

# MAX **ERO** PLUS INGREDIENTS AND ITS BENEFITS

## 100% NATURAL

### Honey of flowers

Its antibacterial and antifungal properties make it an effective natural remedy for various ailments. Its properties and benefits are collaboration in the cleansing and regulation of the digestive tract, provides vitamins, minerals and enzymes, helps eliminate mucus and toxins, is antiseptic, increases physical resistance and mental fatigue, making it very suitable for athletes, convalescents, tones the heart and improves circulation.

### Mulberry Weed

They have a natural component called DNJ that lowers blood sugar levels. It has antioxidant properties, in addition to being used as an excellent dietary supplement, unique among them. It offers up to 22 amino acid content in its leaves, in addition to fiber, and can help treat obesity problems.

### Epimedium

Horny goat weed, also known as Epimedium, is used for a variety of potential health benefits, from sexual to postmenopausal problems.

An herb that has been a traditional remedy in China for centuries. It is used for low libido, erectile dysfunction, fatigue, pain and other conditions.

### Carob

It is known for its multiple antibacterial properties, antifungal, antiparasitic, and nutritional due to its chemical and bromatological characteristics. The pulp of its fruit has a high fiber content, rich in antioxidant substances and with a high water absorption capacity.

### Ground oats

Known for Its benefits for cardiovascular health, the nervous system, the digestive system or even its ability to help you lose kilos without going hungry. Helps reduce cholesterol and blood sugar levels. Furthermore, thanks to its phytochemicals, it protects us against cancer. It provides energy, B6, Vitamin E and B5, as well as minerals such as iron, selenium, manganese and copper, as well as essential amino acids.

### Ginger

Prevents nausea and vomiting, increases the force of myocardial contraction, promotes the secretion of saliva and gastric juices, acts as a cholagogue and stimulates intestinal peristalsis. It also improves circulation and muscle recovery. It is even attributed to properties to reduce the risk of diabetes and combat obesity.

### Galaga

It has notable antimicrobial and antioxidant properties; However, since the galangal and ginger are closely related, it is not surprising that the health benefits of galangal are very similar to those of ginger.



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### Cinnamon

It is anti-inflammatory and helps control chronic inflammation in the body. It is an antioxidant, protecting the body from damage caused by free radicals. It is antimicrobial, which means that cinnamaldehyde, the organic compound that gives cinnamon its characteristic flavor and aroma, helps fight viruses, bacteria and fungi.

### ***What effect does cinnamon have on women?***

They definitively demonstrated that cinnamon is a strong ally for women with menstrual problems. Cinnamon tea can help reduce bleeding, relieve painful cramps quickly and effectively, as well as decrease the intensity of symptoms related to PMS.

### Maca

"La maca, el jengibre y el ginseng siberiano son complementos alimenticios complementarios. Combinando tres plantas con beneficios demostrados: La maca, un tubérculo tradicionalmente reconocido por sus propiedades estimulantes, tónicas y revitalizantes.

It promotes improved memory, reduces stress, possesses energetic properties in the body, and enhances mood. In fact, many consider them to be **adaptogens**."

### American Ginseng

For stress, to boost the immune system, for upper respiratory infections, diabetes and many other conditions,

### Nettle

Very rich in mineral salts, especially iron, phosphorus, magnesium, calcium and silicon, which make them diuretic and cleansing. They also contain vitamins A, C and K, formic acid, tannin, and other substances. It is considered a magnificent cleanser and diuretic, as well as an astringent, hemostatic, mineralizing and stimulant of the circulatory system.

### Siberian Ginseng

Eleuthero (*Eleutherococcus Senticosus*) is a woody shrub sometimes called Siberian ginseng. Sometimes used as an **adaptogen**.

Siberian ginseng is used to enhance physical and mental performance, as well as increase energy and resistance to the harmful effects of stress and aging. It is also used to increase sexual performance, including to treat erectile dysfunction.

It has been used as a support against impotence.

*Eleutherococcus* is also recommended to treat anemia, low blood pressure and nervous disorders associated with premenstrual syndrome and menopause.



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### Ginkgo Biloba

Used for more than 2,000 years for different ailments related especially to the brain and blood flow.

Has Antioxidant properties, in addition to having properties that relieve or improve blood circulation and joint inflammation.

### Ginseng

For men, ginseng is used to enhance physical and mental performance, as well as to increase energy and resistance to the harmful effects of stress and aging. It is also used to increase sexual performance, including to treat erectile dysfunction.

For women, it reduces the feeling of tiredness and improves the quality of life in women with MS. Increased response to sexual stimuli in healthy people.

### Pumpkin

Pumpkin contains vitamin A, very beneficial for eyesight and skin. As happens with the consumption of carrots, eating pumpkin helps improve vision and protect the dermis.

It also contains calcium, magnesium, vitamin C, E and beta-carotene, the latter is responsible for the orange color of the pumpkin, and is an antioxidant that helps eliminate free radicals, preventing cellular aging and is also of great importance in the diet because it is a precursor of vitamin A.

### Tribulus

It is credited with the ability to increase testosterone levels and, with them, strength, muscle mass and sexual potency. Its ability to stimulate "natural testosterone production, increase libido and improve sexual activity"

However, the bibliography Scientific research does not report any studies in humans that have evaluated the effects of this herb on sexual activity, although traditional medicine reports have been prepared that record its popular use as an herb that serves to increase libido.

### Kola nut

The content of polyphenols, antioxidants, anti-free radicals, helps limit inflammatory reactions, suppresses hunger, gives a feeling of well-being, makes you forget about fatigue, increases attention and is stimulating.

### Vanilla flavor.

It is a source of vitamins B2 and B3, calcium, potassium, sodium, zinc and magnesium. Since pre-Hispanic times, vanilla has also been used as a medicine, as it stimulates the central nervous system, relaxes muscles, relieves stress, improves mood and helps reduce inflammation and pain.

