

Sexual Dysfunction

DNA Health Report

REPORT CATEGORY —



SEXUAL HEALTH

Sample Client

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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

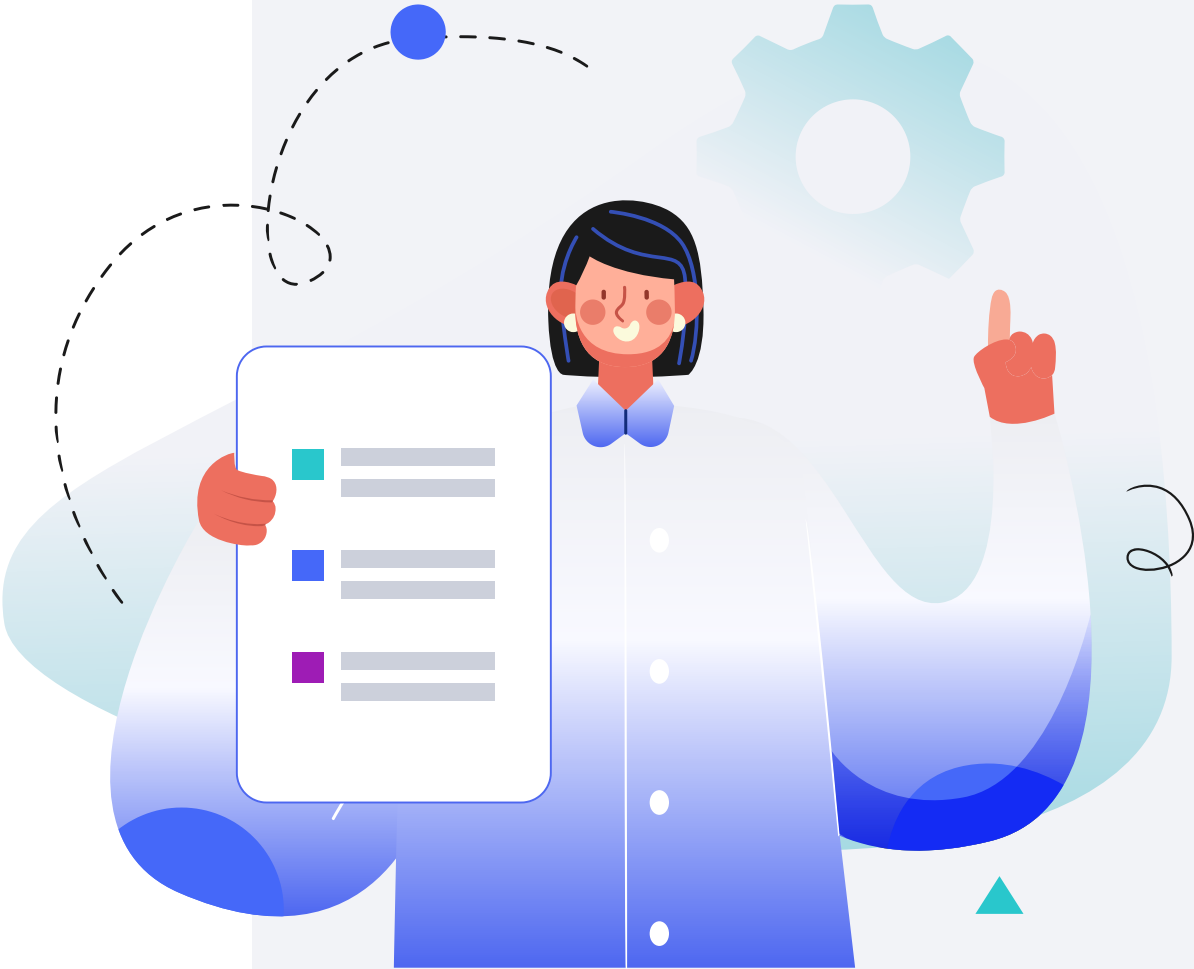
Male

HEIGHT

5ft 5" 165cm

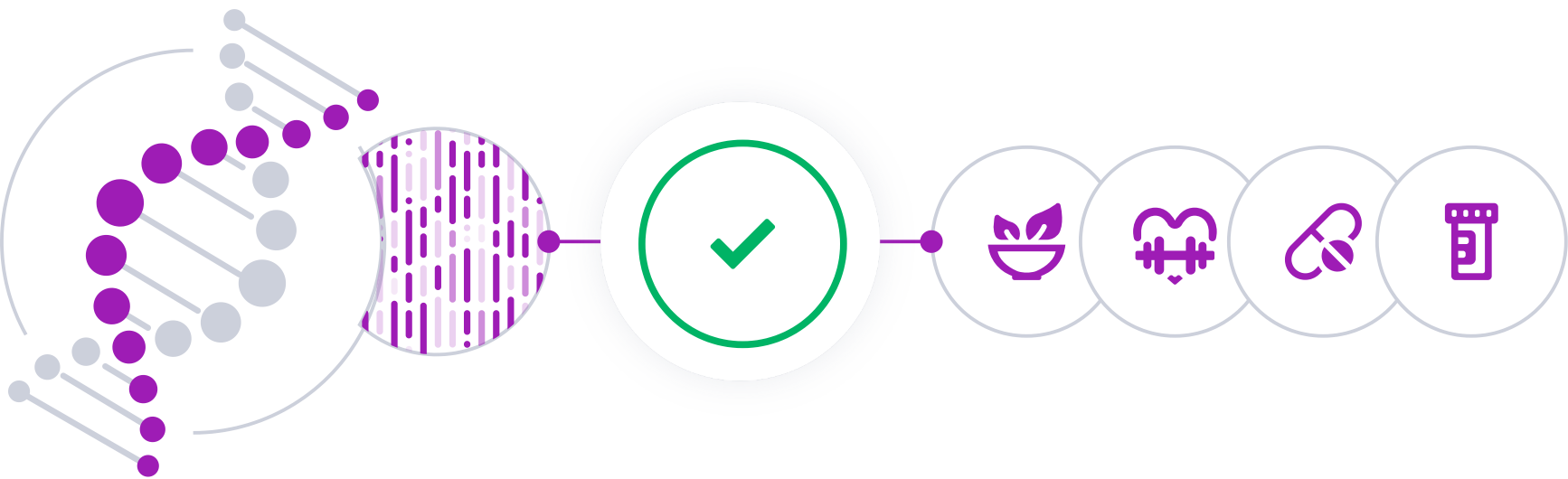
WEIGHT

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.

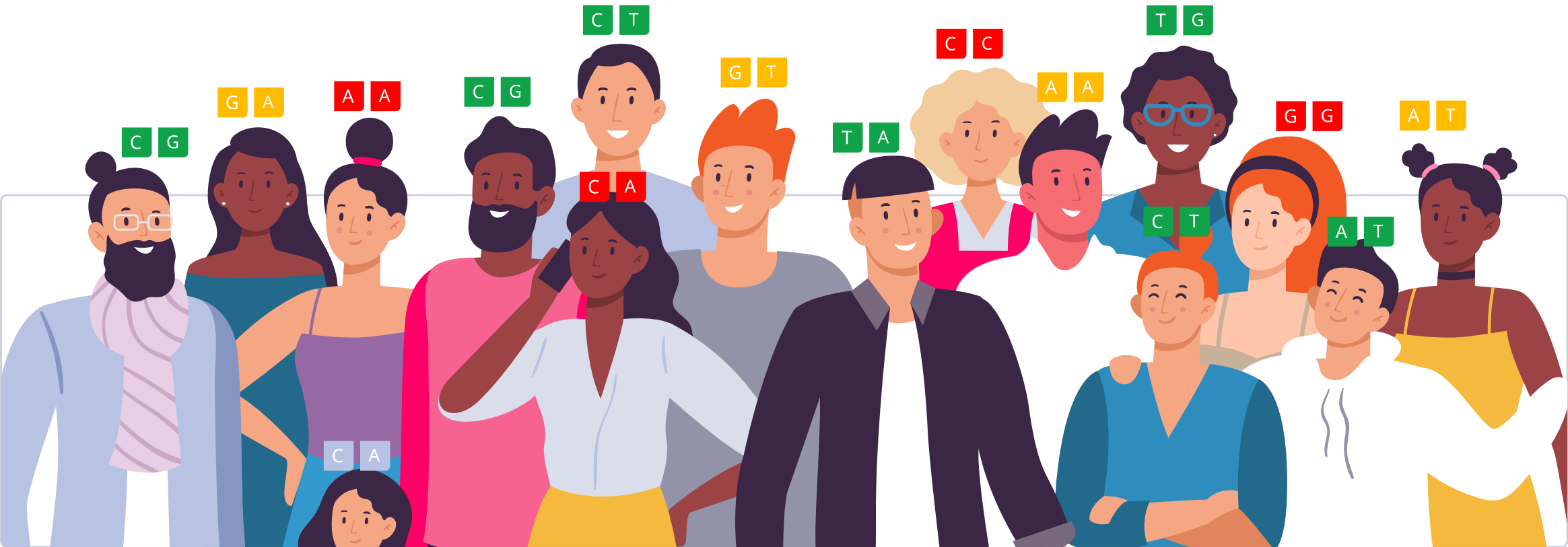


