

Vigor Boost



**Male Enhancement
Gummies**

82 MG Per Serving**

**Equivalent to approximately 567mg of dry powders

**Dietary Supplement
30 Gummies**

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82 MG Per Serving**

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**Dietary Supplement
30 Gummies**



Your sexual health deserves consistency, care and confidence. And this transformation begins now.

You're not here by accident. Choosing **Vigor Boost** means taking control — of your vitality, your intimacy, and your well-being. It's not just about performance. It's about reclaiming your confidence and reconnecting with your body in a natural, powerful way.

Vigor Boost was created with you in mind — a man who seeks real, effective, and safe solutions to strengthen his sexual health. This isn't just a supplement. It's a personalized protocol that respects your individuality — your age, your lifestyle, your goals. And it adapts to your routine to support long-term results.

Each capsule is a step toward balance: improving blood flow, supporting natural testosterone production, and helping restore stronger, more reliable erections. When combined with simple daily habits like nutritious eating, regular exercise, and quality sleep, **Vigor Boost** becomes a powerful ally in your journey.

You're not alone in this. We are here for you — with answers, support, and encouragement whenever you need it. Because improving your sexual health isn't just a physical change — it's a full-circle transformation of confidence, energy, and self-esteem.

This is your moment. You're leading the way.
Welcome back to control. Welcome to a new you.

Welcome to Your New Phase



Hello!

Congratulations on your decision to invest in your intimate health. You have taken a powerful step towards regaining your confidence, energy and sexual well-being. Vigor Boost was developed with men like you in mind: those who seek real, natural and effective solutions to regain control of their lives.

This is not just a supplement. It is a personalized protocol that can — and should — be adapted to your reality, considering your weight, age, lifestyle and personal goals. Here, you will find everything you need to use the product correctly and get the most out of it. Let's go on this journey together!

How to Use Vigor Boost



Recommended Dosage:



- Take 2 capsules a day, with a glass of water (approximately 240ml).

Best Time:



Preferably, take 20 to 30 minutes before a main meal.

If you want to boost sexual performance immediately, you can also take it before sexual intercourse, according to your routine or as advised by a health professional.

Consistency is Everything:



Daily use is essential to:

- Stimulate natural testosterone production
- Improve blood circulation
- Strengthen erections with more firmness and vitality

Remember: consistency beats intensity. Small daily care builds great results.



Habits that Boost Results



Your body responds better when you take care of it as a whole. Here are some simple tips that, combined with Vigor Boost, will make a big difference:



• Smart Eating

Prioritize foods that nourish your sexual health:

- Rich in zinc: eggs, seafood, pumpkin seeds
- Sources of vitamin D: eggs, fish, moderate sun exposure
- Magnesium and good fats: nuts, chestnuts, avocado, olive oil



• Move More

- Aerobic exercise and weight training increase natural testosterone and improve circulation.
- Walking, light jogging or resistance training are highly recommended.



• Avoid Habits That Sabotage Your Results

- Reduce alcohol and cigarette consumption
- Avoid a sedentary lifestyle
- Be aware of excessive stress and anxiety, which directly affect sexual performance



• Sleep Well

- During deep sleep, your body produces more testosterone and recovers better.
- Aim to get between 7 and 8 hours of quality sleep per night.



Tips to Enhance Your Performance Even More



- **Confidence: Part of the Treatment**

High self-esteem accelerates results. Trust in your process and your ability to transform.

