



DAMIANA (*turnera diffusa*)

Common Uses

Damiana is a powerful aphrodisiac. It is a useful treatment for men who suffer from premature ejaculation and impotence. It is also used to restore reproductive organs of both sexes and is an orgasm enhancer in women. It is a valuable remedy for people suffering from mild depression and menstrual complications. Damiana is often taken for painful and delayed periods and headaches connected to menstruation.

Precautions

Do not take if you are pregnant or nursing.

Dosages

TINCTURE: Take 30-40 drops up to 4 times per day

TEA: Steep one tea bag in 8oz. hot water for 10 minutes. Drink up to 2 cups per day.

CAPSULES: Take 2 capsules 2 times daily

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

