

10 types of food enhance men's vitality

This article, **Quantrimang** will help you synthesize some foods to help the men affirm their bravery to keep the fire for family happiness.

Many gentlemen do not hesitate to spend a large amount of money, to find for themselves "medicinal herbs" to help **improve their vitality** without knowing that it is very good for physiological problems to be familiar with everyday foods.

This article, **Quantrimang** will help you synthesize some **foods to help the men affirm their bravery** to always "keep the fire" for family happiness.

Food enhances the male spirit

1. Sea oysters
2. Cauliflower
3. Fish loach
4. Goat meat
5. Chicken eggs
6. Quail eggs
7. Figs
8. Watermelon
9. Chocolate
10. Banana



1. Sea oysters

One of the good food for male physiology is oysters, this is the food that the ancients used to give the name 'food of love'.

Sea oysters are highly appreciated for male physiological effectiveness. This is the food given by the ancients to the name "food of love".

Every day men should eat enough oysters to provide adequate antioxidant minerals (zinc). Zinc is a major part of the body's process, producing DNA to restore cells.

In fact, zinc can counteract the cause of prostate cancer. Zinc plays an important part in boosting sperm naturally. Therefore, eating oysters moderately, often will significantly improve sexual life for men.



>> See also: The great effects of zinc for men

2. Cauliflower

Broccoli is rich in Vitamin C, Potassium, Beta-carotene and plant mixtures which are not only good at fighting cancer but also a quite effective **male physiological enhancer** .

According to male experts, people who eat broccoli are twice as likely to reduce bladder cancer than those who don't eat broccoli. In addition, it also reduces homocysteine, amino acid substances related to cardiovascular disease and stroke. In addition, cauliflower also helps increase endocrine, **health and vitality for men** .



3. Fish loach

The fish is very rich in calcium, protein, iron, phosphorus and many other nutritious vitamins. Fish meat lozenges help men improve blood gas, strengthen vitality, kidney supplement, help enhance sperm production . The fish meat is very tasty and nutritious, and it is also easy to process. Therefore, regularly add the menu to the daily menu.



4. Goat meat

"Re-goat dot with Sonneral sauce

Eat on a piece of goddess like goats

In the night, my wife returned to her numbness

I will go back tomorrow night. "

Since ancient times, people have discovered the wonderful effects of goat meat on the physiological health of men. Like oysters, goat meat also contains a lot of zinc that is good for the body and has the ability to enhance male physiology.

Very delicious and fragrant goat meat, a type of meat that contains many nutrients to increase health, and contains many stimulating micro-nutrients.



5. Chicken eggs

Chicken eggs synthesize a lot of protein, Vitamins should have a lot of good effects such as restoring the body, helping to strengthen kidneys and coated the skin. Using chicken eggs after sex will help you recover the lost 'sperm' very quickly and effectively.



6. Quail eggs

Besides chicken eggs, quail eggs are also included in the yellow table of foods that enhance male physiology. Each quail egg weighs only $\frac{1}{4}$ of chicken eggs but has a Vitamin A content 2.5 times higher than chicken eggs.

In addition, they also contain a large amount of Vitamin B1, B2, phosphorus, calcium, iron . Eating quail eggs will help "little boy" with outstanding strength and quality of sperm is also significantly enhanced.



7. Figs

Figs are considered to be very good for men's health, stimulating sexual ability and enhancing fertility for men. Figs contain a lot of Vitamin A, Vitamin B1, B2, calcium, manganese, phosphorus, iron are the best male enhancement food.

This fruit has the ability to help strengthen fertility, cure physiological weakness and sexual stimulation because they include soluble and insoluble fiber this factor is extremely important for heart health. circuit.



8. Watermelon

Did you know, watermelons can help improve libido, which is very helpful for the treatment of erectile dysfunction - one of the signs of male physiological weakness. According to some University of Texas studies, watermelons contain many citrulline. This is considered to be a type of acid acid that relaxes blood vessels, positively impacting on the gentleman of gentlemen.



9. Chocolate

Black chocolate raises hormone serotonin, promotes pleasure, reduces stress and supports gentlemen who are more likely to orgasm. Cocoa also increases blood circulation through arteries, dilates blood vessels, bringing blood to all appropriate areas, including 'little boy'.



10. Banana

Banana is a nutritious fruit that is loved by many people. This fruit is rich in potassium that supports erection when having sex. In addition, the bromelain enzyme in bananas stimulates the production of "love" hormones in men.



Above are some foods that have a special role for male physiology. However, besides the use of these foods, gentlemen can incorporate simple exercises and supplementary energy supplements such as:

>> **See also:** Simple exercises to improve physiological weakness in men

1. Cordyceps Biofun - Sign fresh host 100gr - Reference price: 8,000,000 VND.
2. Cordyceps Biofun - Fresh host (10 children) - Reference price: 1,000,000 VND.
3. Male physiological Biomax tablet (10 tablets) - Reference price: 360,000 VND.
4. Solgar Saw Palmetto Berries health protection food (100 capsules) - Reference price: 790,000 VND.

If you need to use these types **of kidney tonic to strengthen the vitality**, please contact us immediately for advice and best service.

1. In Hanoi: 024.35.68.69.69
2. In HCMC: 028.38.33.33.66

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