Male Support

A blend of herbs traditionally used to support men's energy, vitality, and healthy male function.

This Herbal Combination



Ginseng Root Blend — a blend of Wild American "Blue Ridge" Ginseng, Chinese and Korean Ginseng, and Siberian Ginseng roots — traditionally used to support energy, stamina, and healthy male vitality.



Damiana Leaf — long used to support male energy and healthy sexual function.



Yohimbe Bark — an African bark traditionally used to support blood flow and male vitality. Because it is a strong-acting herb, it should be used with care and is not recommended alongside heart, blood pressure, or certain other medications.



Sarsaparilla Root — traditionally used to support hormonal balance and healthy male function.



Ginger Rhizome — traditionally used as a warming carrier herb, helping direct the rest of the formula to the lower body.



Kola Nut — traditionally used for its stimulating effect on energy and alertness.



Oat Seed — a nourishing traditional food for the nervous system, and long valued for supporting vitality.



Saw Palmetto Berry — one of the most traditionally used herbs for men's health, long valued for supporting the prostate and healthy male hormone balance.

How It Works

This is a blend of herbs traditionally used to support men's energy, stamina, and healthy male vitality — combining the Ginseng roots, Damiana, and Yohimbe for vitality and drive, Sarsaparilla and Saw Palmetto for hormonal and prostate support, and Ginger, Kola Nut, and Oat Seed to round out the formula.

Suggested Use

1 to 2 dropperfuls (35 to 70 drops), 3 times daily. Works best when used consistently over a period of 3 to 4 months, alongside a healthy foundational diet and lifestyle. As with any herbal tonic, use your own best judgment — this is an herb, not a drug.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition, and use caution with Yohimbe Bark if you have heart, blood pressure, or other medical concerns, or are taking prescription medication.

For more on this formula, see my blog post "Herbs for Men's Energy and Vitality" at www.daradietz.me.