

# Phonix Rising - Masculine Awakening Tincture

## DESCRIPTION

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### Nature's Most Potent Male Vitality Formula

Male vitality is not a single issue — it is a complex interplay of hormones, circulation, neural function, and energy. Our **Male Helper Tincture** addresses every layer of this complexity through four of the most scientifically validated and traditionally revered male enhancement botanicals in the world. This formula supports testosterone levels, enhances libido and sexual function, improves physical performance, and restores the foundational vitality that modern life depletes.

### What This Tincture Is Made For

- Low libido and reduced sexual drive
- Testosterone support and hormonal balance
- Erectile function and blood flow
- Male fertility and sperm quality
- Athletic performance and muscle support
- Overall male energy and vitality

### The Formula — Ingredient Breakdown

**Tribulus Terrestris** — Used for centuries in Ayurveda as the premier Vajikara (male vitality) herb. Tribulus contains protodioscin, a steroidal saponin that supports the hypothalamic-pituitary-testicular axis, promoting natural testosterone production. It improves sperm count, motility, and morphology, and enhances sexual function through multiple complementary pathways.

**Epimedium (Horny Goat Weed) (*Epimedium grandiflorum*)** — The legendary Chinese male tonic with a 2,000-year history. Icariin, the primary active flavonoid, acts as a natural PDE5 inhibitor — the same basic mechanism as pharmaceutical erectile dysfunction drugs — increasing nitric oxide production and improving blood flow to

reproductive tissues. It simultaneously supports testosterone levels and reduces cortisol.

**Maca (*Lepidium meyenii*)** — The ancient Peruvian "superfood for men" that Inca warriors consumed before battle. Maca works through the HPA (hypothalamic-pituitary-adrenal) axis to naturally optimize hormonal balance without directly supplying hormones. It improves libido, sperm quality, energy, and mood — and uniquely, its effects on libido are independent of testosterone levels, meaning it works even when other approaches have failed.

**Tongkat Ali (*Eurycoma longifolia*)** — Southeast Asia's most prized male tonic. Multiple human clinical trials have demonstrated that Tongkat Ali increases free testosterone by reducing Sex Hormone Binding Globulin (SHBG) and directly stimulating testosterone synthesis. It simultaneously reduces cortisol — the hormone that directly suppresses testosterone. The result is an optimized cortisol-to-testosterone ratio: the key metric of male hormonal health.

## How to Use

Take 2 droppers (approximately 2 ml) in water or juice, 2 times daily with meals. For best results, use consistently for 6–8 weeks minimum. Cycle 5 days on, 2 days off. Combine with regular exercise and quality sleep for synergistic hormonal optimization.

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