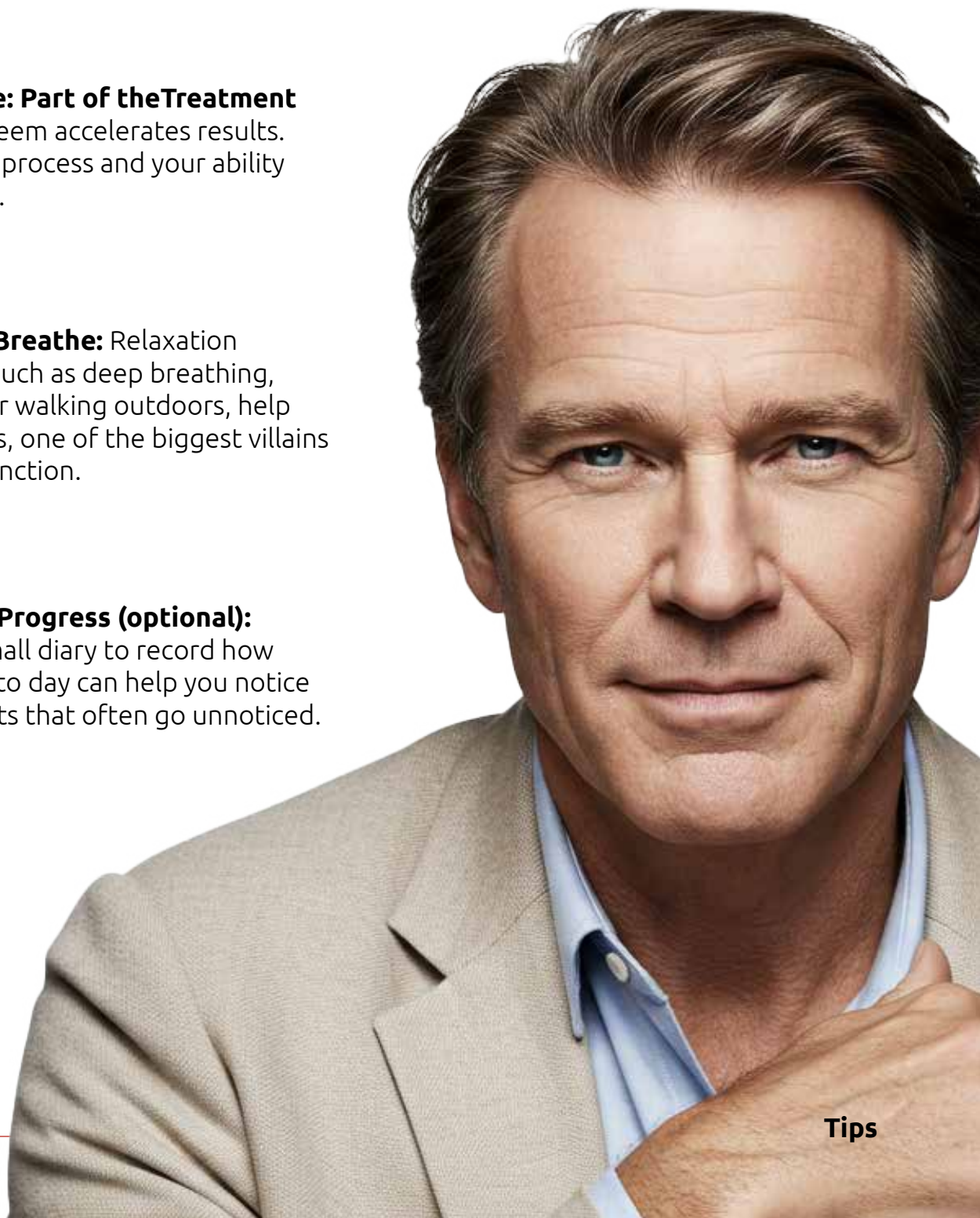


- **Relax and Breathe:** Relaxation techniques, such as deep breathing, meditation or walking outdoors, help control stress, one of the biggest villains of erectile function.



- **Note Your Progress (optional):**

Keeping a small diary to record how you feel day to day can help you notice improvements that often go unnoticed.



We're Here for You!



**Whenever you need help,
contact our support team:**

 contact@customerccs.com

You're not alone. We're here
to make sure you have the
best experience possible
with **Vigor Boost**.

