

**90% of men who have tried this have experienced massive improvement within 30 days.**

## **Introducing the Virility Shake for Men**

Hi, I'm Mo. I have been a holistic health practitioner for over 40 years. My clients have included Bob Hope and Andy Williams, professional athletes George Blanda and John Brody, the US Ambassador to Belgium Leonard Firestone and Gerald Ford the President of the United States.

I have worked closely with many renowned experts in the field of men's health. I am delighted to share this powerful natural formula as my thank you in advance for joining my group: <https://Facebook.com/groups/GreenScreenPro> (copy & paste link for access)

You can order these in bulk powder form on Amazon.com or your local health food store. Most of these ingredients are simple to find.

### **What is in the shake?**

#### **1. Vitamin C**

Vitamin C is a miracle vitamin. As you learned earlier, humans can't produce their own Vitamin C. Our true diet was mostly fruits which are high in Vitamin C. And since we no longer eat the right way, we need to supplement this.

Vitamin C helps to strengthen our arteries and prevents them from tearing. Damaged blood vessels leads to cholesterol build-up that blocks our arteries. By supplementing with this key vitamin, we can reverse this build-up and clear our arteries for maximum blood flow. 48 And best yet, Vitamin C increases Nitric Oxide – you may recall that this is the chemical that is responsible for blood flow to the penis in erections.

#### **2. L-Lysine**

L-Lysine is an Lp(a) binding inhibitor, meaning at sufficient dosage it can reverse the plaster cast build-up (cholesterol plaques) you already have. Lp(a) is the sticky form of LDL cholesterol that Pauling/Rath identified as the primary risk factor.

#### **3. L-Proline**

L-Proline is another important amino-acid that reverses plaster cast build-up on your arteries. This was recently discovered by researchers at the University of Chicago.

#### **4. L-Arginine**

L-arginine is an amino acid that is made in the body. It converts to Nitric Oxide, the chemical that is responsible for erections. Taking L-arginine can produce similar effects to Viagra! It

also helps to tone blood vessels, which are like the small roads that blood travels along throughout your body.

### **5. L-Citrulline**

L-Citrulline works similarly to L-Arginine, but in a slightly different way. In some cases, L-Arginine supplementation is hampered by extensive pre-systemic metabolism. This basically means that the body doesn't allow it to be absorbed into the bloodstream.

In contrast, L-Citrulline escapes this metabolism and is eventually converted to L-Arginine in the bloodstream. We've added this to produce the highest levels of Nitric Oxide possible.

### **6. Pycnogenol (Pine Bark Extract)**

Helps to relax the lining of arteries and improve blood flow. Pycnogenol also helps to combat any free radicals that damage Nitric Oxide.

#### **Ingredients:**

Vitamin C Powder 2500 mg (Approx. ½ tsp)

L-Lysine Powder 2500 mg (Approx. ½ tsp)

L-Proline Powder 500 mg (Approx. 1/8 tsp)

L-Arginine Powder 2500 mg (Approx. ½ tsp)

L-Citrulline Powder 500 mg (Approx. 1/8 tsp)

Pycnogenol Powder 75 mg (½ a 150mg capsule)

#### **Directions:**

Add all ingredients into a 16oz glass of your favorite juice or water and mix with a spoon. Drink it immediately.

Take the shake 2x per day. Once before breakfast and once before dinner. The best time to take it is **30 minutes before a meal.**

## **Bonus Report**

### **Strengthen Your Sexual Muscles**

You would do sit ups to tone your abs, and bicep curls to tone your arms, and lunges to strengthen your legs, but would you ever think of exercising the muscles in your pants?

Does it sound impossible? Do I sound crazy? Well I'm telling you that it's not impossible and I'm not crazy. These exercises have been around for years and have been only practiced by a select few men who are in the "know."

By doing these exercises, you will have stronger, longer erections. You'll be able to please your partner like never before. You'll have heightened sexual pleasure. You'll have stronger ejaculate. You'll even have better prostate health.

Does this sound like something that you want? Thought so.

So what are these exercises all about?

These exercises will strengthen the muscles involved in your erections. When these muscles are strong, you'll have stronger erections and even more control over your penis. And these exercises will increase blood flow to the penis and will even help to get rid of ED.

In one study, 75% of men with ED saw a huge improvement when they did these exercises. And best yet, there are no side effects. And you can do them anywhere.

The exercises are called Kegel exercises. And they strengthen your pubococcygeus (PC) muscle, also known as the pelvic floor muscle. Now, I bet you're thinking that you've already heard of these exercises and these muscles. Aren't these the muscles that women exercise after they've had a baby?

Yes. But stay with me here.

Both men and women have this muscle. It stretches from the tailbone to the pubic bone, and forms a sort of hammock that supports the organs in your pelvic region.

Kegel exercises will help you tone and strengthen your pelvic floor. These are the muscles involved in sex and urination. One of the main muscles is the *bulbocavernosus* muscle, which helps the penis expand with blood during an erection. And as I've said, strengthening them will improve your sex life in ways you've never imagined.

Ok, so ready to start?

### **Step 1: Find Your Muscle**

The easiest way to find these muscles is to start when you are urinating. Stop the flow of urine. Or imagine that you are trying to hold in some gas. Now you've found the muscles. And you've just done one rep.

### **Step 2: Make Sure You're Isolating the Muscle**

Stand naked in front of a mirror and try once again to activate your PC muscle by pretending to hold in gas or stop the flow of urine. Your penis should move a little. Good!

Make sure that you aren't using any other muscles when you activate your PC. You don't want to be using your abdominals or glutes. It may take a few times to learn how to just use your PC muscle.

Take a few minutes and practice using just your PC muscle to lift your penis. It's hard, I know. But hang in there. It will get easier and your sexual muscles will get stronger and stronger with each rep that you practice.

### **Step 3: Practice**

1. Contract your muscle as though you are stopping the flow of urine.
2. Repeat up to 20 times per day.

Work your way up to holding each contraction for at least 10 seconds. Try to hold on for as long as you can, but don't hold so tight that you begin to shake.

### **Tips**

Remember to breathe. You want oxygen moving throughout your body. That's the point.

These exercises may be hard at first but don't give up! Do the best you can. You'll notice that each day, they will get easier and easier.

If you are finding these exercises too hard, scale back a bit to suit your own strength. You can gradually work your way up.

It's a good idea to take one to two days off per week to allow your muscles to rest. Just like regular exercise.

You can do these exercises while you're brushing your teeth, driving to work, or even at your job! But I recommend when you start, do these exercises somewhere private so you can give them your full attention.

Don't overwork yourself. Much like overworking a muscle can become counterproductive, you don't want to overwork your PC muscle. Stick to the routine and be sure that you don't overwork. The key is consistency over quantity.

### **Try to Exercise Your Whole Body, Too**

We live in a couch potato society. The problem is that as humans, we're actually designed to move. Our species survival has depended on us getting off our butts!

Regular exercise helps to lower cholesterol, increase circulation and blood flow. More blood will flow to your genitals, and exercise helps you to lose weight. Exercise is also a powerful mood elevator, helping to lift stress and anxiety. And, exercise increases Nitric Oxide, the chemical responsible for erections. So what are you waiting for? A great and safe introduction to working out is walking. And it's one of the most effective exercises for weight loss. Walking requires nothing but a comfortable pair of shoes, and it can be done anywhere.

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