Similarly, our Trait Reports look at how your DNA influences your traits.



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

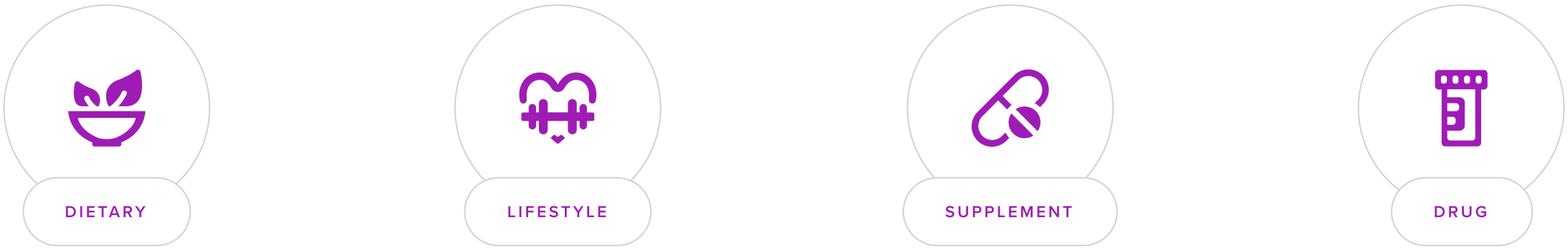
You have 2 risk alleles

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

The candles are lit. Marvin Gaye is playing. The mood is set. You’ve got that feeling, and you’re ready for some sexual healing.