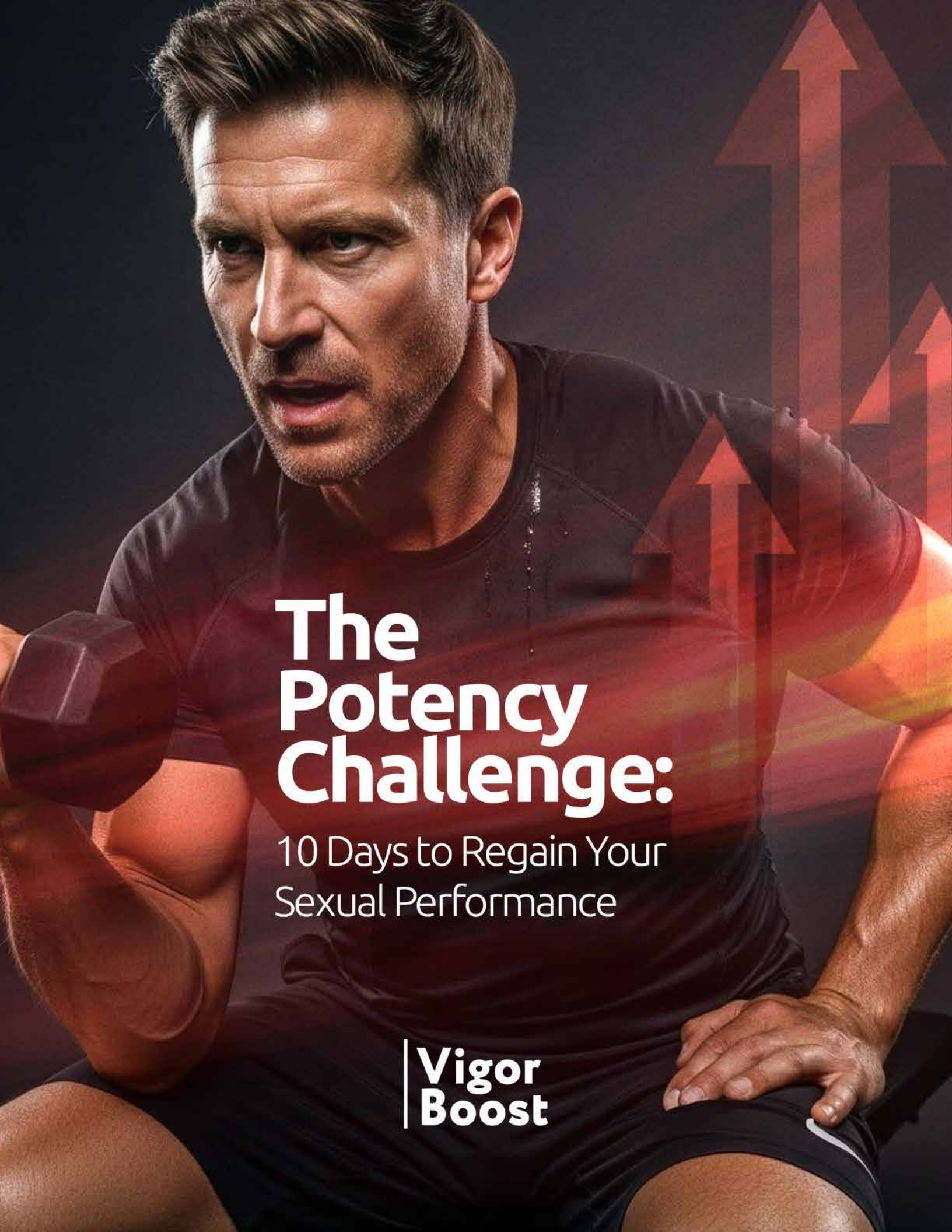


You're in Control Again

This is just the beginning. By adopting this protocol and integrating healthy habits into your routine, you're not just taking control of your sex life—you're taking control of your body, your confidence, and your well-being.

Remember: solid changes take time, but they last.

