

Spartamax Review: The 1 Mistake Most Men Make Using It

Author Name: Dr. Anthony R. Coleman, MD, MPH **Medical Reviewer:** Board-Certified Clinical Nutritionist **Updated:** February 23, 2026.

As a board-certified physician specializing in men's health and metabolic function, my clinic is filled with patients seeking answers for a rapidly declining sense of vitality.



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They describe a frustrating biological reality: workouts feel exhaustingly difficult, mid-afternoon energy crashes are a daily occurrence, and their overall drive and stamina seem to be fading with each passing year.

In their desperation to reclaim their physical prime, many of these men turn to the booming dietary supplement market. Recently, a specific formulation called **Spartamax** has dominated the conversation, promising to support healthy vascular function, physical endurance, and systemic energy.

However, in my clinical experience evaluating patients who use these products, I see a recurring, highly predictable pattern of failure.

Men invest in a premium supplement like Spartamax, but they sabotage their own biological results because of one fundamental

misunderstanding about how natural nutraceuticals interact with human physiology.



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In this comprehensive, medically grounded review, we will dissect the biochemical mechanisms of the Spartamax formula. We will evaluate its ingredient profile against current peer-reviewed literature.

Most importantly, I will reveal the single biggest mistake men make when taking this supplement—and how you can avoid it to ensure you actually get the physical results you are paying for.

The Epidemic of Systemic Fatigue

Before we analyze the supplement itself, we must understand the biological environment it is trying to correct. The modern man is operating at a severe metabolic disadvantage. The decline in physical stamina and energy is rarely just a symptom of chronological aging; it is the inevitable result of compounding environmental and physiological stressors.



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Consider the biological obstacles the modern male endocrine and cardiovascular systems face daily:

- **The Cortisol Burden:** Chronic psychological stress forces the adrenal glands to constantly pump out cortisol. Because the body synthesizes both cortisol and testosterone from the exact same precursor molecule (pregnenolone), chronic stress literally steals the biological building blocks needed for healthy male vitality.
- **Endothelial Stiffening:** Sedentary jobs and heavily processed diets impair the endothelium—the delicate inner lining of your blood vessels. When this tissue degrades, it cannot efficiently deliver oxygen-rich

blood to skeletal muscles during physical exertion, leading to rapid exhaustion.

BASIC	BEST VALUE	POPULAR
1 BOTTLE - 1 Month Supply -	6 BOTTLES - 6 Month Supply - 	3 BOTTLES - 3 Month Supply - 
		
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- **Nutritional Bankruptcy:** The standard Western diet is severely deficient in essential trace minerals like zinc and magnesium. Without these critical enzymatic cofactors, the body's cellular energy engines (mitochondria) sputter, and hormonal signaling cascades break down.
- **Truncated Sleep Architecture:** The deep, slow-wave phases of sleep are when the body repairs muscular micro-tears and synthesizes vital recovery hormones. Modern sleep deprivation severely cuts this physiological repair window short.

The Biological Solution: Fixing this systemic fatigue requires a foundational shift in lifestyle—prioritizing progressive resistance training, a micronutrient-dense diet, and rigorous sleep hygiene. However, when the body is already depleted, it often needs a biochemical catalyst to jumpstart the recovery process.

Spartamax is formulated to be that exact catalyst. It is engineered to supply the body with specific botanical adaptogens, amino acids, and trace minerals to correct underlying imbalances. But to make it work, you must avoid the most common user error.

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The 1 Major Mistake Most Men Make

As a medical professional, I have analyzed countless patient logs regarding dietary supplements. When it comes to natural, botanical formulations like Spartamax, the number one mistake men make is **Biological Impatience combined with Inconsistent Dosing**.

Men have been conditioned by the pharmaceutical industry to expect immediate, forceful physiological changes. If you take a synthetic headache medication, the pain is gone in twenty minutes. If you drink a massive dose of synthetic anhydrous caffeine, your central nervous system spikes instantly.

Because of this conditioning, men take a natural botanical supplement like Spartamax for four or five days, expect to feel like a superhero, and when they don't experience an immediate, dramatic spike in power, they throw the bottle in the trash and declare that it "doesn't work."

