

You CAN Have a Healthy Sex Life Again

Research shows that men who have regular sex are happier than those who don't. But with age, desire and performance can decline. Sexuality is complicated, with many physical and emotional factors at play, but for men, a satisfying sex life requires three basic ingredients: a healthy libido, proper circulation, and good endurance.

Lifestyle Factors for Men's Sexual Health

There are a number of lifestyle changes you can make to improve your sexual health, including:

- Limiting alcohol intake
- Maintaining a healthy weight
- Getting regular exercise
- Quitting smoking
- Practicing stress-reduction techniques
- Managing health conditions such as diabetes and high cholesterol
- Talking openly with your partner to reduce any anxiety you feel

Choosing Supplements Wisely

There are also natural ingredients that can help rejuvenate a man's sex life; however, choosing a supplement can be tricky. First, you want to be sure it actually works — there are a lot of overhyped products making outrageous claims out there. Just as important, you want to be sure it's safe and free of side effects. And finally, you want a comprehensive formula that addresses all three ingredients of a satisfying sex life: libido, circulation, and endurance.

For studies on each ingredient, please visit:

www.humanclinical.org

Supplement Facts

Serving Size: 1 vegicap

Servings Per Container: 90

Amount Per Serving	% Daily Value	
Zinc (as Zinc Arginate)	5 mg	100%
Copper (as Cupric Oxide)	500 mcg	75%
Vigoride™ Proprietary blend	330 mg	†
<i>Withania somnifera</i> (root), <i>Asparagus adscendens</i> (root), Shilajit, <i>Curculigo orchioides</i> (root), <i>Tribulus terrestris</i> (fruit), <i>Mucuna pruriens</i> (seed), <i>Hygrophila auriculata</i>		
Butea Superba Extract 10:1	33.3 mg	†

† Daily value not established.

Other ingredients: vegetable cellulose, maltodextrin, l-leucine, silica.

This product is suitable for vegetarians and gluten-free.

Vigoride™ is a trademark of Maypro Industries, LLC.



Our Commitment to Clinical Efficacy

Every ingredient validated by human studies.
Every dosage consistent with clinical research.
No exceptions. No compromises.

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Sustarex™

QOL LABS®

with Vigoride™, Zinc Arginate,
and *Butea superba*

Stimulates desire*

Enhances performances*

Increases endurance*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

What Makes Sustarex™ Stand Apart

Sustarex is a research-backed, 100% natural supplement for men who want to take charge of their sexual health and satisfaction.*

It's completely unlike other male sexual health formulas in three important ways:

It's effective

Unlike products that contain only a sprinkling of well-known ingredients in potencies too low to have an effect, Sustarex actually does what it says it will. How do we know? Because as with all Quality of Life Labs products, every single ingredient is backed by human clinical studies and delivered in dosages shown to be effective.

It's safe

Many male sexual health products contain powerful stimulants like yohimbe, which can cause side effects such as headaches, perspiration, chills, and even chest pain! Sustarex is stimulant-free, so it's safe to take every day.*

It's comprehensive

Sustarex gets to the root of sexual dissatisfaction by addressing the three key components of male sexual health: desire, performance, and endurance.*

Ingredient	Daily Dose Used in Human Studies	Daily Dose Used in Sustarex™ [§]
Vigoride	660 mg–1,320 mg	990 mg
<i>Butea superba</i>	1,000 mg raw herb	100 mg of 10:1 extract equivalent to 1,000 mg raw herb
Zinc	10.4–250 mg	15 mg

Sustarex also includes 100% of the daily value for copper, since zinc supplementation can deplete copper stores.

§Serving size: 1 vegicap • Daily dose: 3 vegicaps

Sustarex supports all phases of sexual satisfaction: desire, performance, and endurance



1. Stimulates desire*

Where does desire start? Two chemicals are key. Testosterone is a male sex hormone produced in the testes and is associated with muscle mass and energy in men, as well as with a healthy libido. Unfortunately, testosterone levels drop with age, at the rate of about 1% per year after age 40. Dopamine is a neurotransmitter that helps regulate sex drive. Like testosterone, dopamine levels also decline over time.

Vigoride™, a proprietary blend of seven herbs, supports healthy levels of both testosterone and dopamine.* Zinc arginate, a highly bioavailable form of zinc, is also included because poor zinc status is linked with low testosterone levels.*

2. Enhances performance*

Proper blood circulation is a prerequisite for sexual performance. The body relies on nitric oxide for circulation because it increases the dilation of blood vessels, allowing more blood to flow through them. Nitric oxide levels can be affected by oxidative stress, which is caused when free radicals in the body outnumber antioxidants.

Vigoride™ supports the production of nitric oxide, thereby enhancing circulation.* The herb *Butea superba* also improves circulation by blocking an enzyme that breaks down cAMP, an intracellular signaling molecule that helps smooth muscle cells relax.* Finally, Vigoride™ also contains antioxidant herbs that reduce oxidative stress.*

3. Increases endurance*

Every athlete knows the importance of endurance to staying in the game, and the same is true of sexual satisfaction.

A triple-blind, placebo-controlled human clinical trial with 148 subjects found that Vigoride™ improves sexual endurance in men.* In addition, in a double-blind human clinical trial, 82.4% of subjects showed improvement in staying power after taking *Butea superba*.*

Zinc: The Sexual Health Mineral

Zinc is an essential mineral for male health.* Not only is deficiency of this mineral associated with low levels of sex hormones such as testosterone, but zinc also supports male fertility and prostate and testicular health.*

Zinc should always be taken with copper because the two minerals compete for absorption, and supplementing with zinc can leave you depleted in copper. Despite this, most male sexual health supplements that contain zinc omit copper from their formulas. Sustarex contains copper to prevent zinc depletion.

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