



CHAD HOWSE...

EPIC SEX DRIVE

**SUPPLEMENTATION
PROTOCOL**

A Man's Guide to An Epic Sex Drive Supplement Guide

I'm not a guy that lives and dies by supplements, and you shouldn't either, but you're here because you want a boost, a push, something that will take you and your sex drive to the next level, and the supplements routine will help you boost free T as well as increase blood flow to that certain area.

So read up. I'm not saying that you should buy EVERYTHING in this manual. If you have to buy a couple things, I'd get D3, Tribulus (a great sex drive booster), and the B100 tablets. You'll see them below, but it's tough for me to say not to also get Athletic Greens and STATUS and BCAAs as well, so in the end, get what you can afford, eat right, work hard in the gym, and you'll do fine.

Vitamin D3

As we've covered at length in the Man Diet, D3 is one of the most important supplements you can take. Quality, however, is hard to find.

First, you want to find a liquid version of the nutrient (which is what I have for you below), then you want to make sure it's of the highest quality. Don't waste your time with a bad D3 supplement because the good ones aren't more expensive, they're just harder to find.

I highly recommend *Athletic Greens'* Vitamin D3 Supplement, it's a cut above anything you'll find at the grocery store and it's only \$13.

You need vitamin D3 to:

- Boost "free testosterone" in your body (the only kind that matters).
- Quell depression and improve mood.
- Lower stress and cortisol levels.
- Perform efficiently.

[Buy High Quality Liquid Vitamin D3 Here](#)

Libido Booster: [Tribulus – TRIBx](#)

From a pure libido-boosting standpoint, it's tough to beat Tribulus, it's been shown to be one of the best boosters of sex drive around.

Researchers in Singapore gave Tribulus to rats and primates and saw their testosterone increase by 51% (rats), with the primates' testosterone levels skyrocketing by a whopping 52%. But the studies aren't relegated to rats and primates, they've done studies on the effects of Tribulus on humans as well.

In this study researchers gave Tribulus to 75 men with 45 of them having erectile difficulties – a nice way of saying they couldn't get it up on many an occasion. They saw their DHEA levels boost, which is a chemical that your body uses to produce more T,

and the men with ED reported a 60% jump in successful erections.

[Learn More about Tribulus Here](#)

Athletic Greens

A greens supplement is number one on the list in the Man Diet, and easily could be here, although STATUS and Tribulus may have a right to that claim. Athletic greens will help you keep your cortisol levels low which will help you keep your testosterone levels high, but the true benefits of a greens supplement like Athletic Greens aren't directly related to your sex drive.

A greens supplement will keep you healthy, it'll help you perform more efficiently and optimally which, although it's not *directly* effecting your sex drive, may have the greatest impact out of all of the supplements on the list.

[Athletic Greens](#) makes the best greens supplement on the market for a number of reasons:

1. They have the highest quality ingredients. They only use the best vegetables and fruits.
 2. The variety. When I cook vegetables or prepare them for a meal, I tend to use the same veggies over and over again. The problem is that by consuming the same foods on a regular basis has been shown to lead to food allergies and a decrease in absorption.
- Variety, especially the incredible variety in [Athletic Greens](#), will lead to maximal nutrient absorption and overall better health. In short, you're getting more bang for your buck.
3. The *kinds* of veggies they use aren't stuff you're going to find in your supermarket. It's stuff that you'll typically have to hop on a plane to another continent to find. Thus, you're eating what you wouldn't regularly have access to.
 4. Finally, you're getting 12 whole servings of veggies in every scoop. I've never had 12 servings of veggies in a day when left to my own devices.

Buy Athletic Greens!

[Learn More About Athletic Greens Here](#)

STATUS

In the world of testosterone boosters there aren't many supplements or brands that I'd trust to consume, let alone *recommend* that you consume. STATUS is the exception.

STATUS is a unique blend of natural ingredients that **have been shown to help you produce more testosterone**. This isn't testosterone coming in from an external source, rather, nutrients that will help you produce more of this powerful, sex drive boosting hormone all on your own.

[Pick Up the Best Testosterone-Booster Here](#)

Amino Acids

Amino acids aid in blood flow, but more than that they'll help you maintain muscle while you're trying to burn fat. Improved muscle will further improve your blood flow and your ability to stay lean. It's a nice little circle that's kicked off by the right Amino Acids supplement.

Note: You'll see a suggested dose on the bottle of your [BCAAs](#) supplement, but here's what my recommended dose is:

- 10 grams 20 minutes pre workout
- 10 grams half way through your workout

Before sex take a handful, 5-10 grams as well to make sure you're getting that surge of blood flow to the penis before it's too late for lift-off.

[Check Out More Benefits of Amino Acids Here](#)

B100

It's basically a B vitamin, "multi" vitamin that has all the B vitamins you need. You can find them at your local pharmacy, and I've purchased them from Costco on many an occasion.

B vitamins are incredibly important in reducing stress, especially B5 (or pantothenic acid), which is also found in eggs, but the B100 – or B50 if you like – will give you some extras that'll help keep your cortisol levels down, and if your cortisol levels are low and you're also a healthy guy who's following the Man Diet, you're almost guaranteed to increase your sex drive.