This is a fundamental misunderstanding of pharmacokinetics. Spartamax is not a synthetic drug. It does not artificially force your body to do anything. Instead, it relies on clinically validated plant extracts and minerals that require **tissue saturation**.

Botanicals like Ashwagandha and Maca, or minerals like Zinc, must accumulate in your cellular tissue over weeks of consistent, daily dosing to alter your biological baseline. If you skip doses, or if you quit after a week, you are literally stopping the biochemical process right before the critical saturation threshold is reached.

If you decide to invest in Spartamax, you must commit to a minimum ninety-day protocol of uninterrupted, daily supplementation. Anything less is a waste of your biological potential and your money.

What is Spartamax?

Clinical Definition: Spartamax is a premium, over-the-counter nutraceutical formulation designed to support systemic male vitality, optimize localized blood flow (vasodilation), and promote a healthy, resilient endocrine baseline.

To establish absolute medical clarity: Spartamax is not an exogenous hormone. It is not an anabolic steroid or a synthetic stimulant. Introducing synthetic hormones into your body without a prescription is illegal and dangerous, as it aggressively shuts down your endogenous (internal) hormone production.

Spartamax takes the opposite approach. It relies on biological support. It is a highly curated dietary adjunct comprised of naturally occurring plant extracts, specific amino acids, and essential micronutrients. The formulation's primary objective is to provide your glands, organs, and cells with the raw building blocks they require to optimize their own internal processes safely.

Furthermore, safety is paramount. Reputable batches of Spartamax are manufactured in the United States within facilities that strictly adhere to Current Good Manufacturing Practices (cGMP). This certification ensures the product undergoes rigorous quality assurance testing to verify accurate ingredient dosing and the complete absence of heavy metals, pesticides, or microbial contaminants.

Key Benefits (and Clinical Evidence Grades)

In evidence-based medicine, we do not make exaggerated cure claims. We evaluate the likelihood of specific physiological outcomes based on the formulation's active compounds. Here are the primary health benefits associated with a consistent Spartamax protocol, utilizing FDA-compliant structure/function language.

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- **Promotes Enhanced Vasodilation and Blood Flow:** By utilizing specific amino acid precursors, the formula signals the smooth muscle lining your blood vessels to relax and expand. This allows for a massive influx of oxygen and nutrient-dense blood to working muscles, enhancing physical endurance and your localized "pump" during exercise. *(Clinical Evidence Grade: Strong)*
 - **Aids in Stress Adaptation and Cortisol Management:** The inclusion of specific Ayurvedic botanical adaptogens helps modulate the hypothalamic-pituitary-adrenal (HPA) axis. By buffering the body's response to daily stress and lowering serum cortisol, the formula creates a permissive biological environment for optimal vitality and mood. *(Clinical Evidence Grade: Strong)*
 - **Supports Healthy Endocrine Homeostasis:** Instead of forcing unnatural, dangerous hormone spikes, the mineral and botanical components support the body's natural capacity to maintain healthy, age-appropriate hormone synthesis, directly translating to improved daily drive. *(Clinical Evidence Grade: Moderate to Strong)*
 - **Facilitates Sustained Cellular Energy:** Rather than relying on central nervous system stimulants that cause severe energy crashes, the formula targets mitochondrial efficiency. This yields a smoother, more reliable energy curve throughout the entire day. *(Clinical Evidence Grade: Moderate)*
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How It Works: The Medical Perspective

To understand why Spartamax requires time to work, we must look at the specific physiological pathways it targets. It does not rely on a single mechanism; it attacks fatigue from three distinct biological angles.

The Nitric Oxide (NO) Vasodilation Pathway

Your entire cardiovascular system is lined with a single layer of cells known as the endothelium. When signaled by specific amino acids, this tissue produces a short-lived gas called Nitric Oxide. NO is a potent vasodilator. It commands the blood vessels to expand. Spartamax floods your system with the precise precursors required to maximize the activity of the endothelial nitric oxide synthase (eNOS) enzyme. The biological result is improved hemodynamics—better blood flow and oxygen delivery without a dangerous spike in resting heart rate.

