnesium)

Pistachios also have a high **antioxidant and anti-inflammatory** effect [\[R\]](#).

How it helps

In an uncontrolled trial of 17 men suffering from erectile dysfunction for at least 12 months, consuming 100 g/day pistachio for 3 weeks improved this condition and their blood lipid profile [\[R\]](#).

33



Vitamin E

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200 IU of Vitamin E daily as a supplement, preferably with a meal that contains fat to enhance absorption.

TYPICAL STARTING DOSE

200 iu

Description

Vitamin E is a fat-soluble antioxidant found in various foods, such as nuts and seeds. It is known for its ability to protect cells from oxidative damage, support immune function, and may play a role in skin health. Vitamin E supplements are used to bolster antioxidant defenses and may be beneficial for conditions related to oxidative stress.

[Vitamin E](#) is an antioxidant important for the immune system and for heart health [\[R\]](#).

Plant-based foods have the most vitamin E. These include [\[R\]](#):

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [\[R\]](#).

How it helps

Vitamin E improves erectile dysfunction by enhancing blood flow and protecting blood vessels, which leads to better erectile function. Additionally, it fights inflammation and oxidative stress, which are linked to sexual health problems.

In a 6-month study with 70 patients, Group A, receiving vitamin E and other treatments, had a 50.2% plaque size reduction, improved curvature in 96.6%, and better IIEF scores for those with comorbidities and erectile dysfunction. Meanwhile, Group B (control) showed a smaller plaque reduction (35.8%) and less curvature improvement (48.4%), with an increase in plaque size observed only in the control group [\[R\]](#).

Please note: *While dietary vitamin E is generally considered safe, vitamin E supplements have been linked to prostate cancer. They may also not be the best option for pregnant people. Those who have heart disease, bleeding disorders, or other conditions may also need to avoid them. Consult your doctor before taking vitamin E supplements [\[R\]](#).*

34



Low-Carbohydrate Diet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Limit your daily intake of carbohydrates to less than 26% of your total daily calories. For a standard 2000-calorie diet, this means consuming no more than 130 grams of carbohydrates per day. Focus on including non-starchy vegetables, lean proteins, and healthy fats in your meals while minimizing the intake of sugars, bread, pasta, and other high-carb foods.

Description

Low-carbohydrate diets can promote weight loss, improve blood sugar control, and support heart health. They may also be beneficial for individuals with certain medical conditions, such as epilepsy or metabolic syndrome.

How it helps

A low-carbohydrate diet can help with Erectile Dysfunction by improving blood flow. This occurs because this diet often leads to weight loss and better management of blood sugar and insulin levels, all of which can reduce the risk of blood vessel damage, thus enhancing erectile function.

In a [non-placebo-controlled trial of 18 hypogonadal men with metabolic syndrome](#), eating a low-carb diet for 3 months **increased serum levels of testosterone and improved erectile function** [\[R\]](#).

35

Hyperbaric Oxygen Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Schedule and attend sessions in a hyperbaric oxygen therapy chamber as your doctor prescribes, typically for about 60 to 90 minutes per session. The exact number of sessions required can vary based on the condition being treated, but it often ranges from 20 to 40 sessions, which may be conducted daily or a few times a week.

TYPICAL STARTING DOSE

90 minutes

Description

Hyperbaric oxygen therapy increases the amount of oxygen in the blood and tissues, which can help to improve circulation, reduce inflammation, and promote healing.

How it helps

In a non-placebo-controlled trial of 30 men with erectile dysfunction, receiving 40 daily hyperbaric oxygen therapy sessions improved all IIEF domains by 15-88% and erectile function by 88%. In a non-placebo-controlled trial of 24 men with erectile dysfunction due to posterior urethral reconstruction, hyperbaric oxygen therapy received for 3 months improved erectile function [\[R\]](#), [\[R\]](#).

Hyperbaric oxygen therapy improves the amount of oxygen in the blood, which can lead to improved erectile function.

Please note: Hyperbaric oxygen therapy is a potentially dangerous procedure that should only be performed under medical supervision. People with pneumothorax or congestive heart failure are at especially high risk of adverse effects. Because highly concentrated oxygen can easily catch on fire, avoid potential fire sources around hyperbaric oxygen chambers, oxygen gas cylinders, tanks, and concentrators [\[R\]](#), [\[R\]](#).

36



Niacin Supplements

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a 20 mg niacin supplement daily, preferably with a meal to aid in absorption and minimize potential stomach upset.