But something’s just not working.

Sexual dysfunction can really put a pin in your love life and take the mood bow chicka down down.

People don’t often discuss sexual dysfunction, but it’s surprisingly common [\[R\]](#).

When it comes to sexual dysfunction, both partners tend to blame themselves. **But there are actually a lot of physical and psychological factors at play** [\[R\]](#).

It can be caused by certain health conditions, medications, or even something as simple as a stressful week at work. **Genetics may also contribute** [\[R, R, R\]](#).

Everyone wants to be at their best when it comes to the bedroom, and people are willing to go to extreme lengths to ensure just that.

Horny goat weed is a great example of this. As its name suggests, this herb is touted to help with sexual dysfunction. According to legend, it got its name from a Chinese goat herder who noticed his goats were particularly frisky after grazing on it [\[R, R\]](#).

But don’t worry, you don’t have to be a goat herder to find ways to improve your love life; you can do it by taking a look at your genes!

You will be surprised to learn about different way genetics can influence your sex life. This report contains gene-based tips to get you doing the no-pants dance at your best!

Read on to find out more about:

- **How your genetics play a role in sexual dysfunction**
- **Your genetic risk score based on nearly 17,000 genetic variants**
- **Personalized recommendations based on your genetics**

About Sexual Dysfunction

Key Takeaways:

- About **40%** of differences in people's chances of developing sexual dysfunction may be due to genetics.
- Risk factors include getting older, hormone changes, stress, and certain health conditions. If you are experiencing symptoms, check with your doctor for possible solutions.
- If you are at high genetic risk, managing stress may help reduce your overall risk.
- Up to **77%** of men may have erectile dysfunction at some point in their lives. Similarly, as many as **32%** of women have low sexual desire.
- Click the **next steps** tab for relevant labs and lifestyle factors.

Sexual function is a common term for all aspects of sexual activity. This includes both mental and physical functions like [R](#), [R](#), [R](#):

- Desire
- Arousal
- Orgasm
- Satisfaction
- Pleasure

Sexual dysfunction is any issue with sexual function that causes stress or relationship strain [R](#), [R](#), [R](#), [R](#).

There is no such thing as a "normal" sexual function, because normal is a highly subjective term. However, significant and distressing changes to your sexual function may warrant a visit to the doctor. Abnormal changes may be a symptom of certain health problems. They can also have major effects on a person's self-esteem [R](#), [R](#).

Sexual dysfunction is common for both men and women, especially as we get older. For example, as many as 32% of women have low sexual desire. This number tends to peak after menopause [R](#), [R](#), [R](#), [R](#), [R](#).

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



More likely to have sexual dysfunction based on 1,671 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ARHGEF18	rs6603109	AA
MPST	rs4820255	CC
EPC1	rs2370759	GG
HTR1E	rs13202860	AT
CHSY3	rs13436218	TT
PRKD1	rs225848	AA
MDGA2	rs1160351	CC
BCL11B	rs857228	AA
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

- Older age
- Hormone changes (e.g., menopause and pregnancy)
- Smoking cigarettes
- Stress
- Some medications
- Health conditions (e.g., heart disease, obesity, diabetes, and depression)

Conditions like obesity, heart disease, and diabetes are becoming increasingly common around the world. This increase may be why sexual dysfunction is also becoming more common [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

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

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

- Medication
- Counseling
- Hormone therapy

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

- Sex hormones ([AR](#), [ESR2](#))
- Blood flow ([NOS3](#), [ACE](#), [VEGF](#))
- "Feel-good" brain chemicals ([OPRM1](#), [DRD4](#))
- Sexual responses in the brain ([SIM1](#), [MC4R](#))

GENE	SNP	GENOTYPE
MED13L	rs79670289	CC
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

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	Psychotherapy	1 hour	2	Aerobic Exercise (Cardio)	1 hour
3	Exercise At Least One Hour a Day	1 hour	4	Shock Wave Therapy	
5	Relaxation Techniques	30 minutes	6	Cognitive-Behavioral Therapy (CBT)	
7	L-Carnitine	500 mg	8	Methylfolate	400 mcg
9	DHEA (Dehydroepiandrosterone)	25 mg	10	Zinc	15 mg
11	Mediterranean Diet		12	Sleep for 7+ Hours	
13	Tribulus	250 mg	14	Maintain Optimal Vitamin D Levels	1000 iu
15	Tongkat Ali	200 mg	16	Biofeedback	
17	Yoga	30 minutes	18	Kegel Exercises	5 seconds
19	Ginkgo	120 mg	20	Butea Superba Root	100 mg
21	Lavender Oil Aromatherapy	2 drops	22	Psychoeducational Therapy	
23	Autogenic Training	10 minutes	24	Niacin Supplements	20 mg
25	Couples Therapy	1 hour	26	Mindfulness Meditation	30 minutes
27	Red Clover	40 mg	28	Celery Seed	600 mg
29	Ashwagandha	120 mg	30	Mindfulness	30 minutes
31	Maca	2 g	32	Fenugreek	500 mg