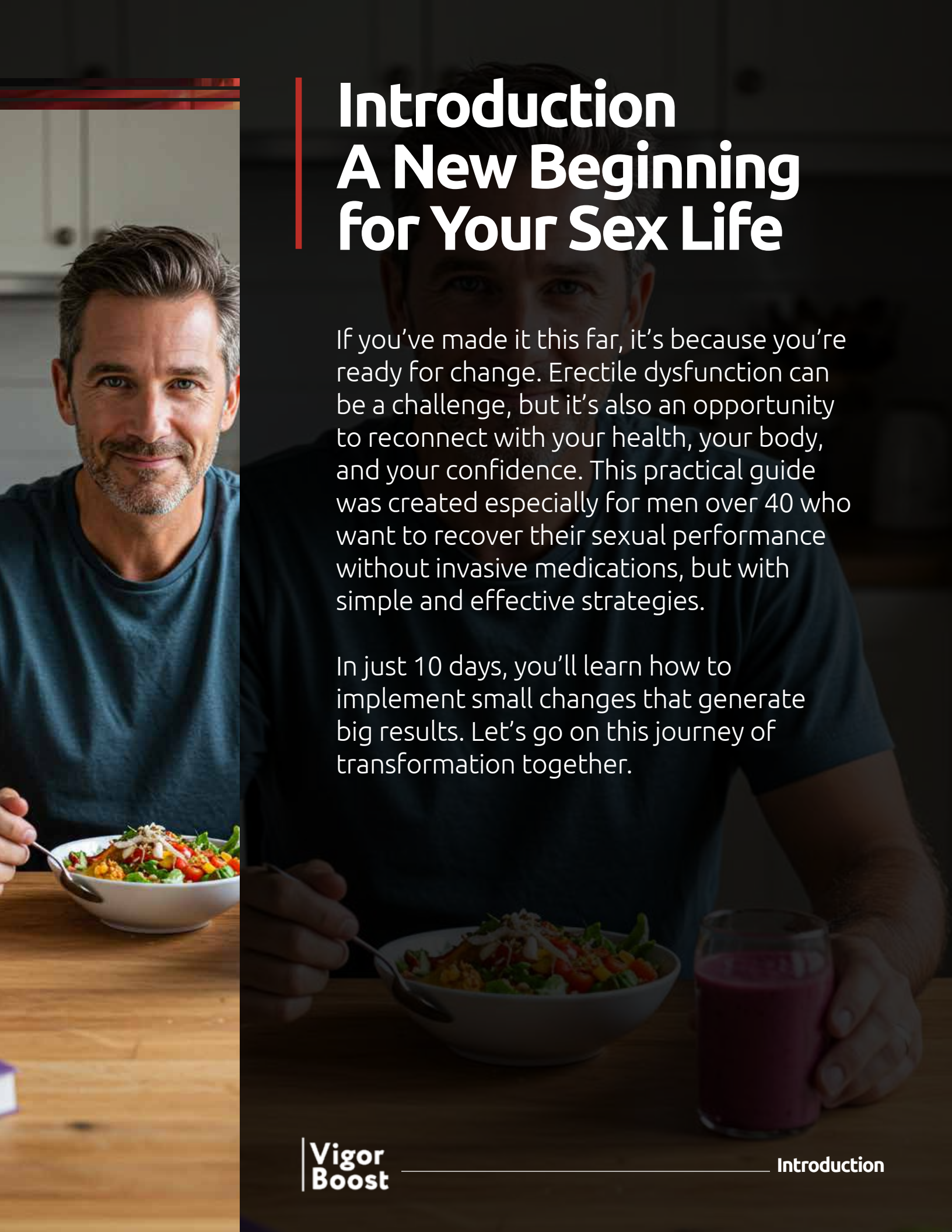
Trust yourself. Trust the process.
You're in control again. And you're just getting started.



The Potency Challenge:

10 Days to Regain Your
Sexual Performance

**Vigor
Boost**



Introduction

A New Beginning for Your Sex Life

If you've made it this far, it's because you're ready for change. Erectile dysfunction can be a challenge, but it's also an opportunity to reconnect with your health, your body, and your confidence. This practical guide was created especially for men over 40 who want to recover their sexual performance without invasive medications, but with simple and effective strategies.

