



Aphrodisiacs

GET BACK TO ENJOYING ALL OF DATE NIGHT!

Below is a list of aphrodisiacs for boosting desire in women.

These are all generally considered safe, but many supplements can interact with medications and will also effect different people in different ways. This is not medical advice, always ask you doctor if you taking a supplement is right for you. Links to products are provided for your convenience.

These aphrodisiacs are well researched:

- Saffron extract 15 mg, twice a day: <https://amzn.to/36ACS1V>
- DHEA 25 mg, twice a day: <https://amzn.to/34nYH3i>
- Maca 1.5 g, once a day:
 - as a powder to add to smoothies: <https://amzn.to/2rliKfo>
 - as a capsule: <https://amzn.to/2Plu9uN>
- Ristela 1 tablet, twice a day:
 - an expensive option, but a little cheaper on their website: <https://hellobonafide.com/products/ristela>

These aphrodisiacs less researched but may be helpful:

- Oysters, tuna
- Pomegranates
- Chocolate
- Red wine (careful, alcohol can also decrease sensation, which decreases orgasm)

