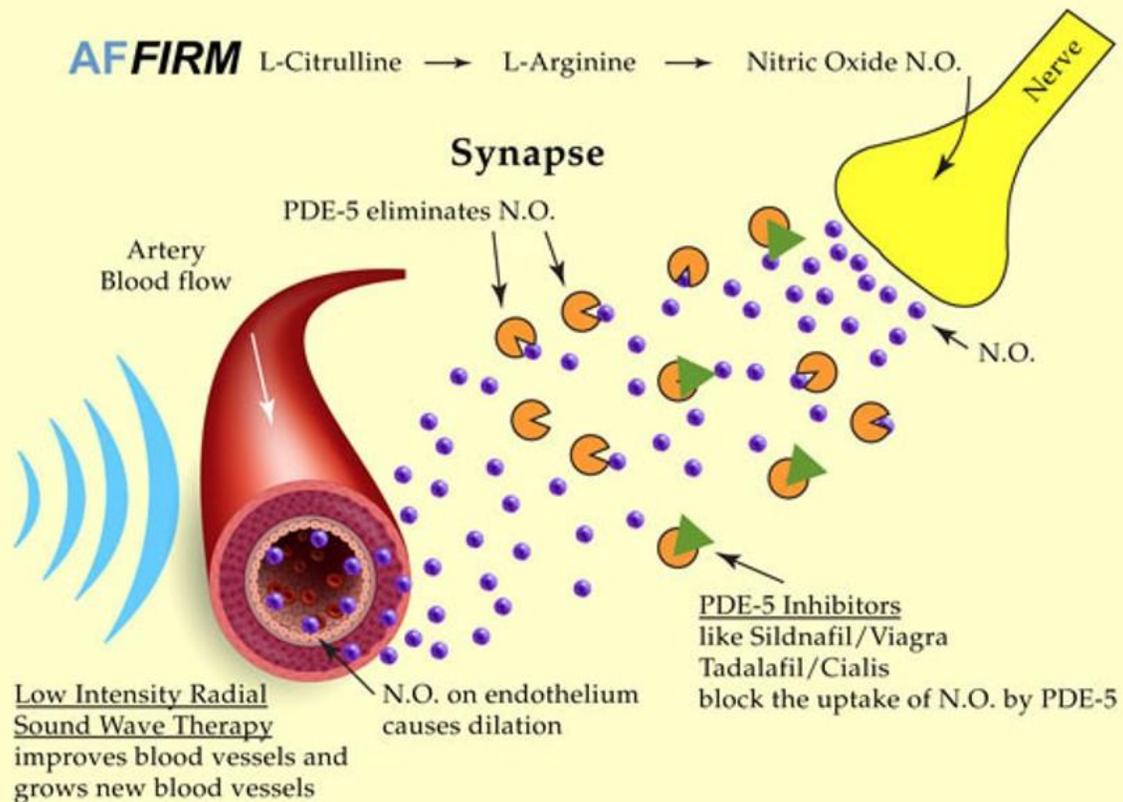


**FOR DOCTORS: How to Maximize the Results of GAINSwave with
Triple Therapy: AFFIRM, PDE-5 Inhibitors and GAINSwave**

Simplified Mechanism of Arterial Dilation



Help your patients GET BACK UP! by optimizing erectile function! It is necessary to both improve vascular blood flow to the corpora cavernosa and maximize the supply of Nitric Oxide (NO) signaling the arteries going to the penis. As men age, their endogenous NO production declines significantly, even with good health and proper diet. By the age of 50, an average man has 50% of the endogenous NO production he had when he was 30 and by age 70, NO production declines to 25% of normal. Think of it as a dimmer switch on a light. At 25% light, you can still move around a room, but you can't speed read or do surgery.

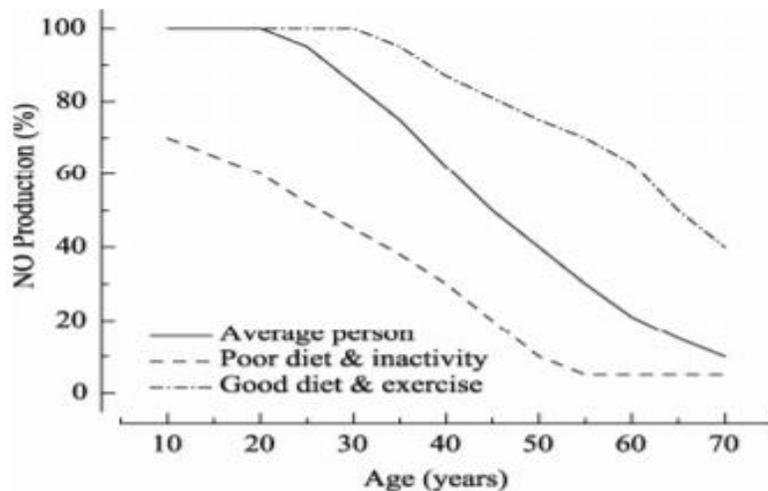


Figure 4. Hypothetical representation of nitric oxide (NO) production based on diet and lifestyle.