TYPICAL STARTING DOSE

20 mg

Description

Niacin is an essential B vitamin that plays a vital role in metabolism, supporting heart health, maintaining healthy cholesterol levels, and promoting overall cellular function when included in a balanced diet or as a supplement.

[Niacin](#) (vitamin B3) is found in many foods. It supports your nervous system, skin, gut, and more [\[R\]](#).

Adults should get **16 mg** of niacin a day, and most people get enough from their diets [\[R\]](#).

Experts recommend getting niacin from food rather than supplements [\[R\]](#), [\[R\]](#).

How it helps

In a placebo-controlled trial of 160 men with erectile dysfunction, taking a high dose (1500 mg/day) of niacin for 12 weeks improved erectile function in moderate to severe (but not in mild to moderate) cases [\[R\]](#).

Supplementation with niacin, propionyl-L-carnitine, and L-citrulline for 3 months caused small but significant improvements in a placebo-controlled trial of 54 men with erectile dysfunction [\[R\]](#).

Niacin may help by increasing blood flow and reducing inflammation.

37



Butea Superba Root

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a butea superba root supplement, following the dosage suggested on the product label, usually ranging from 100 to 500 mg per day. It is best consumed with water, preferably after a meal to enhance absorption. Continue this regimen for at least 3 months to evaluate its effects on your body.

TYPICAL STARTING DOSE

100 mg

Description

Butea Superba Root is a vine plant found in Asia often used in traditional medicine. It's famous for enhancing male performance and vitality. It also helps in promoting bone health, boosting energy levels, and improving mood. In essence, it provides a natural way to keep your body healthy and energetic. It's best to consult with a health professional prior to use.

How it helps

Butea superba tuber powder (250 mg, 2x-4x/day) improved erectile dysfunction in 82% of the 39 men participating in a 3-month placebo-controlled trial. A product with 100 mg *Butea superba* was at least as effective as Viagra in a non-placebo-controlled trial of 32 men with erectile dysfunction [\[R\]](#), [\[R\]](#).

Butea superba is rich in flavonoids that can stimulate the production of sexual hormones.

38



L-Citrulline

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1.5 to 5 grams of L-citrulline supplements per day, orally, with or without food. This dosage can be taken all at once or divided into two to three smaller doses throughout the day. It's generally recommended to start at the lower end of the dosage range and adjust based on your body's response.

TYPICAL STARTING DOSE

3 g

Description

L-citrulline is an amino acid that may help improve blood flow and reduce muscle soreness, making it a popular supplement for athletes and individuals with certain cardiovascular conditions. Its potential to enhance nitric oxide production supports vascular health and overall circulation.

[Citrulline](#) is an amino acid (protein building block). Citrulline can be found in foods like [R](#), [R](#), [R](#), [R](#), [R](#):

- Watermelon
- Pumpkins
- Cucumber
- Bitter melon

The body uses L-citrulline to produce nitric oxide, a compound that helps widen blood vessels. It is important for heart and sexual health [R](#), [R](#), [R](#).

L-citrulline is commonly used as supplement to support [R](#):

- Blood vessel health
- Muscle health
- Metabolic health
- Sexual health

How it helps

In a study of 24 older men with mild erectile dysfunction, L-citrulline increased the hardness of erections and restored normal erectile function in 12 of them. The men also reported having more sex and were satisfied enough to continue taking L-citrulline instead of getting a prescription for Viagra [R](#).

A multi-herbal complex with L-citrulline (1600 mg/day), ginger root, guarana, and muira puama, improved erectile function, libido, and sexual satisfaction in a 2-month placebo-controlled trial of 54 healthy middle-aged men [R](#).

L-citrulline is used to make nitric oxide in the body. This molecule improves blood flow to the penis by relaxing the blood vessels [R](#), [R](#).

39



SAM-e

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 400-1600 mg of SAM-e as a supplement daily, preferably on an empty stomach to enhance absorption. It is often recommended to start with low dosage and observe how your body responds over a few weeks, adjusting as necessary under the guidance of a healthcare provider.

TYPICAL STARTING DOSE

200 mg

Description

SAM-e is a chemical that helps maintain liver and brain health. Your body makes SAM-e from the amino acid *methionine*, but it’s also available as a supplement [\[R\]](#).

