

Supplements/Libido?

3 upvotes | 19 July, 2016 | by empatheticapathetic

I am currently missing a libido. Not sure what the reason is and the doctors are also stumped. No erections, no desire, no porn, nothin.

I'm 26, eat healthy/everything, lift, occasional cardio, had sex once in my life with an escort.

I currently take this multivitamin:

<http://www.hollandandbarrett.com/shop/product/holland-barrett-ultra-man-caplets-60031489>

I have read to try some combination of: zinc, vit D, magnesium. Are the levels in this multivitamin sufficient or should I add an extra dosage of these 3 specifically?

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Comments

GayLubeOil • 5 points • 19 July, 2016 07:02 AM

This is an issue a doctor needs to handle not TRP bioscientists

empatheticapathetic[S] • 0 points • 19 July, 2016 10:22 AM

My doctor(s) are pretty apathetic with any concern I bring them. I've asked and he's pretty much left me with "see what happens", even though I've had this problem for a while. I thought I'd try TRP again, don't know where else to go.

Trumpanoly • 3 points • 19 July, 2016 02:56 AM

Get your testosterone levels checked.

If it's nothing physical then it is mental.

AFPJ • 2 points • 19 July, 2016 02:54 AM

sex once in my life with an escort.

You're blessed with natural abstinence from the social charade of mating, are you sure you want to "fix" that? No erections sounds like something is up with your prostate or prolactin levels ...possibly T3/FSH/LH. Tried Caber?

empatheticapathetic[S] • 1 point • 19 July, 2016 03:17 AM

I've had blood work done and everything was considered 'normal', but I'm not sure of the exact figures. I intend to make a note of them.

What's Caber?

TermiFaptor • 2 points • 19 July, 2016 12:11 PM

Eurycoma longifolia and try other sexual desire boosting herbs. Try some nootropics. Research on them, try and find them. I have used a few, worked a bit for me.

The main problem is your basic desire and the way you use your time, thinking thoughts that help or hurt the libido.

empatheticapathetic[S] • 1 point • 19 July, 2016 01:35 PM

I think you're right about the thoughts. I've think I've got a lot of baggage I need to get through.

__NOTORIOUS__ • 1 point • 19 July, 2016 03:24 AM

8+ hours of sleep?

empatheticapathetic[S] • 1 point • 19 July, 2016 10:15 AM

Plenty of sleep

[deleted] • 1 points • 19 July, 2016 04:46 AM

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empatheticapathetic[S] • 1 point • 19 July, 2016 10:19 AM

I looked that up. I don't believe I have that but I'm not sure. My doctors said my T was normal.

Foregone_Destruction • 1 point • 19 July, 2016 08:00 AM

As animals we're supposed to be able to reproduce and you currently seem to be unable to do that. We're no professionals. You should really go to your doctor. Also, try Tyrosine. Im taking Lecithine out of habit, but since I take Tyrosine regularly my loads are even bigger and Im watching way more porn; thats why I stopped.

Gawernator • 1 point • 19 July, 2016 08:42 AM

How does it improve ejaculate? I've noticed that orgasms are longer/more pleasurable generally the more I make so anything to boost it is good

Foregone_Destruction • 1 point • 20 July, 2016 08:43 AM

I took 2 pills a day and it had no effect on pleasure, but I came stronger and more, partly because it was more fluid.

empatheticapathetic[S] • 1 point • 19 July, 2016 10:35 AM

My doctor isn't able to figure it out nor seems to give a shit. I thought I'd ask here again. Tyrosine looks good, I'll try that.

Foregone_Destruction • 1 point • 20 July, 2016 08:44 AM

Well, try going to another doctor. This is your health, man.

empatheticapathetic[S] • 1 point • 20 July, 2016 01:22 PM

I know man. It's more of an issue of UK healthcare. I have many issues that are left untreated/incorrectly diagnosed because of apathetic doctors pushed to the brink. They're all the same.

GarlicSaucePunch • 1 point • 19 July, 2016 05:35 PM

What dosage? 500mg or 750?

Foregone_Destruction • 1 point • 20 July, 2016 08:43 AM

Daily intake is recommended as 1-3 pills. 3 together are 2100mg, so 1 is about 750.

GarlicSaucePunch • 1 point • 20 July, 2016 01:20 PM

thx

BusterVadge • 1 point • 19 July, 2016 01:06 PM

First off, have you had bloodwork done? If you're not deficient in anything taking extra vitamins won't help. Do you sit down at a desk all day for your work? There is nothing that kills libido faster than lack of movement. I had the same issue that crept up on me in my mid-30's, and getting exercise while I work solved the issue. I have a treadmill desk and make a point to take a 15 minute break to walk outside every so often.

empatheticapathetic[S] • 2 points • 19 July, 2016 01:36 PM

I've had blood work, everything was 'fine', although I'd like to get a record of the numbers myself and do my own research. I sit down but I also do manual labour day to day, I'm not totally stationary for very long.

BusterVadge • 1 point • 19 July, 2016 03:18 PM

Yeah, if I were you I would demand those numbers. They may be a little on the low side. I would be especially concerned about T and vitamin D.

GC0W30 • 1 point • 19 July, 2016 01:24 PM*

Horny goat weed makes me want to fuck.

Take it for a week or two and see what happens when you are around attractive women under 27.

Might help, might not, but it helps me.

empatheticapathetic[S] • 1 point • 19 July, 2016 01:38 PM

Cool cheers, I've seen HGW mentioned in a lot of stuff I've read, I need to try it. Out of interest why only women under 27?

GC0W30 • 1 point • 19 July, 2016 01:58 PM

27 is a good arbitrary number for when some women start showing age and begin turning from sluts into gold-diggers.

Mostly an arbitrary choice on my part. If you are on a college campus, make it 23.... but in summer environments you don't see many under 23 on a daily basis, so I went with 27.

I am a fucking perv, so for me it is under 45 and under 300 lbs.

I only need HGW if it is to keep fucking my LTR when I am getting tired of her, and I can't recharge the phaser banks with one of my plates.

Or if I am feeling less than 100% and want to make sure I don't have problems staying hard with a rubber on and a new chick. Sometimes I take time to figure out the right technique with new ass and lose it, and the HGW helps.

brooklynisburnin • 1 point • 19 July, 2016 03:07 PM

Go get your Testosterone levels checked.

LLL3peat • 1 point • 20 July, 2016 01:21 AM

Are you fapping? That's might be it. Otherwise I take zma and testojack 200 before I go to bed every night and want to pound everything in three days as long as I don't fap