



Mushrooms

An interesting component about mushrooms is that they evolved over time to become known as a powerful aphrodisiac. As far back as ancient Egypt, they were thought to help a person become immortal or develop super human abilities. Most people think they are simply synonymous with hallucinogens because of how they affect the brain, but they are actually full of helpful ingredients to the body.



Olive oil

Olive oil is the most nutritious and easily digestible oil of all the vegetable oils. Since olive oil is rich in essential fatty acids, the healthy sex organs are supplied with all the nutrients they need, while testosterone production is enhanced. In the morning, Greeks drink a sip of olive oil and eat a big spoon of raw honey.



Tomatoes

are considered to be aphrodisiac since the ancient times because they can boost sexual desire & performance. Besides, they are also helpful for calming pre-sex nerves and improving muscle control, an ideal asset in lovemaking.



Eggs

Eggs, the gift full of protein, has been considered as a sexual stimulant throughout the ages. So much so, that Casanova ate them before every love adventure. Sheikh Nafzajus, the author of "Perfume Garden" recommended eating as many eggs as possible. (Don't overdo it!) Eggs fried in butter, in his opinion, give "fuel" for an endless love marathon. Scientifically this is because of the great boost in testosterone that is provided by the good cholesterol that the eggs and butter provide.



Pomegranate

Known as the love apple, here's another suggestive fruit that packs a punch. It's high in antioxidants, so boosts blood flow, in turn increasing genital sensitivity.



Avocado

As it turns out that the Aztecs were sure into avocados, which are great sources of minerals and has potent antioxidant glutathione. Avocados are also rich in carotenoids, vitamin E, fiber, vitamin B6 and potassium.



Artichoke

In ancient Greece, artichokes were considered to be strong aphrodisiacs. People even credited them with being able to influence the gender of a baby. The Greeks believed it increased the chances of a woman giving birth to a boy.



Squid

According to ancient Greek mythology, there was an ordinary girl who seduced the sun god Apollo by giving him a dish prepared from squid. When the golden-haired god tasted it, he became inflamed with passion for the girl. She had not realized the squid was a powerful aphrodisiac. Its meat is rich with phosphorus (250mg per 100g) which benefits the entire reproductive system.



Cicory

This powerful male aphrodisiac contains a huge variety of microelements, vegetable acids, vitamins A and C, and vitamins the B group. This composition helps to establish digestive processes, boost metabolism, and most importantly, eliminate problems with potency and improve intimate life.



Saffron

Saffron is a powerful & proven aphrodisiac for male that does miracles to libido. It contains hormone-like substances that stimulate the erogenous zones.