In just 10 days, you'll learn how to implement small changes that generate big results. Let's go on this journey of transformation together.

A man with a beard and short dark hair is sitting up in bed, looking down and to the left with a thoughtful or concerned expression. He is wearing a light blue t-shirt. The room is dimly lit, with a warm light source visible on the left side of the frame. The background is dark and out of focus.

Chapter 1: Understanding Erectile Dysfunction

What is Erectile Dysfunction (ED)?

Erectile Dysfunction, or ED, is the persistent difficulty in achieving or maintaining an erection firm enough to have satisfactory sexual intercourse. This problem affects millions of men worldwide, especially after the age of 40, and can have physical, emotional or behavioral causes.

Having an isolated episode is not a cause for concern — after all, stress, fatigue or a moment of anxiety can affect anyone. What deserves attention is when this difficulty becomes frequent and begins to interfere with your sex life, self-esteem and well-being.

And the truth is simple, but powerful: erectile dysfunction is a signal from your body asking for attention. Instead of ignoring it, see it as an opportunity to take better care of your health as a whole.

Main Causes of Erectile Dysfunction

ED can have multiple origins. Understanding the most common ones is the first step to acting consciously:

During puberty, the body changes at an accelerated pace. Bone growth, increased muscle mass and the development of areas such as the breasts and hips can stretch the skin abruptly, favoring the appearance of stretch marks.



Circulatory problems

Erection depends on good blood flow to the penis. If your arteries are compromised by high cholesterol, high blood pressure or poor circulation, this can directly affect your performance.



Low testosterone levels

Testosterone is the key hormone for male sexual health. As we age, its levels tend to drop — and this impacts not only desire, but also the ability to maintain an erection.



Stress and anxiety

The mind has power over the body. Excessive worries, fear of failure or a stressful lifestyle can block sexual response, even when the body is physically healthy.



Sedentary lifestyle

Lack of movement weakens the heart, circulation and even the pelvic floor muscles, which are important for erectile function. The body needs to be active to function well.



Poor diet

Ultra-processed foods, rich in bad fats, sugar and salt, affect blood vessels, metabolism and hormone levels. This reduces performance and vitality.



Poor sleep quality

It is during deep sleep that the body regulates sex hormones and recovers. Sleeping poorly directly affects desire, mood and sexual responsiveness.