Review

• Open Access •

Nitric oxide and geriatrics: Implications in diagnostics and treatment of the elderly

Ashley C Torregrossa¹, Mayank Aranke², Nathan S Bryan^{1,3}

¹Texas Therapeutics Institute, Brown Foundation Institute of Molecular Medicine, University of Texas Health Science Center at Houston, 1825 Pressler St. 530C, Houston, TX 77030, USA

²The University of Texas at Austin, University Station, Austin, TX 78712, USA

³The University of Texas Graduate School of Biomedical Sciences, 6767 Bertner Av., Houston, TX 77030, USA

Abstract

The nation's aging population is growing rapidly. By 2030, the number of adults age 65 and older will nearly double to 70 million. Americans are living longer and older adults can now live for many years with multiple chronic illnesses but with a substantial cost to health care. Twenty percent of the Medicare population has at least five chronic conditions i.e., hypertension, diabetes, arthritis, etc. Studies in experimental models and even humans reveal that constitutive production of nitric oxide (NO) is reduced with aging and this circumstance may be relevant to a number of diseases that plague the aging population. NO is a multifunctional signaling molecule, intricately involved with maintaining a host of physiological processes including, but not limited to, host defense, neuronal communication and the regulation of vascular tone. NO is one of the most important signaling molecules in our body, and loss of NO function is one of the earliest indicators or markers of disease. Clinical studies provide evidence that insufficient NO production is associated with all major cardiovascular risk factors, such as hyperlipidemia, diabetes, hypertension, smoking and severity of atherosclerosis, and also has a profound predictive value for disease progression including cardiovascular and Alzheimers disease. Thirty plus years after its discovery and over 13 years since a Nobel Prize was awarded for its discovery, there have been no hallmark therapeutic breakthroughs or even NO based diagnostics. We will review the current state of the science surrounding NO in the etiology of a number of different diseases in the geriatric patient. From these observations, it can be concluded that enzymatic production of NO declines steadily with increasing age in healthy human subjects. Implementing strategies to diagnose and treat NO insufficiency may provide enormous benefit to the geriatric patient.

The four ingredients in AFFIRM (L-citrulline, Red Beet Root Extract, Muira Puama and Panax (Asian) Ginseng) were specifically chosen because they have been shown in scientific studies to not only boost NO but also improve erectile function. In addition, AFFIRM has been studied in combination with GAINSwave to improve SHIM scores in men by 5.2 points. The references to some of these studies are provided below. AFFIRM has four ingredients because the variability of response is normal in biologic systems and our patients will respond to a greater or lesser extent to each of these ingredients, but will likely have a strong NO boosting response to at least one of the components.

AFFIRM is a high-quality product using a standardized compound produced in consistent batches and manufactured according to strict manufacturing practices (GMP). It is vegan, vegetarian, nut free, gluten free, caffeine free and contains no artificial colors or flavors.

You might be asking yourself, why tablets instead of capsules? In order to combine the four ingredients in the optimal amounts, we needed to move from capsules to tablets. Capsules hold a limited amount of supplement powder, whereas tablets can hold more active ingredient in a smaller space.

Our 180 pill bottle was specifically designed for patients starting GAINSwave treatment. We recommend a loading dose of 2 pills twice a day while patients are undergoing GAINSwave. Many of our patients are deficient in NO, and this loading dose brings them closer to normal levels. I find that while they are taking a loading dose of AFFIRM, they have better morning erections and notice that they are mentally sharper. In addition, they respond earlier to GAINSwave treatment. If they take 2 pills twice a day for a six-week course, the 180 pill bottle will cover the entire course of treatment.

The 60 pill bottle is for a monthly maintenance of 2 pills per day. I find that patients have a longer lasting response to GAINSwave by continuing a NO

booster. AFFIRM can be taken with or without food at any time of the day, but it is better to take with food and a glass of water. AFFIRM is priced reasonably as compared to other branded NO boosters like Neo40 which costs 40 dollars for 30 pills with only 420 mg of active ingredient in each pill (AFFIRM tablet has 895mg). Our goal is to make it affordable for our patients to achieve the benefits of taking a Nitric Oxide booster.

I would be happy to answer any questions you might have about AFFIRM and combining NO boosters with GAINSwave. I will post the answers on Vitality Connect and on the Portal.

