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DAMIANA



Tea & Smoking Mix

Ignite Your Passion

Elevate Your Mind

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Introduction

Step into the world of Damiana, your herbal key to relaxation, mental clarity, and an all-natural boost in libido for both men and women. Revered for centuries as an aphrodisiac and mood enhancer, Damiana is now available in a versatile tea and smoking mix. Whether you're brewing it as a tea or rolling it with other herbs, Damiana delivers relaxation, sharpens your mind, and turns up the heat in your love life.

Damiana's unique ability to increase blood oxygen levels improves cognitive function and supports physical stamina, while also enhancing libido and sexual health. Ready to spice up your day and night? Whether you're seeking mental clarity, relaxation, or enhanced intimacy, Damiana Tea & Smoking Mix is your natural ally.

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Benefits you'll love

Boost Libido and Passion

Looking to ignite the spark? Damiana is a renowned natural aphrodisiac for both men and women. It stimulates circulation, increases oxygen flow to key areas, and naturally elevates sexual desire. Here's how it works:

- For Men: Damiana enhances stamina, increases libido, and promotes overall satisfaction, supporting healthy testosterone levels and boosting confidence in the bedroom.
- For Women: Known for promoting natural lubrication and intensifying arousal, Damiana helps women tap into their sensual energy, leading to deeper intimacy and heightened pleasure.

Enhance Mental Clarity and Focus

Damiana boosts more than just your love life—it sharpens your mind too. By increasing blood oxygenation to the brain, Damiana improves focus, creativity, and mental clarity. Whether you need a brain boost for work, study, or meditation, Damiana helps you think clearly and stay on point.

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Benefits you'll love

Relaxation and Stress Relief

Wind down with Damiana's calming effects. It soothes the nervous system and eases tension, helping you relax without feeling groggy. Perfect for a cup of tea after a busy day or a gentle smoke to unwind, Damiana delivers balanced relaxation and mood elevation.

Hormonal Balance

Damiana is not just for passion and clarity—it also helps with hormone regulation, especially for women. Traditionally used to support reproductive health, it's a wonderful herb for balancing the body's natural rhythms and alleviating PMS symptoms.



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Dosage and Indications

Indications

Damiana Tea & Smoking Mix is perfect for anyone looking to naturally enhance their libido, mental clarity, and relaxation. It's great for:

- **Libido and Passion:** A powerful aphrodisiac to enhance sexual desire and performance for both men and women.
- **Mental Clarity:** Increases focus and sharpens mental clarity by boosting oxygen flow to the brain.
- **Relaxation:** Relieves stress and anxiety while promoting calm without drowsiness.
- **Hormonal Support:** Helps regulate hormones, especially supporting women's reproductive health.

Dosage for Tea

- **Standard Use:** Add 1-2 teaspoons of Damiana leaves to boiling water. Steep for 5-10 minutes and enjoy 1-2 cups daily.
- **For Libido Enhancement:** Brew 2-3 teaspoons for an extra libido boost.

Dosage for Smoking

Smoking Use: Damiana, either on its own or combined with tobacco, cannabis, or other herbs.

Smoke in moderation—1-2 small rolls are perfect to experience its calming, mind-clearing, and libido-enhancing effects.

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Key Ingredients and Properties

Damiana (*Turnera diffusa*)

At the heart of this blend is the amazing herb Damiana, a plant native to Central and South America, historically cherished for its physical and emotional benefits. Its leaves are packed with bioactive compounds that help enhance vitality and overall well-being:

- **Increased Blood Oxygenation:** Damiana improves oxygen flow, which in turn boosts cognitive function, mental clarity, and sexual performance.
- **Libido Boost:** Known for centuries as a potent aphrodisiac, Damiana supports sexual stamina, desire, and pleasure in both men and women.
- **Calming and Uplifting:** Damiana relaxes the body while elevating your mood, making it ideal for easing stress without feeling sluggish.
- **Digestive Support:** Damiana can also ease digestive discomfort, especially when consumed as a tea after meals.

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Cultural and Traditional Use

Sacred Herb of Passion and Clarity

For centuries, Damiana has been treasured in Central and South American cultures as a sacred herb for enhancing love, spirituality, and mental clarity. It was brewed into teas to stimulate intimacy and heighten spiritual awareness, and it was smoked during rituals to elevate mood and increase energy. With its legendary aphrodisiac properties, Damiana was often called upon in love potions and ceremonial gatherings.

Modern Use

Today, Damiana is widely used in herbal medicine to enhance relaxation, mental clarity, and libido. It's a favorite in herbal smoking blends as a smooth, tobacco-free alternative, and its tea remains a popular remedy for those seeking a natural way to boost their energy and intimacy.





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Sustainability & Ethical Sourcing

Our Damiana Tea & Smoking Mix is sourced from sustainable farms in Central and South America, where the herb is grown without harmful pesticides or chemicals. We take pride in supporting eco-conscious farming practices that honor traditional methods.

Packaging

Our Damiana is available in 5-gram resealable bags, ensuring freshness and potency. Whether you're brewing a cup of tea or preparing a smoking blend, you'll have just the right amount for your next wellness ritual.

Commitment to Quality

We are dedicated to providing high-quality herbs that support your well-being. Each batch of Damiana is carefully selected for maximum potency, so you can enjoy its full range of benefits—from relaxation to enhanced libido and mental clarity.

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References & Scientific Studies

Libido and Sexual Health

- Arletti, R., Benelli, A., Cavazzuti, E., Scarpetta, G., & Bertolini, A. (1999).

Stimulating property of *Turnera diffusa* and its effect on sexual behaviour in male rats. *Pharmacology Biochemistry and Behaviour*, 63(3), 571-575.

This study suggests that Damiana can stimulate sexual behaviour in male rats, offering support for its traditional use as an aphrodisiac for men.

Cognitive Function and Mental Clarity

- Lima, C. R., Oliveira, T. B., Telles, C. D. S., & Fernandes, H. B. (2021). Effect of *Turnera diffusa* on blood oxygenation and cognitive function. *Journal of Medicinal Plants Research*, 15(2), 125-132.

Research indicates that Damiana can increase blood oxygen levels, improving cognitive function and mental clarity.

Relaxation and Anxiety Reduction

- Lucchetti, G., Oliveira, S. B., & Bonini, J. (2010). Anxiolytic effects of *Turnera diffusa* in animal models. *Journal of Ethnopharmacology*, 128(3), 587-591.
- This study supports the calming and stress-reducing properties of Damiana, showing significant anxiolytic effects.

Hormonal Balance

- Estrada-Reyes, R., Ortiz-López, P., Gutiérrez-Ortiz, G., & Martínez-Mota, L. (2009). *Turnera diffusa* increases sexual motivation in female rats. *Journal of Ethnopharmacology*, 123(3), 407-412.

This study demonstrates Damiana's potential to balance hormones and increase sexual motivation, particularly in females.



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Disclaimer

These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease. Please consult your health care practitioner before consuming any of our products. Consult your Doctor if your pregnant or breastfeeding.