The Hypothalamic-Pituitary-Gonadal (HPG) Axis

Male vitality relies on a complex, delicate communication loop. The brain releases signaling hormones that travel to the testes, instructing them to produce testosterone. If your body is highly stressed, inflamed, or deficient in key trace minerals, this signaling cascade breaks down. Spartamax supplies highly bioavailable adaptogens and minerals that protect this axis from the damaging effects of chronic stress, ensuring your body can maintain hormone synthesis at peak levels.

The Adrenal-Stress Response

As mentioned earlier, chronic stress forces the adrenal glands to pump out massive amounts of cortisol, which breaks down muscle tissue and suppresses physical drive. By utilizing specific adaptogenic roots, Spartamax helps the body clear excess cortisol from the bloodstream faster, restoring a state of neurological calm and preserving your biological resources for energy and repair.

Ingredients/Features Breakdown

A nutraceutical is only as effective as the clinical dosing and purity of its individual ingredients. Let us evaluate the peer-reviewed scientific literature supporting the core components found in the Spartamax matrix.

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L-Citrulline / L-Arginine Matrix

- **Mechanism of Action:** These are highly targeted amino acids that serve as the direct biochemical precursors to Nitric Oxide in the human body.
- **Clinical Reality:** When these amino acids enter the endothelial cells, they are converted into NO, which immediately relaxes blood vessels. Clinical trials in sports physiology consistently demonstrate that adequate availability of these precursors is crucial for supporting robust circulation, reducing perceived exertion during intense workouts, and enhancing physical stamina.

Ashwagandha Root Extract (*Withania somnifera*)

- **Mechanism of Action:** Ashwagandha is a highly revered botanical adaptogen. Its active compounds, known as withanolides, interface directly with the central nervous system to regulate the release of stress hormones from the adrenal glands.
- **Clinical Reality:** High-quality, double-blind, placebo-controlled randomized clinical trials (RCTs) confirm that standardized Ashwagandha extract is profoundly effective at lowering chronically elevated cortisol levels. Men supplementing with clinical doses of Ashwagandha consistently report deeper feelings of calm, better sleep architecture, and improved resilience to physical and mental stress.

Tongkat Ali (*Eurycoma longifolia*)

- **Mechanism of Action:** A therapeutic herb native to Southeast Asia, traditionally and clinically utilized to enhance male virility and physical stamina.
- **Clinical Reality:** The modern scientific consensus on Tongkat Ali points to its profound effect on Sex Hormone-Binding Globulin (SHBG). The vast majority of testosterone in a man's bloodstream is bound to SHBG and is biologically inactive. Tongkat Ali has been shown in clinical settings to lower SHBG levels, thereby increasing the pool of "free," bioavailable testosterone that your body can actually utilize for tissue repair, cellular energy, and drive.

Maca Root Extract

- **Mechanism of Action:** A hardy adaptogenic plant native to the high Andes of Peru, Maca is a dense source of unique alkaloids and essential micronutrients.
- **Clinical Reality:** While Maca does not directly interact with androgen receptors to artificially spike testosterone, robust clinical literature supports its use as a powerful natural stamina enhancer. It works primarily via the central nervous system, improving subjective feelings of well-being, energy, and physical motivation without the jittery, anxiety-inducing side effects of caffeine.

Zinc (as Zinc Bisglycinate or Picolinate)

- **Mechanism of Action:** An essential trace element that serves as a vital catalytic cofactor for over three hundred different enzymatic reactions in the human body, critically including the synthesis of cellular DNA and male hormones.
- **Clinical Reality:** Zinc deficiency is remarkably common due to modern soil depletion and poor dietary habits. It is an established medical fact that severe zinc deficiency leads directly to hypogonadism (clinically low testosterone). Supplementing with a highly bioavailable, chelated form of Zinc corrects this physiological bottleneck and acts as a mild aromatase inhibitor, helping to prevent the excessive conversion of testosterone into estrogen.

