



LOW LIBIDO-MALE

Nutritional Support Protocol

Lifestyle Recommendations:

1. Do zinc challenge test. If there is no taste or very little taste, add Zinc Supreme 2 capsules daily. Continue to retest. Stop zinc when a strong metal taste is achieved.
2. Check levels of all sex hormones especially free and total testosterone.
3. Check adrenal function especially cortisol and DHEA levels.
4. Control stress and avoid extra obligations.
5. Avoid caffeine and caffeine containing medications including aspirin and other analgesics.
6. Avoid weight loss products and drinks containing stimulants such as Guarana, even if they are naturally from plants.
7. Avoid smoking and excessive alcohol consumption.
8. Exercise daily to improve the body's response to stress and to improve vitality and circulation. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).

Dietary Recommendations:

1. Eat protein at every meal to stabilize blood sugar levels.
2. Avoid sugar, refined carbohydrates and hydrogenated vegetable oils.
3. Replace sugar with the polyol sugar xylitol.
4. Avoid known food allergens.
5. Eat a diet high in omega 3 fats including fish such as salmon, mackerel and sardines.
6. Drink plenty of water daily.
7. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
8. Avoid fried foods.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

LibidoStim-M: 2 capsules with lunch and 2 with dinner
Carnitine Synergy: 2 capsules with breakfast and 2 with lunch or dinner

If still needed for sexual performance:

Grape Seed Supreme: 2 capsules with dinner
Arginine: 2 capsules with lunch and 2 caps with dinner
Zinc Supreme (see lifestyle recommendation #1 above)

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