33	Sex Therapy		34	Ginger	500 mg
35	Fenugreek Seed And Lespedeza Cuneata		36	Pycnogenol	100 mg
37	Muira Puana and Ginkgo	100 mg	38	L-Citrulline	3 g
39	Pomegranate Peel and Cocoa Extracts		40	Carrot Seeds	

1



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 can be a common cause of sexual dysfunction. Experts agree that psychotherapy (talk therapy) may help improve sexual function by supporting mental health [\[R, R, R, R, R\]](#).

Talk therapy may be helpful for some types of erectile dysfunction. It is used both alone and in combination with medications [\[R, R, R, R, R, R\]](#).

Talk therapy may also benefit women with sexual dysfunction [\[R, R, R, R, R, R, R\]](#).

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

- Couples therapy
- Online counseling
- Sex education
- Cognitive-behavioral therapy (CBT)
- Mindfulness-based therapy
- Group therapy

2



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

Exercise may help prevent sexual dysfunction. **Experts recommend getting more exercise to support sexual health** [\[R, R, R, R, R, R, R, R, R, R\]](#).

In line with this, moderate to intense exercise may improve erectile dysfunction. Aerobic exercise of moderate-to-vigorous intensity may be most effective [\[R, R\]](#).

Regular exercise may also improve sexual function in women [\[R, R, R, R, R\]](#).

Exercise may support sexual health by [\[R, R\]](#):

- Increasing blood flow
- Improving self-confidence
- Lifting mood

3



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 sexual dysfunction. **Experts recommend getting more exercise to support sexual health** [\[R, R, R, R, R, R, R, R, R, R\]](#).

Moderate to intense exercise may **improve erectile dysfunction** [\[R, R\]](#).

Regular exercise may also **improve sexual function in women** [\[R, R, R, R, R\]](#).

Exercise may support sexual health by [\[R, R\]](#):

- Increasing blood flow
- Improving self-confidence
- Lifting mood

4



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

Low-intensity extracorporeal shock wave therapy may help with erectile dysfunction by improving blood flow in the penis.

Low-intensity extracorporeal shockwave therapy may help with erectile dysfunction both in the short and long term. However, longer, better-quality trials are needed to confirm these benefits [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

5



Relaxation Techniques

IMPACT

3 / 5

EVIDENCE

3 / 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 sexual dysfunction in men and women. Managing stress may help [\[R, R, R, R, R, R, R, R\]](#).

Relaxation techniques that may help include:

- Yoga [\[R, R\]](#)
- Mindfulness [\[R, R, R\]](#)
- Autogenic training (training your body to relax in response to verbal commands) [\[R, R\]](#)

6



Cognitive-Behavioral Therapy (CBT)

IMPACT

3 / 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 may enhance the benefits of conventional medication and improve erectile performance, according to a study of 60 men with erectile dysfunction [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

In a study of 65 men with difficulties to achieve orgasm, CBT improved sexual function, desire, arousal, orgasm, and sexual satisfaction while reducing pain and sexual distress. Similarly, mindfulness-based psychological therapies improved sexual desire in 2 studies of 149 women with low sex drive [\[R\]](#), [\[R\]](#), [\[R\]](#). Psychotherapy may help by providing coping skills to reduce psychological barriers to sex and improving mood [\[R\]](#), [\[R\]](#), [\[R\]](#).

7



L-Carnitine

IMPACT

3 / 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 both when taken alone and together. However, one study didn't find a benefit of L-carnitine on erectile dysfunction [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

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

8



Methylfolate

IMPACT

3 / 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 be particularly true for young men and those with severe dysfunction [\[R\]](#).

Supplementing with folate may improve erectile dysfunction and boost the effectiveness of medication. It may also help in combination with myo-inositol [\[R\]](#), [\[R\]](#), [\[R\]](#).

Folate 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	

9



DHEA (Dehydroepiandrosterone)

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Take 25-50 mg of DHEA orally with water daily, preferably in the morning to mimic the body's natural rhythm of DHEA production. It is advisable to start at the lower dose to assess tolerance and adjust as needed. Consult a healthcare provider for personalized advice and before starting a new supplement regimen.

TYPICAL STARTING DOSE
25 mg

Description

DHEA is a hormone produced by the adrenal glands and has been used as a dietary supplement for various purposes, including supporting hormonal balance and energy levels. It may have potential benefits for specific individuals, but its use should be supervised by a healthcare professional due to its hormonal nature.

DHEA is a steroid hormone produced primarily by the adrenal glands. It is also produced to a much lesser extent by the testes and ovaries and, possibly, the brain [\[R, R\]](#).