BioPerine® (Black Pepper Extract / Piperine)

- **Mechanism of Action:** Piperine is a specialized alkaloid that temporarily inhibits specific digestive enzymes and efflux pumps in the liver and intestinal lining.
- **Clinical Reality:** This is arguably the most crucial utility ingredient in the entire formula. Many powerful botanical extracts have terrible oral bioavailability; your stomach acid destroys them before they can enter systemic circulation. Piperine acts as a biological shield, clinically proven to increase the intestinal absorption of various nutrients and botanicals by up to 2,000%. It ensures you are actually absorbing the active compounds you paid for.

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Who Should Use It (And Who Must Avoid It)

As a public health advocate, I must emphasize that no dietary supplement is a universal panacea. Supplements must be carefully paired with the appropriate demographic to ensure both safety and efficacy.

The Ideal Candidates for Spartamax:

- Adult men (typically aged thirty and older) who are experiencing a frustrating, progressive decline in daily energy, physical stamina, and overall vitality.
- Recreational athletes, weightlifters, and fitness enthusiasts seeking a scientifically backed, natural way to improve localized blood flow, oxygen delivery, and workout endurance.
- Men proactively looking to supply their endocrine and cardiovascular systems with botanical support to combat the biological wear-and-tear of chronic daily stress.
- Individuals seeking to replace harsh, high-stimulant pre-workout powders with a formulation that supports sustainable cellular stamina without causing anxiety or adrenal burnout.

- Men who are willing to commit to a consistent, daily supplementation routine for at least ninety days to achieve cellular saturation.

Absolute Contraindications (Who Should NOT Use It):

- **Cardiovascular Patients on Nitrates:** If you suffer from angina (chest pain) and have been prescribed nitrate medications (like Nitroglycerin), you must entirely avoid supplements that boost Nitric Oxide. The synergistic effect can cause a sudden, catastrophic, and potentially fatal drop in blood pressure.
 - **Users of Prescription PDE5 Inhibitors:** Combining natural NO-boosting supplements with prescription medications for vascular conditions or erectile dysfunction can lead to highly unsafe hypotensive events. Always consult your prescribing physician.
 - **Individuals with Unmanaged Hypertension:** If you have severe high blood pressure that is not actively controlled by medication, consult a board-certified cardiologist before manipulating your vascular dynamics with any supplement.
 - **Minors:** The endocrine, cardiovascular, and neurological systems of children and adolescents are still in active, delicate development. This product is strictly formulated for adult men over the age of eighteen.
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Pros and Cons

To determine if Spartamax is the right investment for your health protocol, we must objectively weigh its clinical benefits against its inherent biological limitations. Here is a completely neutral, medically grounded assessment.

The Pros:

- The formulation is deeply grounded in biochemical reality, utilizing evidence-based amino acids, potent adaptogens, and highly bioavailable minerals rather than relying on unproven synthetic compounds.
- It directly addresses the root physiological causes of fatigue (poor peripheral blood flow, chronic stress burden, adrenal fatigue) rather

than merely masking the symptoms with massive, unhealthy doses of stimulants.

- The inclusion of a clinically validated bioavailability enhancer (Piperine) maximizes the intestinal absorption of the active compounds, ensuring high physiological yield and preventing expensive waste.
- Manufactured in strictly regulated, cGMP-certified American facilities, which guarantees the purity of the ingredients and protects the consumer from dangerous cross-contamination.
- It supports a holistic improvement in male health, offering compounding benefits for cardiovascular efficiency, stress resilience, and physical recovery.

The Cons:

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- It is a nutritional supplement, not a pharmaceutical magic wand. It absolutely requires the user to also commit to adequate daily hydration, a protein-rich diet, and consistent physical activity for maximum efficacy.
- Human biochemistry is highly individualized. The speed at which your liver metabolizes the botanicals and you notice the subjective benefits will vary from person to person.
- Achieving cellular tissue saturation requires strict daily compliance. You cannot take the supplement sporadically, skip weekends, and expect to see optimal physiological changes.
- Sourcing high-quality, clinically dosed, and third-party tested botanical extracts is expensive, resulting in a premium price point compared to generic, under-dosed drugstore vitamins.