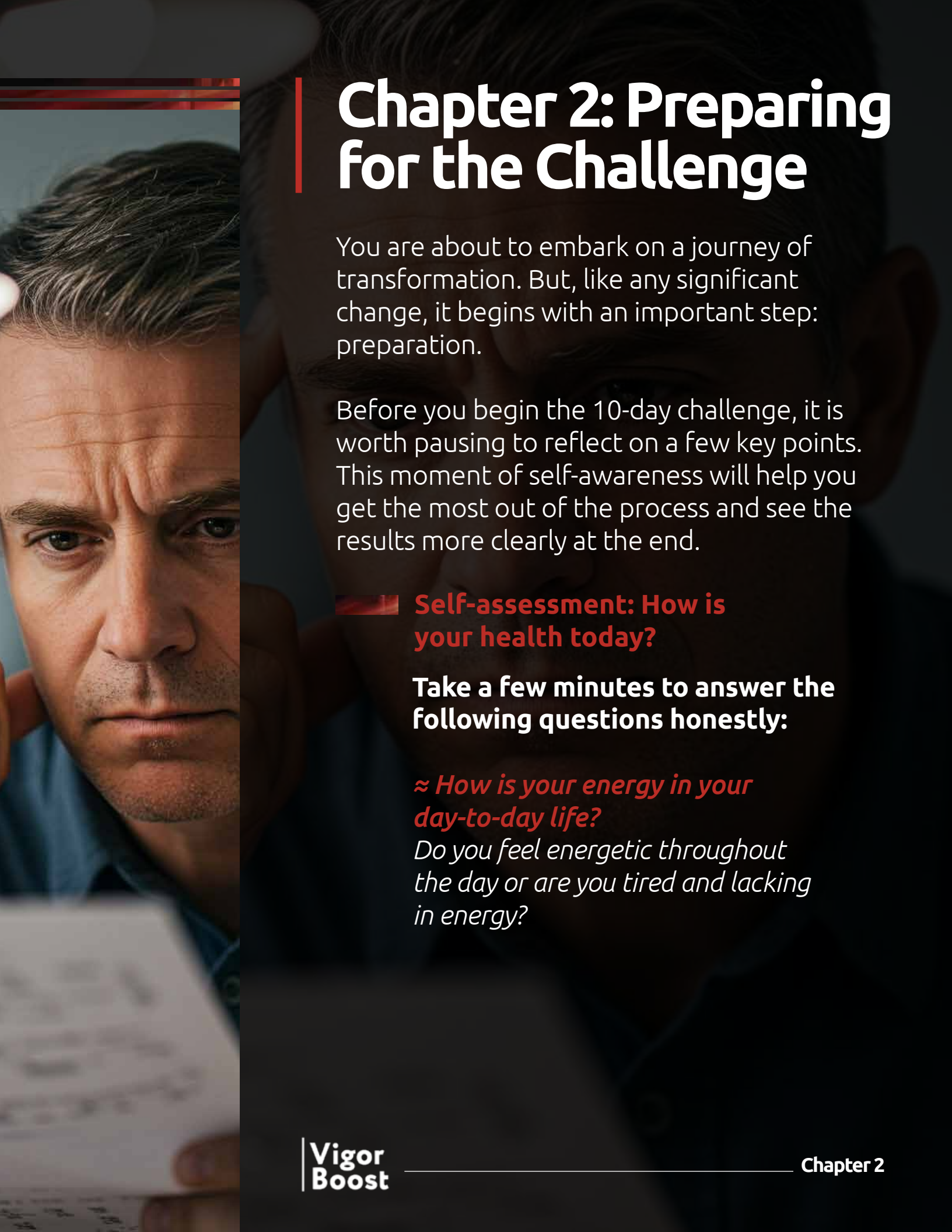
A Game-Changing Warning

The good news is that most of these causes are reversible with simple lifestyle changes. By adopting healthier habits, you can significantly improve your sexual health — and, as a bonus, gain more energy, stamina, and self-confidence.

In the following chapters, you will find a clear and practical plan to transform your reality in just 10 days. With consistency and attitude, regaining your sexual performance is totally possible.

This is the beginning of a new phase. And it starts with your understanding.

You are in control. Let's go together.



Chapter 2: Preparing for the Challenge

You are about to embark on a journey of transformation. But, like any significant change, it begins with an important step: preparation.

Before you begin the 10-day challenge, it is worth pausing to reflect on a few key points. This moment of self-awareness will help you get the most out of the process and see the results more clearly at the end.

Self-assessment: How is your health today?

Take a few minutes to answer the following questions honestly:

≈ How is your energy in your day-to-day life?

Do you feel energetic throughout the day or are you tired and lacking in energy?

≈ Do you exercise regularly?

Even if it is light, such as walking or stretching?

≈ Is your diet balanced?

Do you eat natural foods frequently or do you overindulge in ultra-processed foods, alcohol and sugar?

≈ How is the quality of your sleep?

Getting a good night's sleep is an essential pillar for hormone production and sexual health.

Writing down these answers can help you identify what needs your attention the most in the coming days.

 Recommendations for Preparation

For the challenge to be effective, some simple attitudes can make all the difference. Check it out:



1. Choose a fixed time

Set aside a time in your day to dedicate yourself to the challenge — preferably always at the same time. This helps create consistency and makes it easier to build a new habit.



2. Involve your partner

Talking about this process with the person you're with can further strengthen your bond. Mutual support is a great way to boost results. Plus, healthy sex is a two-way street — sharing the challenge can be an enriching experience for both partners.



3. Record your progress

Keeping a journal (on paper or in an app on your phone) is a powerful way to track your progress. Write down how you're feeling, what changes you've noticed, and what worked best each day.