DHEA helps make the sex hormones [testosterone](#) and [estrogen](#). DHEA is important for [\[R, R, R, R\]](#):

- Mood
- Immunity
- Muscle strength
- Bone health
- Skin health

DHEA is released in response to stress. In fact, one of DHEA's important roles is to protect against the adverse effects of prolonged and excessive exposure to cortisol, the stress hormone [\[R, R, R\]](#).

How it helps

A meta-analysis of 28 trials with 1273 menopausal women found that DHEA supplementation (both oral and intravaginal) improved sexual function. However, another meta-analysis (23 trials and 1188 postmenopausal women) found no beneficial effects of DHEA on libido or sexual function [\[R, R\]](#).

DHEA may help by increasing sex hormone levels.

Please note: *DHEA has been banned by sport associations and anti-doping agencies. DHEA should not be used at high doses or long-term and is contraindicated in patients with hormone-responsive cancers. DHEA supplements should only be used with the prescription of a medical professional. Discuss risks and side effects with your doctor* [\[R\]](#).

10



Zinc

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

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

TYPICAL STARTING DOSE

15 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

Oral zinc therapy in hemodialysis men may result in increased levels of testosterone and luteinizing hormone, suggesting a possible improvement in sexual function in some aspects. However, another study found that zinc had no significant effect on any aspect of sexual function [\[R\]](#), [\[R\]](#).

Zinc supplementation in postmenopausal women may improve testosterone levels and various aspects of sexual function [\[R\]](#).

11



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

A healthy diet may benefit both men’s and women’s sexual health [\[R, R, R, R\]](#).

An example of a healthy diet is the Mediterranean diet. In men and women with chronic health conditions such as metabolic syndrome or diabetes, following this diet may support sexual function [\[R, R, R, R, R, R\]](#).

The Mediterranean diet is rich in fruits and vegetables, which contain antioxidants called *flavonoids*. Eating more foods rich in flavonoids, especially fruit, may reduce the odds of erectile dysfunction [\[R, R, R, R\]](#).

In fact, each additional serving of fruit or vegetables may reduce the odds by **10%** [\[R\]](#).

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

- Decreasing oxidative stress
- Increasing arginine, a compound that helps improve blood flow

12



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

Poor sleep may be linked to sexual dysfunction in both men and women. Potential risk factors include [\[R, R, R, R, R, R\]](#):

- Poor sleep quality
- Getting too much or too little sleep
- Shift work, especially working the night shift

Obstructive sleep apnea is a condition that causes interrupted breathing during sleep. It may also increase the odds of sexual dysfunction. Getting treatment for sleep apnea may help with erectile dysfunction [\[R, R, R\]](#).

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

- Worsening mental health
- Damaging the blood vessels
- Lowering testosterone levels

13



Tribulus

IMPACT

2 / 5

EVIDENCE

3 / 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 [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#).

It may also improve other aspects of sexual health in both men and women. These include sexual desire and arousal [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#).

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

14



Maintain Optimal Vitamin D Levels

IMPACT

2 / 5

EVIDENCE

3 / 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 deficiency may also be linked to reduced sexual desire, orgasm, and satisfaction in women. Supplementing may help in such cases [\[R\]](#), [\[R\]](#), [\[R\]](#).

Vitamin D may improve sexual function 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* [\[R\]](#).

15



Tongkat Ali

IMPACT

2 / 5

EVIDENCE

3 / 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 dysfunction are mixed [\[R, R, R, R, R\]](#).

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

16



Biofeedback

IMPACT

2 / 5

EVIDENCE

2 / 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 may improve erectile dysfunction, especially that caused by the surgical removal of the prostate. However, more studies are needed to confirm this benefit [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Heart rate variability biofeedback (4-6 hours) may also improve arousal and perceived genital sensations in women with reduced sexual arousal. Low resting heart rate variability may be associated with reduced sexual arousal in women [\[R\]](#).

17



Yoga

IMPACT

2 / 5

EVIDENCE

2 / 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

Stress and anxiety may contribute to sexual dysfunction in men and women. Managing stress may help [\[R, R, R, R, R, R, R, R\]](#).

Relaxation techniques that may help include:

- Yoga [\[R, R\]](#)
- Mindfulness [\[R, R, R\]](#)
- Autogenic training (training your body to relax in response to verbal commands) [\[R, R\]](#)

18



Kegel Exercises

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Perform Kegel exercises by tightening your pelvic floor muscles (as if you are trying to stop urinating mid-flow) for 5 seconds, then relax for 5 seconds. Repeat this process 10 times in a row, at least 3 times a day (morning, afternoon, and night).

TYPICAL STARTING DOSE

5 seconds

Description

Kegel exercises are movements meant to strengthen the muscles around your bladder, anus, and genitals. They are named after the doctor who first described them.

Kegel exercises are movements meant to strengthen the muscles around your bladder, anus, and genitals. They are named after the doctor who first described them [\[R\]](#).

The exercises involve flexing and holding the pelvic floor muscles in the same manner one would try to hold in urine. To start, tighten for three seconds, then relax for three seconds. Build up to doing 10-15 repetitions, three times per day [\[R\]](#).

Kegel exercises may help with bladder control problems and sexual health [\[R\]](#), [\[R\]](#).