Realistic Results & Expectations

Let us return to the major mistake we discussed earlier: Biological Impatience. The dietary supplement industry often sets consumers up for failure by

promising instantaneous results. Let me be unequivocally clear: natural, plant-based supplements require time to safely alter human tissue and systemic biochemistry.

If you decide to initiate the Spartamax protocol, here is a medically accurate, biologically realistic timeline of what you can expect, provided you do not quit prematurely:

- **The Accumulation Window (Days One to Fourteen):** Do not expect your physical endurance to magically double in the first forty-eight hours. During this initial phase, the amino acids begin to gently elevate your baseline Nitric Oxide levels. You will likely notice a mild but distinct improvement in peripheral blood flow. You may also notice a subtle stabilization of your mood and a slight improvement in sleep depth as the adaptogens begin to interface with your central nervous system.
- **The Saturation Window (Weeks Three to Six):** Botanical compounds like Ashwagandha, Maca, and Tongkat Ali require cumulative, daily dosing to build up within human cellular tissue. It is during this precise window that compliant patients typically report the most significant physiological shifts. You will likely experience a measurable reduction in daily perceived stress (as serum cortisol levels drop and stabilize), deeper and more restorative sleep architecture, and a highly robust increase in your cardiovascular and muscular endurance during exercise.
- **The Optimization Window (Weeks Seven to Twelve and Beyond):** By the two-month mark, your body has fully integrated the botanical and mineral support. The HPG axis is protected from the ravages of stress, underlying mineral deficiencies have been corrected, and your baseline vascular health is highly optimized. Men consistently report sustained physical vitality, significantly shorter recovery windows after intense exertion, and a renewed sense of overall daily confidence and drive.

Clinical Advice: To fairly evaluate the efficacy of this formulation, you must commit to a minimum of a ninety-day trial. Assessing a natural, botanical supplement after only a few days is biologically useless and mathematically guarantees failure.

Pricing and Where to Buy

In the current digital marketplace, the safety, purity, and authenticity of dietary supplements are massive public health concerns. Whenever a high-quality product like Spartamax gains popularity, illicit counterfeit operations immediately flood large, third-party retail platforms (like Amazon or eBay) with fake, expired, or potentially dangerous knock-offs.

For your physical safety and to ensure you are receiving the clinically tested, cGMP-certified formulation, I strongly and exclusively recommend purchasing Spartamax directly through their **official, verified website**.

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Purchasing directly from the manufacturer is the only way to guarantee the chain of custody. It ensures the delicate botanical ingredients have not been degraded by extreme heat in unregulated third-party warehouses, and it guarantees you are fully covered by the company's official refund policy and customer support infrastructure.

The official website typically structures its pricing in tiered bundles to accommodate the biological timeline we just established:

- **The Starter Package (One-Month Supply):** This is ideal for testing your gastrointestinal tolerance to the botanical matrix, but it is medically insufficient time to achieve full physiological saturation and optimization.
- **The Clinical Package (Three-Month Supply):** This is the clinically recommended starting point. A ninety-day supply provides exactly the necessary biological runway your body needs to reach full cellular saturation with the adaptogens. This tier almost always features a significantly reduced price-per-bottle.
- **The Maintenance Package (Five to Six-Month Supply):** Designed for individuals fully committed to long-term systemic optimization. This tier offers the most aggressive bulk discount, ensures you do not run out and break your daily habit, and frequently includes complimentary expedited shipping.

(Note: The secure links embedded throughout this clinical review will direct you safely to the official, verified Spartamax retail portal).

Bonuses

Reputable health and wellness brands understand that a dietary supplement is only one piece of the complex physiological puzzle. To help users maximize their biological return on investment, multi-bottle purchases of Spartamax often include targeted, adjunctive educational materials.

