

# The Missing Piece in Sexual Health

## Male Sexual Health

The prevalence of moderate Erectile Dysfunction (ED) in the United States appears to be about 20% in the total adult male population, 30%–50% in those aged over 40, and greater than 60% in men older than 70.

The saying goes that **'Erectile Dysfunction is Endothelial Dysfunction'** where ED is explained by failings in the cardiovascular system. This is why nitric oxide (NO), a vital molecule in cardiovascular health, is essential in effectively tackling ED.

Coupled with this, many of the most popular traditional ED medications have been shown to be ineffective when NO levels in the body are not optimal.

## Female Sexual Health

Female Sexual Arousal Disorder affects up to 70% of women with at least 25% of women unable to reach an orgasm. These incidences increase with age, however it does not have to be an inevitable symptom of aging.

Sexual responsiveness in women requires adequate blood flow to the vagina and clitoris. Nitric oxide is an important signaling molecule in healthy circulation and has a central role in female sexual response to arousal.

NO acts as a neurotransmitter in the brain affecting the release of oxytocin which is central in the modulation of sexual behavior. Oxytocin is called the 'Love Hormone' or the 'Cuddle Chemical'. Oxytocin increases nitric oxide production and levels are greatly increased after an orgasm.

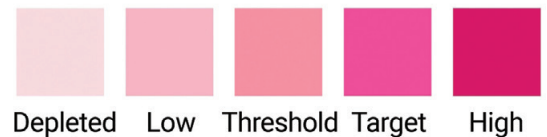
## Nitric Oxide

There are many factors which affect your nitric oxide levels including age, stress, alcohol, diabetes and smoking. For both men and women, the enzyme dependent pathway for producing nitric oxide is reduced to 50% of it's capacity by the time we are 40. It is therefore important to maintain NO levels through an alternative pathway which relies on nitrate intake from diet or supplementation to maintain adequate circulation.

## Nitric Oxide Testing

By taking a 15 second saliva test today you can check your nitric oxide levels and, if needed, learn from your Practitioner some quick and easy ways to improve your levels.

## Nitric Oxide Scale



step 1



Test your nitric oxide levels at least 15mins after eating or drinking. Not doing this can impact your result.



Tear along the long edge to remove the test strip from the foil. Place the "saliva here" side on your tongue for five seconds.

step 2



Fold the strip over and gently press the two sides together. Wait for 10 seconds.



Separate and compare your color reading on the test pad to the nitric oxide scale included above.

Berkeley  
**Life** Professional



Town & Country Compounding is proud to offer a Professional grade Nitric Oxide Support Supplement which can benefit sexual function. Contact us today to learn more:

Call: 800-850-2101 (toll free) • Email: [pharmacist@tccompound.com](mailto:pharmacist@tccompound.com) •  
Website: [tccompound.com](http://tccompound.com)