How it helps

A study found that Kegel exercises effectively treated postpartum female sexual dysfunction. Women undergoing Kegel exercises showed significantly better outcomes in terms of pelvic floor muscle contraction intensity, frequency of sexual intercourse, and reduction in pain during intercourse compared to those receiving conventional health education [\[R\]](#).

Another study assessed the effects of Kegel exercises on the sexual function of postmenopausal women, finding significant improvements in arousal, orgasm, and satisfaction scores compared to routine care [\[R\]](#).

Research also indicates that Kegel exercises can improve sexual self-efficacy in primiparous women. This improvement is likely linked to enhanced pelvic floor muscle strength, which plays a critical role in sexual health [\[R\]](#).

19



Ginkgo

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 120 mg of Ginkgo supplement daily, preferably with meals to aid absorption. This dosage is typically split into two 60 mg doses taken in the morning and evening for best results.

TYPICAL STARTING DOSE

120 mg

Description

[Ginkgo](#) (*Ginkgo biloba*) is an ancient tree used in traditional Chinese medicine [\[R\]](#), [\[R\]](#).

According to limited evidence, ginkgo leaf extract may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Dementia
- Eye problems
- Blood vessel problems
- Vitiligo

How it helps

Ginkgo biloba extract (40-300 mg/day for up to 12 weeks) may support sexual health in both men and women. It may improve sexual desire and orgasm when used alone or combined with other ingredients. However, not all studies found ginkgo to be beneficial [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Ginkgo may help by improving blood flow to the genitals [\[R\]](#), [\[R\]](#).

Please note: *Do not consume ginkgo seeds or unprocessed ginkgo leaves. They are poisonous. Ginkgo may also interact with blood thinners. Consult your doctor before taking ginkgo supplements* [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

20



Butea Superba Root

IMPACT

2 / 5

EVIDENCE

2 / 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 (100-250 mg, 2x-4x/day for 3 months) may improve erectile dysfunction in 82% [\[R\]](#), [\[R\]](#).

21



Lavender Oil Aromatherapy

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Place 2-3 drops of lavender essential oil in a diffuser filled with water. Use the diffuser in your bedroom or workspace for 30-60 minutes, especially before bedtime or during periods of stress.

TYPICAL STARTING DOSE

2 drops

Description

Lavender oil aromatherapy involves inhaling the soothing scent of lavender essential oil. It is used to promote relaxation, reduce anxiety, and improve overall mental well-being.

How it helps

A systematic review of 16 studies involving postmenopausal women found that aromatherapy had positive effects on sexual function, self-esteem, anxiety, and hot flashes but negatively impacted triglyceride and high-density lipoprotein levels compared to placebo [\[R\]](#).

In a double-blind randomized controlled trial involving 180 breastfeeding women, three groups received either orange blossom, lavender, or almond oil via inhalation for 40 days. After the intervention, both orange blossom and lavender groups had significantly higher sexual satisfaction scores compared to the control group [\[R\]](#).

Lavender oil aromatherapy has been noted for its potential to decrease anxiety and improve mood, which could indirectly enhance sexual function.

22



Psychoeducational Therapy

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Attend psychoeducational therapy sessions regularly, ideally once a week, for a period of at least 3 to 6 months. These sessions can be either individual or in groups and are conducted by a qualified therapist or psychologist.

Description

Psychoeducational therapy is an approach that combines psychotherapy with education to help individuals acquire knowledge and skills to manage mental health conditions effectively.

How it helps

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

23



Autogenic Training

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice autogenic training for 10-15 minutes daily, ideally in a quiet, comfortable space where you won't be disturbed. Sit or lie down in a comfortable position, close your eyes, and focus on calming your mind and body through self-suggested affirmations. Repeat this routine daily for at least 2-3 months to observe beneficial effects on stress reduction and relaxation.

TYPICAL STARTING DOSE

10 minutes

Description

Autogenic training is a relaxation technique that involves self-suggestion and progressive muscle relaxation to promote relaxation, reduce stress, and alleviate symptoms of anxiety and tension.

Autogenic training is a relaxation technique that a person may carry out on their own [\[R, R\]](#).

Autogenic training uses 6 exercises that take the mind’s attention to bodily sensations such as warmth and heaviness. The exercises involve guided imagery and verbal cues (e.g. "My arm is very heavy") to [\[R, R\]](#):

- Relax the body
- Quiet and calm the mind
- Increase energy

How it helps

Stress and anxiety may contribute to sexual dysfunction in men and women. Managing stress may help [\[R, R, R, R, R, R, R, R\]](#).

Relaxation techniques that may help include:

- Yoga [\[R, R\]](#)
- Mindfulness [\[R, R, R\]](#)
- Autogenic training (training your body to relax in response to verbal commands) [\[R, R\]](#)⁵

24



Niacin Supplements

IMPACT

2 / 5

EVIDENCE

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

Please note: *Niacin has been linked to liver damage and strokes. It may also cause flushing, bruises, and bleeding. Talk to your doctor before taking niacin* [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

25



Couples Therapy

IMPACT

2 / 5

EVIDENCE

2 / 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

Couples undergoing sex therapy reported changes in personality and self-perception, indicating general increases in emotional stability and reductions in neurotic tendencies. These changes were significant in both partners [R].

