

LIFTMODE

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YOHIMBINE



Main Benefits

- Yohimbine HCl has long been used as a potent energizing and metabolism-supporting supplement, once extracted from the Yohimbe tree in Central Africa.
- Its powerful benefits include increased sexual vitality and libido, support for a healthy metabolism, as well as potent energizing effects.
- Yohimbine is an effective supplement in supporting healthy blood flow for both men and women, and exerts its effects without affecting hormones.

Main Cautions

- Yohimbine HCl can cause **rapid or racing heart rate**, increased blood pressure, nausea, dizziness, anxiety, headache, and irritability, at normal serving sizes.
- **Do not exceed the recommended serving size** for this powerful natural supplement.
- Consult your physician before using Yohimbine if you are taking any medication. Yohimbine has not been tested for safety in pregnant or breastfeeding women.

Usage Tips

- A micro measuring scoop is included. One level scoop contains approximately one serving, or approximately **4mg of Yohimbine**. As a dietary supplement, take 1-4 servings 1-2 times per day. Start at the lower suggested quantity to assess response.
- The negative effects of Yohimbine are dependent on the amount taken, so use of a scale with 1mg/0.001g accuracy is required.
- Use of capsules, or mixing with tea, yogurt, apple sauce, or oatmeal may help make the powder more tolerable.
- This supplement is not intended to treat, diagnose, prevent, or cure any diseases. Consult your healthcare provider before use if you have a medical condition or if you are taking any prescription medications.
- It is safe to stack Yohimbine with other **non-stimulating supplements**, so long as the amount consumed does not exceed the suggested serving size.
- The benefits of Yohimbine are most effective when they are supported by a healthy diet and plenty of exercise.