



Peptides

— Weight Loss and Wellness —

TADALAFIL (CIALIS®)

Improving Erectile Function • Prostate Health • Blood Flow • Confidence



1 WHAT IS TADALAFIL?

Tadalafil (Cialis®) is a prescription medication that relaxes blood vessels and increases blood flow. It is commonly prescribed to treat:

- ✓ Erectile Dysfunction (ED)
- ✓ Symptoms of Enlarged Prostate (BPH)
- ✓ Lower Urinary Tract Symptoms
- ✓ Pulmonary Arterial Hypertension (under the brand name Adcirca®)



Unlike many ED medications, Tadalafil can remain effective for up to 36 hours, allowing for greater spontaneity.

2 HOW TADALAFIL WORKS

Tadalafil belongs to a class of medications called PDE-5 inhibitors.



BENEFITS MAY INCLUDE:

- ♥ Improved erections
- ♥ Increased blood flow
- ♥ Improved confidence
- ♥ Better urinary flow in men with enlarged prostate
- ♥ Longer duration of action (up to 36 hours)



Important: Sexual stimulation is still required. Taking Tadalafil alone will not automatically cause an erection.

4 COMMON SIDE EFFECTS

Most side effects are mild and improve as your body adjusts.



Headache



Facial flushing (warmth, redness)



Nasal congestion



Upset stomach / nausea



Muscle aches



Back pain



Arm or leg pain



Mild dizziness



If side effects persist or worsen, contact your provider.

5 WHEN TO SEEK IMMEDIATE MEDICAL CARE



Stop taking Tadalafil and seek emergency medical attention if you experience:

- ⚠ Chest pain during sexual activity
- ⚠ Severe dizziness or fainting
- ⚠ Sudden loss of vision
- ⚠ Sudden hearing loss or ringing in the ears
- ⚠ An erection lasting longer than 4 hours (priapism)



These conditions require immediate medical evaluation.

7 WHAT TO AVOID



- ✗ Excess alcohol (may increase dizziness and low blood pressure)
- ✗ Grapefruit or grapefruit juice (may increase medication levels)
- ✗ Taking additional ED medications unless instructed by your provider



8 WHO SHOULD TALK WITH THEIR PROVIDER BEFORE USING TADALAFIL?

Inform your provider if you have:

- Heart disease
- History of stroke
- Low blood pressure
- Liver disease
- Kidney disease
- Retinitis pigmentosa or significant vision disorders
- Penile deformity or history of priapism



A full medical history ensures Tadalafil is safe and appropriate for you.

6 IMPORTANT SAFETY INFORMATION



Do NOT take Tadalafil if you use nitrate medications, including:

- Nitroglycerin
- Isosorbide mononitrate
- Isosorbide dinitrate



Combining these medications can cause a dangerous drop in blood pressure.

Because Tadalafil may remain in your system for up to 48 hours (or longer in liver or kidney disease), nitrates should also be avoided during this period.

9 BENEFITS BEYOND ERECTILE FUNCTION



Current research suggests that, in appropriate patients, Tadalafil may also help support:

- ✓ Exercise tolerance
- ✓ Pelvic blood flow
- ✓ Endothelial (blood vessel) function
- ✓ Urinary symptoms related to enlarged prostate



PATIENT REMINDERS



Take exactly as prescribed.



Do not combine with nitrate medications.



Seek emergency care for an erection lasting more than 4 hours.



Contact your provider if side effects become severe or persistent.



IMPROVED BLOOD FLOW



BETTER PERFORMANCE



GREATER CONFIDENCE



BETTER URINARY HEALTH



LONGER DURATION (UP TO 36 HOURS)

Your Health. Your Confidence. Your Wellness. ♥

PERSONALIZED CARE • SAFE THERAPY • OPTIMAL RESULTS