SAM-e supplementation may help with:

- Joint pain [\[R\]](#)
- Liver disease [\[R\]](#)
- Depression [\[R\]](#)

Please note: SAM-e may not be safe for people with a bipolar disorder. It may also interact with 5-HTP, St. John’s wort, and different medications. Combining it with antidepressants can be dangerous and even life-threatening. Never take SAM-e supplements without consulting your doctor [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

In a 6-week placebo-controlled trial, using SAM-e as an add-on to antidepressant treatment improved erectile dysfunction and sex drive independent of its effects on depressive symptoms [\[R\]](#).

SAM-e may help by improving mood and reducing anxiety, both of which can worsen erectile function.

40



Cistanche

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a Cistanche supplement daily with a glass of water, typically in doses ranging from 300 to 600 mg. It is often used continuously for a period of several weeks to a few months to observe potential benefits.

TYPICAL STARTING DOSE

300 mg

Description

Cistanche is an herbal remedy used in traditional medicine for its potential to enhance energy and sexual health. It contains bioactive compounds that may support vitality and overall well-being.

How it helps

In a placebo-controlled trial of 61 patients with mild to moderate erectile dysfunction, taking a multi-ingredient supplement with cistanche (150 g) for 2 weeks improved erectile function and was well-tolerated [\[R\]](#).

Cistanche may improve blood circulation and increase testosterone levels. This supplement is said to facilitate vasodilation and boost libido, thus potentially benefiting those with erectile dysfunction.

41



Fenugreek

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 500 mg fenugreek supplement daily, preferably with a meal to aid in digestion and absorption.

TYPICAL STARTING DOSE

500 mg

Description

Fenugreek is an herb and spice commonly used in traditional medicine for its potential to support digestive health, regulate blood sugar levels, and promote lactation in nursing mothers. Its compounds, such as soluble fiber and fenugreek seeds, contribute to its various health benefits.

[Fenugreek](#) is a leafy green legume originating from central Asia. Its leaves and seeds are both used in cooking. Some people also use the seeds to make tea [\[R\]](#), [\[R\]](#).

People use fenugreek tea or supplements for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reproductive health
- Blood sugar control
- Decreasing cholesterol

How it helps

The fenugreek extract Fursoap (500 mg/day) increased erection, free (but not total) testosterone, sex drive, and sperm quality in a 12-week placebo-controlled trial of 50 healthy men [\[R\]](#).

The combination of fenugreek seed and *Lespedeza cuneata* (200 mg, 2x/day) improved erectile function and testosterone (both free and total) levels in an 8-week placebo-controlled trial of 88 men with testosterone deficiency [\[R\]](#).

A drink containing the commercial fenugreek extract Testofen (600 mg/day), L-citrulline, resveratrol, and caffeine improved erection firmness, frequency, and confidence, sexual desire, and intercourse satisfaction in a 14-day placebo-controlled trial of 20 men with sexual dysfunction [\[R\]](#).

Fenugreek contains compounds that can be used to make sex hormones in the body.

42



Pycnogenol

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 100 mg of pycnogenol supplement daily. This can be taken in a single dose or divided into two doses of 50 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE
100 mg

Description

Pycnogenol (pine bark extract) is derived from the bark of the maritime pine (Pinus pinaster). It has been used in traditional n European folk medicine for centuries, and more recently as a supplement. The extract contains a group of bioactive compounds known as proanthocyanidins, which may be beneficial in supporting cardiovascular health, promoting skin health, and aiding in the management of various conditions related to inflammation and oxidative stress.

Pycnogenol comes from the bark of pine trees that grow in the Mediterranean [\[R\]](#), [\[R\]](#).

It may improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Athletic performance
- Seasonal allergies
- Cognitive function
- Joint health
- Varicose veins

How it helps

Pycnogenol can boost nitric oxide production, which helps with blood flow, an essential element for achieving an erection. This process can provide a natural aid to men experiencing erectile dysfunction.

In a [placebo-controlled trial of 53 patients with erectile dysfunction](#), supplementation with pycnogenol for 3 months **improved erectile function** [\[R\]](#).

In a [placebo-controlled trial of 124 patients with moderate erectile dysfunction](#), taking a supplement with pine bark extract and l-arginine aspartate for 6 months **increased erectile function and serum testosterone (by 3 nmol/L)** [\[R\]](#).

A combination of Pycnogenol®, roburins, L-arginine, and L-citrulline taken for 1 month **restored erectile function** in a [placebo-controlled trial of 50 men with moderate erectile dysfunction](#) [\[R\]](#).

43



Sulbutiamine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200-600mg of sulbutiamine daily, preferably in the morning or early afternoon to avoid interference with sleep. It can be taken with or without food. For best results, it's recommended not to use it continuously for longer than one month without a break.