4. Commit to yourself

It's not about perfection, it's about commitment. It's only 10 days. A short time, but one that can generate lasting changes in your health, well-being, and confidence. Think of it as an investment in yourself — because that's exactly what it is.

Bonus Tip: Before you start Day 1, take a photo (just for you). It can be a good point of comparison at the end of the challenge — both physically and emotionally.

*Now you're ready to take the first step.
Let's get started!*



Chapter 3: The 10-Day Challenge

Now it's time to put into practice the changes that will make a difference in your sexual performance. Over the next 10 days, you'll follow a plan divided into three phases, each focusing on a key pillar: diet, movement, and emotional balance.

Remember: *small, consistent actions generate big results. Focus on following the guidelines daily. You don't have to be perfect — just committed.*

Days 1-3: Food is Everything

The way you eat directly impacts your blood circulation, hormone production and sexual energy. The first few days are focused on cleansing, nourishing and strengthening your body from the inside.

What to include in your diet:



Pumpkin seeds, seafood and eggs – rich in zinc, an essential mineral for testosterone production.



Red fruits (strawberries, blueberries, blackberries) – powerful antioxidants that fight inflammation and stimulate circulation.



Dark green vegetables (spinach, arugula, broccoli) – natural sources of nitrates that improve blood flow. Dark green vegetables (spinach, arugula, broccoli) – natural sources of nitrates that improve blood flow.



Walnuts, chestnuts and avocado – contain good fats that promote hormonal balance and vascular health.

Avoid or reduce:



Ultra-processed foods

(processed meats, snacks, ready-made meals)



Excessive sugar

(especially soft drinks and processed sweets)



Excessive alcoholic beverages

Quick tip: Keep yourself well hydrated. Drink 2 to 3 liters of water per day. Water is essential for maintaining the elasticity of blood vessels and optimizing circulation.

Days 4 to 6: Movement is Power

Physical activity is one of the greatest allies of sexual potency. It improves circulation, strengthens the muscles involved in erection and stimulates testosterone production.

Recommended exercises:



Light walks of 30 minutes a day – increase blood flow and combat a sedentary lifestyle.



Weight training (twice a week, with light to moderate exercise) – helps release anabolic hormones such as testosterone.



Kegel exercises – strengthen the pelvic floor, essential for erection rigidity and control.

How to do Kegel Exercises:

- 1** *Contract your muscles as if you were trying to stop your urine stream.*
- 2** *Hold the contraction for 5 seconds.*
- 3** *Relax for 5 seconds.*
- 4** *Repeat 10 times, 3 times a day (morning, afternoon and night).*

Practical tip: Do Kegels while brushing your teeth or while stopped at a traffic light. This way, you can incorporate them into your routine effortlessly.

Days 7-10: Reduce Stress and Sleep Better

In this step, the focus is on taking care of what most affects sexual potency without us realizing it: stress, anxiety and poor sleep.

When you live in a constant state of tension, your body produces excess cortisol — a direct enemy of testosterone and erectile function. Quality sleep, on the other hand, is a powerful “natural remedy” for restoring your hormone levels and performance.

Relaxation techniques:



Deep breathing 4-4-4: Inhale for 4 seconds, hold for 4, exhale for 4. Repeat for 5 minutes before going to sleep.



Guided meditation (via app or YouTube): 5 to 10 minutes a day helps reduce anxiety.



Quality time with loved ones: Talk, laugh, disconnect from the routine. Positive relationships reduce stress and increase libido.

Sleep tip:



Avoid screens (cell phone, TV, computer) at least 1 hour before bed.



Create a nighttime ritual: take a warm bath, dim the lights, and read something light or listen to calming music.



Try to go to sleep and wake up at the same times every day.

Ready for the challenge?

Your body responds to the care. Keep going, day after day. The results will come — and they will surprise you.



Chapter 4: How to Maintain Your Results

You've made it this far. In 10 days, you've taken an important step toward recovering your sexual potency, self-esteem, and overall well-being. But the real secret to success lies in maintaining them.