A study found that combining marital therapy with sex therapy enhanced benefits for women's sexual dysfunctions. Couples receiving both treatments showed more pronounced improvements in sexual functioning and marital adaptation compared to those receiving only relaxation and information before sex therapy [R].

26



Mindfulness Meditation

IMPACT

2 / 5

EVIDENCE

2 / 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

Mindfulness-based therapy, including mindfulness meditation, may moderately improve arousal, desire, and sexual satisfaction while reducing fear linked with sexual activity in women with sexual dysfunction [R, R].

27



Red Clover

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take a red clover supplement in the form of capsules, typically ranging from 40 to 80 milligrams daily. This should be done under the guidance of a healthcare provider, especially if you're using it for menopausal symptoms or bone health, to ensure it's appropriate for your individual needs. Generally, it's used for periods ranging from 3 to 12 months.

TYPICAL STARTING DOSE

40 mg

Description

Red Clover is a plant that's often utilized for its health benefits. Not just pleasing to the eyes with its bright color, it's known to help with skin health and menopause symptoms. Additionally, it may improve heart health and bone density. It's like a power-plant, offering multiple health benefits in one package.

How it helps

A red clover extract (supplying 80 mg/day isoflavones) reduced the percentage of women having decreased sex drive, vaginal dryness, and painful intercourse in a 90-day study of 53 postmenopausal women [\[R\]](#).

28



Celery Seed

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take a celery seed supplement capsule of 600-1000 mg daily with a glass of water, preferably with a meal to aid absorption and minimize potential stomach discomfort. Continue this regimen for at least 4-6 weeks to evaluate its effects on your condition.

TYPICAL STARTING DOSE

600 mg

Description

Celery seed extract is a natural supplement derived from the seeds of the celery plant, known scientifically as **Apium graveolens**. This extract is rich in various bioactive compounds, including flavonoids, linoleic acid, and volatile oils like limonene and selinene. These compounds contribute to its potential health benefits, which may include anti-inflammatory properties, support for joint health (often used in treating conditions like arthritis), and assistance in managing blood pressure levels. Celery seed extract is available in various forms, including capsules, tablets, and tinctures, and is often used in traditional medicine for its diuretic and antispasmodic effects.

How it helps

In a study of 80 women with sexual dysfunction, supplementation with celery seeds (500 mg, 3x/day for 6 weeks) improved sexual desire, arousal, lubrication, and pain [\[R\]](#).

29



Ashwagandha

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take 250-600 mg of ashwagandha supplement daily. It can be consumed with water or a meal, depending on your preference or as advised by a healthcare provider.

TYPICAL STARTING DOSE
120 mg

Description

[Ashwagandha](#) (*Withania somnifera*) is an herb used in traditional Indian medicine. This herb is known as an *adaptogen* because it helps people adapt to stress.

This herb is known as an *adaptogen* because it helps people adapt to stress [\[R\]](#), [\[R\]](#).

How it helps

In a study of 50 healthy women, taking ashwagandha (300 mg, 2x/day for 8 weeks) improved self-reported measures of sexual function such as arousal, lubrication, orgasm, and satisfaction [\[R\]](#).

30

Mindfulness

IMPACT

1 / 5

EVIDENCE

2 / 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

Mindfulness can enhance sexual function by increasing self-awareness and reducing stress, anxiety, and negative emotions that can interfere with sexual arousal and experience. Regular practice may improve communication, build emotional intimacy, and promote a better understanding of own's own sexual responses, enhancing overall sexual satisfaction.

In a meta-analysis of 11 trials with 449 participants, mindfulness-based therapy (MBT) showed significant improvement in sexual function and well-being among women with sexual dysfunction. The review, which included varied methodologies and some wait-list controls, observed moderate effect sizes. However, not all outcomes reached statistical significance against controls. Notably, larger improvements were seen in studies with participants in relationships or receiving individual therapy [R].

31



Maca

IMPACT

1 / 5

EVIDENCE

1 / 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

In a placebo-controlled trial of 57 healthy men, supplementation with maca (1500-3000 mg/day) for 12 weeks improved sexual desire. Maca (3 g/day for 12 weeks) alleviated SSRI-induced sexual dysfunction in a placebo-controlled trial of 20 patients [\[R\]](#), [\[R\]](#).

Maca may improve libido and increase endurance, potentially alleviating some symptoms of sexual dysfunction.

32



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 testosterone, sex drive, and sperm quality in a 12-week study of 50 healthy men [[R](#)].

33



Sex Therapy

IMPACT

1 / 5

EVIDENCE

1 / 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

Sex therapy has shown positive outcomes in various sexual dysfunctions, including erectile dysfunction and premature ejaculation in men and desire and arousal disorders in women. Success often depends on factors such as the quality of the relationship, motivation for treatment, and the presence of any comorbid psychiatric conditions [\[R\]](#).

Studies also highlight the importance of long-term follow-up to maintain the improvements achieved through sex therapy. Recurrence of sexual difficulties is common, but many couples develop coping strategies that help them manage relapses effectively [\[R\]](#).

34



Ginger

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 500 mg ginger supplement daily, preferably with a meal to enhance absorption and minimize potential stomach discomfort.