Description

Sulbutiamine is a synthetic derivative of thiamine (vitamin B1) known for its potential cognitive-enhancing properties such as mental alertness and memory.

How it helps

In an uncontrolled trial of 20 patients with erectile dysfunction, supplementation with sulbutiamine for 30 days **increased the erectile function index from 17.5 to 24.8 points in 16 of the patients** [R].

44



Alpinia Galanga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take an Alpinia galanga supplement with a glass of water, following the dosage instructions on the product label, typically ranging from 300 to 500 mg, once daily. It's important to consult with a healthcare provider before starting any new supplement regimen, especially if you are pregnant, nursing, or have existing health conditions.

TYPICAL STARTING DOSE

300 mg

Description

Alpina galanga, commonly known as greater galangal, is a tropical plant native to Southeast Asia. Its rhizomes are used in traditional medicine for their potential to alleviate digestive issues, stimulate appetite, and reduce inflammation. The main chemical compounds in *Alpinia galanga* include essential oils like cineole and terpinolene.

How it helps

In a placebo-controlled trial of 60 men taking serotonin reuptake inhibitors, supplementation with *Alpinia galanga* (500 mg/day) for 4 weeks improved erectile function [R].

Alpinia galanga may help by improving blood flow to the penis and enhancing libido. These effects are primarily due to its active compound, 1'-acetoxychavicol acetate, which has proven vasodilation and sex-enhancing properties.

45



Topical Saffron

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a thin layer of saffron-infused cream or oil directly to the affected area of the skin once or twice daily. Continue this application regularly for at least 4 to 6 weeks to observe potential benefits.

Description

Saffron extract is derived from the saffron crocus flower and contains compounds like crocin and safranal. It is used topically for its potential to brighten skin tone and improve complexion, addressing concerns related to uneven skin pigmentation.

How it helps

Applying saffron gel on the penis significantly improved sexual function and increased the frequency of erections in a one-month placebo-controlled trial of 50 diabetic men with erectile dysfunction [R].

Topical saffron may help by improving blood flow and stimulating the sexual response.

46

Mindfulness

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Stress and anxiety may contribute to erectile dysfunction. Managing stress may help [R, R, R, R].

Relaxation techniques that may help include yoga and mindfulness [R, R].

47



Coenzyme Q10 (CoQ10)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a 100 mg Coenzyme Q10 (CoQ10) supplement once daily with a meal that contains fat for better absorption.

TYPICAL STARTING DOSE

100 mg

Description

Coenzyme Q10 (CoQ10) is a naturally occurring antioxidant that plays a crucial role in cellular energy production. It is often taken as a supplement to support heart health, improve energy levels, and provide antioxidant protection, especially for individuals with certain medical conditions or as they age.

[Coenzyme Q10](#) (CoQ10) is a compound that helps enzymes work better. By doing so, CoQ10 helps improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Energy levels
- Antioxidant protection
- Heart health
- Muscle strength
- Blood sugar control

The amount of CoQ10 made by your body decreases as you get older. Luckily, you can also get it from food or supplements. Good sources of CoQ10 include [\[R\]](#), [\[R\]](#):

- Organ meats
- Fatty fish
- Whole grains

How it helps

Coenzyme Q10 may help by improving energy production and promoting blood flow.

In a placebo-controlled trial of 50 patients with benign prostatic hyperplasia, supplementation with coenzyme Q10 for 8 weeks increased prostate volume and improved erectile function [\[R\]](#).

In a randomized clinical trial with 186 patients, Coenzyme Q(10) (CoQ(10)) supplementation demonstrated safety and efficacy in early chronic Peyronie's disease (PD). Patients receiving 300 mg CoQ(10) daily for 24 weeks showed significant improvements in erectile function, pain during erection, plaque volume, and penile curvature compared to the placebo group. CoQ(10) therapy reduced disease progression, suggesting its potential as a treatment for early chronic PD [\[R\]](#).

48



Avoid Exposure to Heavy Metals

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To avoid exposure to heavy metals, ensure you're not using cosmetic products with heavy metals, opt for organic foods to minimize pesticide exposure, and use filters for drinking water to remove possible contaminants. Check for lead-based paints in older homes and avoid cooking or storing food in uncoated metal containers. When possible, choose glass or BPA-free plastics instead.

Description

Heavy metals are elements naturally found in the environment. They are also used for agricultural, industrial, and medicinal purposes. Some can even be found in small amounts in your body [\[R\]](#), [\[R\]](#).