The results you've started to see—more energy, firmer erections, greater confidence, and stamina—can become permanent. To do this, it's essential to make the practices you learned in this challenge part of your routine.

1. Keep Exercising

Physical activity is a powerful ally for sexual health. It improves circulation, regulates hormones and strengthens pelvic muscles. It is not necessary to train hard every day, but regularity is essential.

Practical tip: Include walking, moderate weight training and Kegel exercises on alternate days. Maintain a comfortable and sustainable pace.

2. Prioritize Quality Sleep Every Day

Getting a good night's sleep isn't a luxury — it's a necessity. During deep sleep, the body regulates important hormones, such as testosterone. Without adequate rest, sexual performance can decline.

Ideal goal: 7 to 8 hours of continuous sleep per night, in a quiet, dark, and comfortable environment.

3. Eat Smartly

Food is fuel for the body. Prioritize foods that promote vascular and hormonal health, such as:



Eggs, salmon, pumpkin seeds (zinc and vitamin D)



Nuts, chestnuts, avocado (good fats)



Dark green vegetables and berries (antioxidants)

Avoid as much as possible: excess alcohol, refined sugars, and fried foods, which directly affect sexual performance.

4. Communicate with your partner

A sex life doesn't happen by itself. Having a space for open, non-judgmental dialogue with your partner helps reduce performance anxiety, increases intimacy, and strengthens your relationship.

Remember: *talking about what works (or doesn't work) is an act of maturity, and can significantly improve the sexual experience for both of you.*

5. Create a Sustainable Routine

You don't have to be perfect — just consistent. If you mess up one day or another, that's okay. Pick it up again the next day. Consistency always beats fleeting intensity.

Tip: *Set aside 10 minutes of your day to review your habits, adjust your diet, or practice a breathing technique. Small daily actions add up to big victories.*

Conclusion: You're in Control

This challenge goes beyond sexual performance. It represents a commitment to your health, your self-esteem and your ability to transform. By accepting this 10-day process, you have not only faced erectile dysfunction — you have decided to take charge of your life.

Each tip applied, each new habit implemented, each healthy choice made throughout these days is a seed planted towards a fuller, more energetic and more confident life. It's not about perfection, but about consistency. Small daily advances are what build great results.

You now understand your body better, you know how it responds to food, movement, rest and stress management. More than that: you have proven that it is possible to change — and that this change is in your hands.

Keep going. Adapt what is necessary. Always evolve.

Because when you take care of your sexual health, you take care of your quality of life as a whole.

Trust yourself. Trust the process. You're in control — and the best is yet to come.

10 Day Challenge Calendar

Day	Main Task	Extra Tip
1	Start a zinc-rich diet	Drink 2L of water
2	Include vegetables and berries	Avoid alcoholic beverages
3	Reduce sugar and processed foods	Sleep 7-8 hours
4	Start a 30-minute walk	Do stretches
5	Start Kegel exercises	Write down how you are feeling
6	Include light weight training	Listen to relaxing music
7	Practice deep breathing	Avoid news and screens at night
8	Create a nighttime ritual to sleep better	Take a warm bath + read lightly
9	Talk to your partner	Reflect on your progress
10	Evaluate results and plan for continuity	Write down the habits you want to maintain

Frequently Asked Questions (FAQ)

Can I repeat the challenge more than once?

Yes! Repeating the challenge is a great way to consolidate habits and reinforce results.

What if I have difficulties?

Contact us. We are here to support you throughout the process.

Can I share the e-book?

The material is personal, but you can recommend the challenge to friends and family.

Frequently Asked Questions (FAQ)

Support and Service

Email: contact@customerics.com

Phone: [+1 323-372-9581](tel:+13233729581)

Hours: Monday to Friday, from 9am to 6pm
(*except holidays*)

Your sexual performance can be restored

You've already taken the first step. Now, keep going! You deserve to live with more pleasure, vitality and security. We're with you on this journey.

Let's keep going.



Vigor Boost