USE OF RADIAL PULSE WAVE THERAPY (RPT) AND A NITRIC OXIDE BOOSTING SUPPLEMENT IN THE TREATMENT OF ERECTILE DYSFUNCTION



Judson Brandeis MD
The Pacific Urology Male Performance (PUMP) Center – Walnut Creek, CA



OBJECTIVES

The purpose of the study is to determine the efficacy of a combination of Radial Pulse Therapy and a Nitric Oxide boosting nutritional supplement, 3 gm L-citrulline and 180 mg beet root extract, in the treatment of men with Erectile Dysfunction.

METHODS

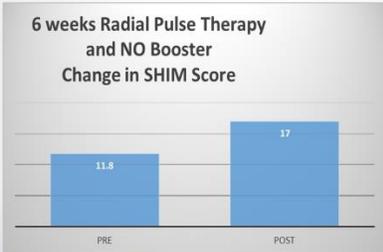
40 consecutive patients were treated with Radial Pulse Therapy with the Zimmer enPuls Pro. This machine uses electromagnetic energy with a convex treatment head to generate mechanical radial pulsed waves. Six weekly treatments of 10,000 shocks at an energy of 90 mJ and a rate of 15 using the GAINSwave technique were delivered to the penile corpora and perineum. Men took 1500 mg L-citrulline and 90 mg beet root extract (AFFIRM®) twice a day during treatment. L-citrulline has been shown to improve NO levels and mildly improve erectile function. SHIM (Sexual Health Inventory for Men) questionnaire was administered prior to treatment and at 5 weeks after the first treatment.

RESULTS

The average age was 68 years (range of 36 to 79). All of the men had previously tried PDE-5 inhibitors, and none had been using intercavernosal injections or penile pumps. 7 men were diabetic, 6 had significant coronary artery disease, 4 were taking SSRIs, 7 had hypertension and were on medication and 6 had a history of tobacco abuse. The average SHIM score prior to treatment was 11.8. The average SHIM score 5 weeks after initiating treatment was 17.0. The average improvement in SHIM score was 5.2 (p<0.01). The median improvement in SHIM was 5. There were 11 men who had an increase in SHIM of two or less. 15 men had an increase in SHIM of 7 or more.

6 weeks Radial Pulse Therapy and NO Booster

Change in SHIM Score



Time Point	SHIM Score
PRE	11.8
POST	17.0

CONCLUSIONS

Radial pulse therapy using the Zimmer enPuls Pro weekly for six weeks in combination with a supplement consisting of ingredients known to boost Nitric Oxide resulted in significant improvement in ED at 5 weeks based on the SHIM questionnaire which increased 5.2 points (p<0.01). This is the first report of radial pulse therapy, as opposed to focused shock wave therapy, improving ED. It is also the first to show that the combination of RPT and a NO boosting supplement improves erectile function. TRIPLE THERAPY - the combination of a NO boosting supplement, PDE-5 inhibitor and Radial Pulse Therapy may prove synergistic in the treatment of ED. Further studies are underway to examine the benefits of Nitric Oxide boosting in combination with radial pulse therapy.

The Sexual Health Inventory for Men (SHIM) Questionnaire

How do you rate your confidence that you could get and keep an erection?

When you had erections with sexual stimulation, how often were your erections hard enough for penetration (entering your partner)?

During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?

During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?

When you attempted sexual intercourse, how often was it satisfactory for you?

Urology. 2011 Jan;77(1):119-22. doi: 10.1016/j.urology.2010.08.028.

Oral L-citrulline supplementation improves erection hardness in men with mild erectile dysfunction.

Cormio L¹, De Siati M, Lorusso F, Selvaggio O, Mirabella L, Sanguedolce F, Carrieri G.

Br J Clin Pharmacol. 2008 Oct;66(4):444-50. doi: 10.1111/j.1365-2125.2008.03236.x. Epub 2008 Jun 9.

Red ginseng for treating erectile dysfunction: a systematic review.

Jang DJ¹, Lee MS, Shin BC, Lee YC, Ernst E.

J Ethnopharmacol. 2019 Jan 30;229:167-179. doi: 10.1016/j.jep.2018.10.007. Epub 2018 Oct 16.

Male sexual enhancers from the Peruvian Amazon.

Schmeda-Hirschmann G¹, Burgos-Edwards A², Theoduloz C³, Jiménez-Aspee F⁴, Vargas-Arana G⁵.

Sports Med (2014) 44 (Suppl 1):S35–S45

DOI 10.1007/s40279-014-0149-y

REVIEW ARTICLE

Dietary Nitrate Supplementation and Exercise Performance

Andrew M. Jones

Review Article

Nitric Oxide: Exploring the Contextual Link with Alzheimer's Disease

Nicholas Asimwe,¹ Seung Geun Yeo,^{2,3} Min-Sik Kim,⁴
Junyang Jung,^{1,3,5} and Na Young Jeong⁶