Long-term exposure to high amounts of heavy metals can be harmful to your health [\[R\]](#), [\[R\]](#).

Heavy metals that are most often linked to health problems include [\[R\]](#), [\[R\]](#):

- Lead
- Cadmium
- Arsenic
- Chromium
- Mercury

How it helps

A study of 1,328 associated high cobalt and antimony levels with respectively 36% and 41% higher risk of erectile dysfunction [\[R\]](#).

Exposure to heavy metals can disrupt hormonal balance and damage blood vessels, which may lead to erectile dysfunction.

49



Avoid Organophosphate Pesticide Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To reduce organophosphate pesticide exposure, buy organic produce when possible, thoroughly wash and peel fruits and vegetables, avoid using chemical pesticides in your home and garden, and wear protective clothing and a mask if you must handle pesticides for agricultural or landscaping work.

Description

Reducing organophosphate exposure involves minimizing contact with pesticides and insecticides containing these chemicals, which can protect against potential health risks such as neurotoxicity and respiratory issues, particularly for individuals working in agriculture or pest control.

Organophosphates (OP) are the most widely used pesticides worldwide. They include [\[R\]](#):

- Parathion
- Malathion
- Chlorpyrifos
- Diazinon
- Phosmet

Chronic exposure to OPs has been linked to [\[R\]](#), [\[R\]](#):

- Fertility problems
- Cognitive problems
- Nerve damage
- Cancer and gene damage

How it helps

A study of 555 men associated high diethylphosphate with a 33% higher risk of erectile dysfunction [\[R\]](#).

A study of 671 men associated urinary levels of the chlorpyrifos metabolite 3,5,6-trichloro-2-pyridinol with an approximately 2-fold higher risk of erectile dysfunction [\[R\]](#).

Organophosphates can disrupt signals between your brain and body, potentially affecting sexual function.

50



Fadogia Agrestis

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Fadogia agrestis is typically taken in supplement form, such as capsules or powders. The recommended dosage can vary depending on the product, but a common dosage is around 200-600 mg/day. It's best to start with a lower dose to assess tolerance and gradually increase if needed. Some people prefer to take it with food to minimize any potential stomach discomfort. As with any supplement, it's important to follow the manufacturer's guidelines and consult a healthcare provider before starting, especially if you have underlying health conditions or are taking other medications.

Description

Fadogia agrestis is a plant native to Africa, commonly used in traditional medicine for its potential health benefits.

It's primarily known for its purported ability to enhance male sexual health, including improving libido and supporting testosterone levels.

Some studies suggest that it may aid in increasing muscle mass and strength, making it popular among athletes and bodybuilders.

Additionally, *Fadogia agrestis* is thought to have anti-inflammatory and antioxidant properties, which may help in reducing oxidative stress and supporting overall wellness.

How it helps

A study in rats found that supplementation with *Fadogia agrestis* restored the NO/cGMP pathway and other pathways involved in erectile dysfunction. The authors recommended the use of this supplement for erectile dysfunction in humans once clinical trials have been carried out [\[R\]](#).

Next Steps

Remember, your genes only tell one important part of your health story!

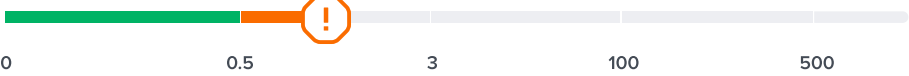
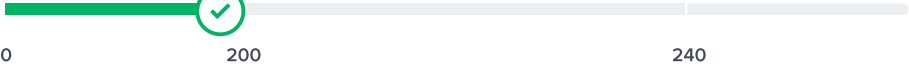
Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

	TSH	2.76 mIU/mL		9 Nov 2025
	SHBG	39.3 nmol/L		9 Nov 2025
	HbA1c	30 mmol/mol		29 Dec 2025
	Zinc	17.12 umol/L		9 Nov 2025
	Glucose, Fasting	97 mg/dL		9 Nov 2025
	Prolactin	9.83 ng/mL		9 Nov 2025
	BUN/Creatinine Ratio	13 x100%		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	Homocysteine	12.84 umol/L		9 Nov 2025

	hs-CRP	1.6 mg/L		9 Nov 2025
	Testosterone, Total	1500 ng/dL		9 Nov 2025
	Cholesterol, Total	182 mg/dL		9 Nov 2025
	HbA1c (%)	4 %		29 Dec 2025