TYPICAL STARTING DOSE

500 mg

Description

Ginger is a versatile spice known for its potential anti-inflammatory and digestive benefits. It may help alleviate nausea, reduce muscle soreness, and support gastrointestinal comfort when consumed as part of a balanced diet.

[Ginger root](#) is a cooking spice and a traditional remedy. People mostly use it to relieve [\[R\]](#):

- Nausea
- Menstrual cramps
- Joint pain

How it helps

In a placebo-controlled trial of 247 healthy participants, supplementation improved sexual function by counteracting the disgust induced by sexual bodily fluids [\[R\]](#).

35



Fenugreek Seed And Lespedeza Cuneata

IMPACT

1 / 5

EVIDENCE

1 / 5

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 [\[R, R\]](#).

Lespedeza cuneata, a traditional herb beloved in Eastern medicine, may support [\[R, R, R\]](#):

- Mood
- Heart health
- Liver health

How it helps

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

36



Pycnogenol

IMPACT1 / 5

EVIDENCE1 / 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 (120 mg/day for 3 months) improved erectile function by 45% in a study of 53 men with erectile dysfunction [\[R\]](#).

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Muira Puana and Ginkgo

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing muira puama and ginkgo biloba extract daily. These supplements are often available in capsule form; a common dose is 100-300 mg of muira puama and 120-240 mg of ginkgo biloba, split into two doses per day (morning and evening). It's important to follow the manufacturer's specific dosage recommendations. Continue for at least a few weeks to assess effectiveness.

TYPICAL STARTING DOSE

100 mg

Description

Muira puama is an herbal supplement derived from the bark and roots of a South American tree. It is traditionally used to promote sexual health and vitality.

[Ginkgo](#) (*Ginkgo biloba*) is an ancient tree used in traditional Chinese medicine [\[R\]](#), [\[R\]](#).

According to limited evidence, ginkgo leaf extract may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Dementia
- Eye problems
- Blood vessel problems
- Vitiligo

How it helps

A herbal formulation containing Muira Puama and Ginkgo biloba improved frequency of sexual desires, sexual intercourse, and fantasies, as well as satisfaction with sex life, intensity of sexual desires, excitement of fantasies, ability to reach orgasm, and intensity of orgasm in premenopausal and postmenopausal women [\[R\]](#).

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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 standard therapy [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](#).

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Pomegranate Peel and Cocoa Extracts

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing pomegranate peel and cocoa extracts once daily, ideally with a meal to enhance absorption. The specific dosage may vary based on the product, so follow the manufacturer's instructions on the label. Generally, it is recommended to continue daily supplementation for at least 8 to 12 weeks to evaluate its effects.

Description

Pomegranate peel extract comes from the pomegranate fruit. Cocoa extractis derived from the cacao bean. Both pomegranate and cacao have long histories of use in traditional medicines of their native lands. Pomegranate peel extract is rich in polyphenolic compounds like ellagic acid and may have anti-inflammatory and anticancer properties. Cocoa extract contains various bioactive compounds, including theobromine and flavanols, which are known for their antioxidant effects and potential cardiovascular benefits.

[Pomegranates](#) are red fruits that contain seeds covered by edible sweet coats. They are rich in antioxidants [\[R, R\]](#).

Pomegranate may reduce inflammation and support heart health. People use pomegranate seed oil and peel in cosmetics and traditional medicine [\[R, R\]](#).

[Cocoa](#) comes from the beans of the *Theobroma cacao* tree. It’s often used for making chocolate, hot chocolate, and pastries. People have also used cocoa and cocoa seeds as a medicine for over a thousand years [\[R, R\]](#).

Cocoa contains many active components that likely help [\[R, R, R, R\]](#):

- Control weight
- Lower fatigue
- Boost mood
- Improve digestion
- Balance blood sugar
- Support heart health

How it helps

Pomegranate peel can help enhance blood flow, which is crucial for sexual performance, while cocoa extracts like flavanols aid the body to produce nitric oxide, a compound that can improve blood vessel function and, subsequently, sexual function. Together, these can potentially help address aspects of sexual dysfunction.

A study on a combination of Punica granatum and Theobroma cocoa extracts (LN18178 or Tesnor®) found that both doses significantly reduced AMS scores, improved well-being, and increased testosterone levels in participants after 56 days. Hand-grip strength improved, and stress scores decreased [\[R\]](#).

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Carrot Seeds

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate ground carrot seeds into your diet by adding approximately 1 teaspoon to your daily meals such as salads, soups, or smoothies. Do this consistently for at least a month to observe potential health benefits.

Description

Carrot seeds are often used in herbal remedies and aromatherapy. They contain essential oils and antioxidants that may have various health-promoting properties.

How it helps

Carrot seeds have been found to stimulate the production and activity of certain hormones that boost sexual drive, potentially helping to ease sexual dysfunction. However, it's essential to note that this shouldn't be the single solution and must be combined with other medical or psychological treatments.

In a 12-week randomized, double-blind clinical trial with 68 participants, those taking 500 mg of carrot seed three times daily showed significant improvements in various aspects of sexual function compared to the placebo group, with no reported adverse events [\[R\]](#).

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 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.