Zinc

Zinc does a number of things, for one, it'll help you boost your sex drive by helping you increase your testosterone levels and lower your estrogen levels, but zinc has also been shown to positively impact your sperm count. So if you're trying to get your wife pregnant, supplement with 15mg-25mg of zinc once a day.

I recommend doing it at night, before bed, along with a magnesium supplement. A ZMA supplement will also help you sleep, so not only will you take advantage of that surge in testosterone from 4am-6am, but you're going to get a higher quality of sleep as well.

Magnesium, which I'm not listing on this supplements guide because I'm tying it in with zinc has *also* been shown to naturally increase testosterone on its own, so pair these two together to get best results and your best sleep.

Ginseng

Ginseng is a supplement that's used to boost energy, but it also has been shown to improve blood flow by giving a boost in nitric oxide production, which we've already covered in the main manual.

For some science...

Two double blind, placebo-controlled trials involving a total of 135 people found evidence that ginseng may improve important erectile function. The results showed that while using ginseng men experienced significantly better sexual function than while they were taking the placebo.

Are the studies conclusive? No. The number of participants is still a bit small to be conclusive, but with the effects of ginseng on the production of nitric oxide it definitely makes sense that it would work, the best thing to do is try.

An added bonus of ginseng is a boost in energy. So if you're feeling lethargic and in need of a boost in energy, both ginseng and arginine would be great options.

L-Arginine

For both L-arginine and carnitine I'll divert to two excerpts from the NYU medical center on the studies they've covered re: nitric oxide supplements and sexual function or libido.

I love arginine and carnitine. They're two of my favorite supplements. If you take a pre workout – I highly recommend [EXTREME RUSH](#) – make sure it has arginine in it. And take a carnitine supplement alongside your BCAAs before and during your workout for some impressive results in both energy and increasing your pump.

“Oral arginine supplements may increase nitric oxide levels in the penis and elsewhere. Based on this, L-arginine has been advertised as “natural Viagra.” However, there is as yet little evidence that it works. Drugs based on raising nitric oxide levels in the penis have not worked out for pharmaceutical developers; the body seems to simply adjust to the higher levels and maintain the same level of response.

The main support for the use of arginine in erectile dysfunction comes from a small double-blind trial in which 50 men with erectile dysfunction received either 5 g of L-arginine or placebo daily for 6 weeks. More men in the treated group experienced improvement in sexual performance than in the placebo group.

A double-blind crossover study of 32 men found no benefit with 1,500 mg of arginine given daily for 17 days; the much smaller dose and shorter course of treatment may explain the discrepancy between these two trials.

L-arginine has also been evaluated in combination with other products. For example, a double-blind, placebo-controlled trial of 45 men found that one-time use of L-arginine plus the drug yohimbine (made from the herb yohimbe) 1-2 hours before intercourse improved erectile function, especially in those with only moderate erectile dysfunction scores. Arginine and yohimbine were both taken at a dose of 6 g.

Thus, if you take arginine, take a dose of at least 5 grams, and take it before sexual activity as the effects won't last throughout the entire day.

Carnitine

Carnitine is another supplement that can have a number of benefits. It'll give you a great energy boost, it'll help you maintain muscle while burning fat – which will obviously help you increase your testosterone levels – but will it help you boost your libido?

Back to NYU...

"In a 6-month, double-blind trial of 120 men, average age 66, carnitine (propionyl-L-carnitine 2 g/day plus acetyl-L-carnitine 2 g/day) and testosterone (testosterone undecanoate 160 mg/day) were separately compared to placebo. The results indicated that both carnitine and testosterone improve erectile function; however, while testosterone significantly increased prostate volume, carnitine did not.

Another double-blind, placebo-controlled study found that propionyl-L-carnitine at 2 g/day enhanced the effectiveness of sildenafil (Viagra) in 40 men with diabetes who had previously failed to respond to sildenafil on at least eight occasions.

In another double-blind study, a combination of the propionyl and acetyl forms of carnitine enhanced the effectiveness of Viagra in men who suffered from erectile dysfunction caused by prostate surgery. ³¹

Carnitine has also shown promise for treating male infertility. For more information, including dosage and safety issues, see the full [Carnitine](#) article.

Carnitine is a great supplement and one I use along with BCAAs during my workout. Research also shows that it can boost sex drive and libido as well.

Taking a doze of a high-quality carnitine supplement before getting busy, along with some BCAAs, can do wonders for your performance, which is why it comes highly recommended.

[Check out the Best Carnitine Supplement on the Market Here](#)

If you want to have an epic sex drive it starts with the epic diet and an epic training routine, supplements are only meant and used to help these areas of your life. But these areas need to be in place for the supplements to do their work as best they can.

If you're overweight, carrying around a fair amount of fat, and you're in terrible shape, no amount of supplementation will cure your failing sex drive.

So use the Man Diet and the Man Workout to kick your sex drive into the next gear, then grab a few of the supplements on the list to get that extra boost you want and may need to be at your best.