

Hardness pills

June 29, 2017 | 2 upvotes | by [AtlasCuckd](#)

What/where is a reliable source you've used to get quality ones that work? The stuff that makes you go for hours and hours. I'm not looking to go the prescription route.

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Comments

CaptainSupream • 4 points • 29 June, 2017 04:49 AM

Horny goat weed. Ginseng. Ginger. Gingko. Ashwaghandha

A note for diet: try eating more dietary cholesterol (eggs). No it will not clog your arteries, in fact if you cleave a cholesterol molecule (happens in your ballsack) you get 1 molecule of testosterone from it.

MaxwellGaine • 5 points • 29 June, 2017 01:19 PM

Add Maca to that list.

O_Son • 2 points • 30 June, 2017 12:04 AM

Horny goat weed gives me energy throughout the day, much better than caffeine. Ashwaghandha (Withania Somnifera) is an adaptogen for people that don't know, it helps keep you calm during stressful situations. Maca is also said to be good for the male reproductive system.

DiggerClam • 1 point • 29 June, 2017 06:46 AM

That stuff doesn't work.

Online Viagra or Cialis is your only route.

L-Arginine can help bloodflow, it's cheap so might as well see if it helps.

AtlasCuckd[S] • 1 point • 29 June, 2017 06:32 PM

What is a reliable place for the online Viagra or Cialis? Also not looking for bitcoin payment, Paypal will do

DiggerClam • 1 point • 30 June, 2017 04:40 AM

Anything else, your majesty?

numandina • 1 point • 29 June, 2017 09:54 AM

L-Arginine.

mountainbiker178 • 2 points • 29 June, 2017 11:48 AM

L-Arginine + Citrulline

MaxwellGaine • 1 point • 29 June, 2017 01:18 PM

Always gives me a semi while doing squats.

mountainbiker178 • 1 point • 29 June, 2017 01:32 PM

TMI LOL

AtlasCuckd[S] • 1 point • 29 June, 2017 06:31 PM

Top kek

MaxwellGaine • 1 point • 29 June, 2017 01:20 PM

KSM-66 (ashwaganda extract) makes you last forever, almost in a bad way.

Also has massive benefits for lifting.

AtlasCuckd[S] • 1 point • 29 June, 2017 06:30 PM

Just looked it up on Amazon, seems affordable enough.

What was your experience like? Any particular FR? And how long until it worked for you?

MaxwellGaine • 1 point • 29 June, 2017 06:46 PM

I'm always skeptical of placebo effect, but am pretty convinced this stuff works. Hard to say which of the life changes are from this vs. just working hard to improve my life, but definitely think this stuff works significantly, wouldn't want to go off it.

Don't know about the brands on Amazon, have seen very mixed reviews from bodybuilding.com and reddit on the various brands. The nootropics subreddit love Nootropics Depot so I went with that, still dirt cheap and seems effective.

Experience:

Been taking it for about 6 weeks now.

First day I took it was on an empty stomach at breakfast. Felt more peaceful a few hours later, which seemed suspicious since usually these things take a few weeks to build up and become effective, so that could be placebo.

Now, six weeks later, can say I feel calmer and much more DGAF / lower ambient anxiety. KSM-66 lowers cortisol, and my family has a history of high cortisol levels, so if it's lowering that, current experience would make sense. Don't have any actual tests to prove that cortisol lowered but - seems - that way.

Definitely seem to have less abdominal fat now; despite being pretty ripped my abs hardly ever show, either because genetics or because I rarely do ab-focused workouts so they're small. Now there's abdominal veins showing which is a first for me, even though I've done plenty of cuts before.

Don't really feel alcohol anymore - no noticeable buzz kicks in. Hangovers might be mildly worse, fine by me since I don't want to drink a lot or the gains stop coming.

Feel a lot more social. Used to jam up, now it just... flows. Not sure how much of that is just getting out more (getting over a shitty LTR/marriage where I was stuck in a cave for years essentially) and how much is the KSM, but probably is synergistic.

Gym performance is good, had some notable strength gains in the first few weeks, but also started Layne Norton's PHAT around the same time so can't say it's all just the KSM.

I think it's supposed to build up in your system over a few weeks, so I should be at peak now six weeks in. A little afraid I'm addicted; hard to know what it would feel like without it since it would be a slow build up and slow down.

Would recommend.

Here's the examine.com link for ashgawanda, which is what KSM-66 is derived from:

<https://examine.com/supplements/ashwagandha/>

[deleted] • 1 point • 29 June, 2017 02:09 PM

If you've never taken stims, try a 5mg of dexie.

You'll be going for hours.