

# HOW TO IMPROVE SEXUAL HEALTH WITH BLACK GARLIC EXTRACT?

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Since ancient times garlic has been a food linked to energy and vitality. In many ancestral medicines, such as Chinese or Japanese, this bulb was already used in treatments to increase virility, while cultures such as the Hindu, recognized it as a potent aphrodisiac. On the other hand, in ancient Egypt the priests avoided it, since its exciting properties were incompatible with spiritual elevation.

The main problem of using this bulb for a long time is that in the long term the consumption of common garlic can produce bad breath, and in some cases, body odor. This is not the case with the [Ecological Black Garlic Concentrated Fluid Extract](#) that we have created, 100% natural since these drawbacks are mitigated and some of its properties are enhanced.



## How can black garlic extract help you in your sexual relationships?

- **Improves sexual activity:** on the one hand, the allicin it contains, in combination with vitamin B1, is transformed into an element called allidiamin, which stimulates both libido and sexual activity. It is also important to note that the extract of black garlic contributes to liver cleansing and drainage, which, among other things, is linked to the increase of sexual activity.
- **Promotes sexual potency:** another component present in the extract of black garlic is arginine, an essential amino acid linked to this energy, since it stimulates the emission of nitric oxide synthase. This enzyme is one of those responsible for male erection and medicines such as Viagra intervene, releasing it to produce an erection. Some studies show that the consumption of garlic can even double the formation of this oxide. This superfood also functions as a neurotransmitter responsible for initiating sexual processes, both in men and women.
- **Helps maintain the erection:** this is due to its vasodilator effect, since it promotes blood flow to the muscles. As in the rest of muscles, this helps improve their efficiency and facilitate recovery.

In addition to these benefits, it acts as a natural energizer, feeling more vital and balancing our mood, which also favors our daily and sexual general activity.



## References:

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