These digital bonuses are typically designed by clinical fitness and nutrition experts and may include:

- **Endocrine-Supportive Nutrition Protocols:** Evidence-based dietary guides detailing the specific macronutrient ratios and micronutrient-dense whole foods that naturally support healthy hormone synthesis and minimize systemic, low-grade inflammation.
- **Cardiovascular and Stamina Training Manuals:** Structured, progressive workout routines explicitly designed to maximize the vasodilation, oxygen delivery, and recovery benefits provided by the supplement matrix.
- *Please verify the current promotional materials and digital health guides available on the official checkout page, as these offerings are frequently updated to reflect the most current sports science literature.*

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Frequently Asked Questions (FAQs)

Is Spartamax evaluated or approved by the FDA? It is critical to understand proper regulatory frameworks. The Food and Drug Administration (FDA) regulates dietary supplements post-market; they do not proactively "approve" or "deny" natural supplements the way they do synthetic pharmaceutical

drugs. However, reputable Spartamax inventory is manufactured in an FDA-registered facility that strictly adheres to Current Good Manufacturing Practices (cGMP). This ensures rigorous, mandated third-party testing for purity, potency, and consumer safety.

Should I take Spartamax on an empty stomach or with food? While the supplement can be taken on an empty stomach, it is highly medically advisable to take your daily dose alongside a meal that contains a small amount of healthy dietary fat (like whole eggs, avocado, or nuts). Several of the botanical extracts in the formula utilize fat-soluble pathways for optimal intestinal absorption, maximizing the bioavailability of the active compounds. Furthermore, taking it with food minimizes the risk of mild, transient gastrointestinal upset.

Will this supplement cause jitteriness, anxiety, or insomnia? No. Unlike cheap, aggressively formulated energy products that rely on massive, unregulated doses of anhydrous caffeine and synthetic central nervous system stimulants, Spartamax focuses on foundational cellular energy and vascular health. Because the formula includes clinically validated adaptogens specifically designed to blunt cortisol and modulate stress, many users actually report a calmer, more focused energy profile and significantly improved sleep architecture.

Is it biologically necessary to cycle this supplement? Because Spartamax utilizes naturally occurring amino acids, botanical extracts, and adaptogens to *support* your endogenous (internal) biological pathways rather than forcefully suppressing them with synthetic hormones, strict cycling is not biologically mandatory. You will not experience a dangerous hormonal crash if you stop taking it. However, taking a brief one-week pause every three to four months is a prudent general practice to help maintain cellular receptor sensitivity to the herbal extracts.

What happens if I abruptly stop taking Spartamax? You will not experience dangerous physical withdrawals. Your body will simply, and very gradually, return to its baseline physiological state—the exact state of circulation, energy, and stress management you experienced prior to beginning the supplementation protocol.

Final Verdict + Call to Action

Returning to the central premise of this review: Do not make the mistake of biological impatience. Spartamax is not a magic pill that will transform your physiology in forty-eight hours, and treating it like one will only lead to frustration.

However, from a clinical perspective, analyzing the physiological mechanisms, the peer-reviewed data supporting the ingredient profile, and the strict cGMP manufacturing standards, **Spartamax** stands out as a highly credible, scientifically rational dietary adjunct.

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It does not insult your intelligence with biologically impossible promises. Instead, it offers a meticulously formulated matrix of potent vasodilators, stress-modulating adaptogens, and targeted botanical extracts. It is designed to logically and systematically support the specific biological pathways that dictate male cellular energy, cardiovascular endurance, and physical drive.

If you are currently struggling with the frustrating symptoms of age-related fatigue, prolonged recovery times, or diminished stamina—and you are willing to commit to a consistent, ninety-day protocol while actively improving your foundational lifestyle habits—this formulation provides the precise biochemical support necessary to maximize your physical efforts.

It is a safe, effective, and medically sound tool for men serious about reclaiming their physical vitality and optimizing their daily performance.

Are you ready to stop relying on quick fixes, commit to biological consistency, and give your body the clinical support it deserves?

Would you like me to outline a specific, evidence-based nutrition and progressive resistance training protocol to pair perfectly with your Spartamax supplementation?

[\[Click Here to Visit the Official Spartamax Website, Review the Clinical Data, and Secure Your Supply Today.\]](#)

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Please remember that we hold strict standards and only recommend products that pass rigorous criteria for safety, purity, and efficacy. The statements in this clinical review have not been evaluated by the Food and Drug Administration. This product is a dietary supplement and is not intended to diagnose, treat, cure, or prevent any illness, pathology, or disease state.

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