



What Depletes Our Energy Levels

STRESS

a) Physical (work, disease/illnesses, malnutrition)

Pisikal (trabaho, sakit, kakulangan sa nutrition)

b) Mental (work, finances, responsibilities)

Kaisipan (trabaho, pinansyal, responsibilidad)

c) Socio-Emotional / Spiritual (relationships)

Spiritual, Emosyonal



What Increases Energy Levels

- **REST**

Sapat na pahinga

- **RECREATION**

Paglilibang

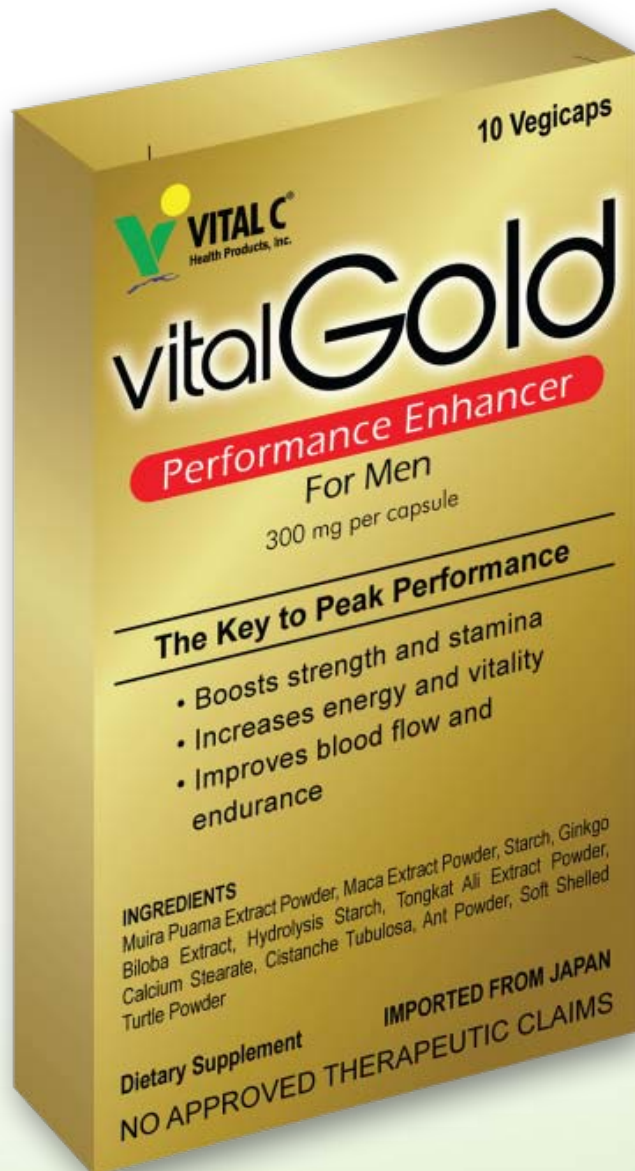
- **MEDICATIONS**

Mga iniinom na gamot

- **SUPPLEMENTS**

Dagdag nutrition





VITAL GOLD

An “ALL NATURAL” remedy to increase energy, stamina and endurance

Puro at natural na lunas para sa malakas at matibay na pangangatawan

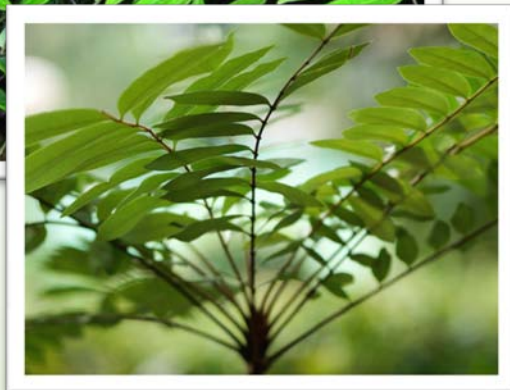


What's In It:



Tongkat Ali

testosterone powerhouse from Malaysia



✓ enhances male potency and fertility by increasing levels of testosterone

nakakatulong sa paggawa ng semilya at pampapaganang sekwal.

✓ safely increases muscle mass and definition.

ligtas na pagpapalaki ng katawan

Muira Puama

libido booster from Brazil



✓aids in treating sexual dysfunction & body fatigue

tulong na lunas sa kawalan ng kakayahan pansekswal at mahinang pangangatawan.

✓decreases pain & inflammation

paghupa ng kirot at pamamaga

✓ helps lower blood pressure

tulong sa pagbaba ng presyon ng dugo

✓improves body function by restoring physiologic tone and balance.

tulong na manumbalik ang maayos na pangangatawan



Maca

aphrodisiac from the Andes

✓ a “superfood”

✓ enhances libido and aids in
erectile dysfunction

tulong mapalakas ang sekwal na
pagganap

Ginkgo Biloba

mental sharpness and increased capillary flow



✓improves blood flow to the brain

Maayos na pagdaloy ng dugo sa utak

✓contains *flavonoids* which act as antioxidants; and *terpenoids* which enhance vasodilatation & decrease platelet aggregation

Tulong sa maayos na kalusugan ng ugat at dugo

Cistanche Tubulosa

the “Desert Ginseng”



✓enhances renal function, memory and sexual health

tulong sa malusog na bato, tulong sa malinaw at matalas na pag-iisip at pang sekswal na kalusugan





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