



NATURE'S SUNSHINE

Men's X-Action Reloaded

Organic

Non-GMO

GOOD FOR

Male Reproductive System

Cardiovascular system

Endocrine System

SIZE **60 Capsules**

ITEM # **1133**

SERVING **2**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 2 capsules one hour prior to sexual activity. May take up to 6 capsules if needed.
Maintenance Dose: Take 2 capsules nightly before bed.

— How the Key Ingredients Work

Men's X-Action Reloaded brings together time-honored botanicals and key nutrients that work together to support male energy, healthy hormone balance, and overall vitality. Each ingredient was chosen for its role in helping men feel their best — from everyday stamina to long-term wellness.

Maca — This legendary Peruvian root has been used for thousands of years to support energy and endurance. Clinical trials show it can improve libido and sexual desire in middle-aged men, even without changing testosterone levels directly. It also supports a healthy stress response and provides antioxidant benefits backed by a 2024 systematic review.

Horny Goat Weed — Used in Traditional Chinese Medicine for over 2,000 years to support male vitality, this herb contains icariin — a compound studied for its ability to support healthy blood flow and erectile function. Preclinical research also shows it may help support testosterone activity, making it a cornerstone of men's herbal formulas.

DHEA — DHEA is one of the most abundant hormones naturally made by the body, and levels tend to drop as men age. It acts as a building block that the body can use to produce other key hormones. Research in aging men links DHEA supplementation to improvements in energy, mood, body composition, and sexual function.

Saw Palmetto — Extracted from the berries of a native American palm, saw palmetto is best known for supporting prostate and urinary health. Studies show it helps ease common urinary concerns like frequent trips to the bathroom or incomplete emptying. It also supports healthy hormone balance by helping manage how testosterone is processed in the body.

Yohimbe — Sourced from the bark of a West African tree, yohimbe has been studied in multiple controlled trials for its ability to support erectile function. Its active compound works by blocking receptors that can restrict blood flow, helping promote healthy circulation. It has also been researched for modest support of healthy body composition in active men.

Damiana — This traditional Mexican herb has a long history of use as a natural aphrodisiac and mood-lifter. Preclinical studies show its flavonoids may support a calm, relaxed feeling, while other research points to antioxidant activity and potential support for healthy blood sugar levels. It rounds out the formula with broad wellness benefits.

Pomegranate — Pomegranate is packed with powerful polyphenols that give it one of the highest antioxidant ratings of any fruit. Human clinical trials show it supports healthy arteries and circulation, and a 2024 meta-analysis found it may help reduce exercise-related oxidative stress and support post-workout recovery — great news for active men.

Oat (Avena sativa) — Oat extract brings meaningful antioxidant support through unique compounds called avenanthramides, confirmed in human clinical trials to boost the body's natural defenses. Oats also support healthy blood pressure and cardiovascular wellness, and research shows they can help promote feelings of fullness — a helpful bonus for men managing their weight.

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