



Maximum Results Guide

**Basic and Advanced Instructions To
Get The Most Out Of African Fly**



Get A Running Start!

Over the past 15 years we have had the pleasure of sharing an incredible formula that has improved the health, performance and lives of thousands of people.

Along the way we learned a lot! This guide is designed to give you a running start to getting the results you were looking for and even some you were not expecting.

Make sure you have signed up with FlyZones on the African Fly site to get the latest research and tips to make your sex life even better. Enjoy!

Contents

1. How Do I Take African Fly?
2. How Long Should I Use It?
3. The Chemistry of African Fly.
4. What Can I Expect?
5. People With Health Problems
6. Who Should Avoid Taking African Fly?
7. Can I Take African Fly With Diabetes?
8. African Fly's Effects On Women
9. Understanding Penis Enlargement
10. Penis Enlargement Training
11. When To Increase African Fly Dosage
12. More Research

How do I take African Fly?

How often should I take it?

To use African Fly for a boost in your stamina and performance, take it 30 to 60 minutes before the “big event”. To overcome sexual health issues or increase your penis size you should take African Fly 3 times a day.

When should I take it?

The best times are morning, afternoon and early evening. Do not take it late in the evening unless you will have sex or physical activity as it will keep you awake.

Can I take a higher dosage?

You can take up to the maximum dosage of 3 dropper squeezes 3 times a day.

While we recommend that you do not exceed the maximum dose, especially at first, there are some circumstances where it makes sense to use it more often. African Fly is a strong herbal formula, so do not take the whole bottle at one time.



Morning



Afternoon



Evening





How long should I use it?

African Fly is safe for use by women on an occasional basis. Women who have low sexual desire, or trouble becoming excited during sex, will find African Fly very helpful. Women can use African Fly 3-5 times a week safely. Women should not use African Fly daily for more than 1 month.

Men who have problems achieving full erections usually need to take African Fly occasionally after their first 2-3 month period in order to maintain their results.

Exactly how much is a dropperful?

Since the dropper tops that come with a bottle of African Fly are large, when we say "dropperful" we really mean that only half of the dropper will be filled after squeezing the dropper top once.

- A dropperful is equal to a dropper squeeze
- Three dropperfuls is one serving
- One serving is a teaspoon

The Chemistry of African Fly



 <p>Cinnamon (Europe) Gently encourages increased digestion increasing the potency of other herbs & is a mild aphrodisiac.</p>	 <p>Cola Nut (Africa) Boosts energy levels and increases stamina & enhances enjoyment of the sexual experience.</p>	 <p>Cloves (Europe) Improves absorption of ingredients in African Fly & has a history as an aphrodisiac in China and Sweden.</p>	 <p>Ginger (Asia) Calms excess nervous tension, stimulates circulation & has a strong reputation as an aphrodisiac.</p>
 <p>Nutmeg (Europe) Used in many countries as an aphrodisiac and is highly prized for its ability to extend the sexual act.</p>	 <p>Yohimbe (Africa) Enhances sexual prowess, amplifies erotic sensation, increases libido & increases stamina.</p>	 <p>Sarsaparilla Root (Australia) Restores male & female sexual systems. Long used as a treatment and cure for impotence or frigidity.</p>	 <p>Damiana (North & South America) Used for restoration of both male & female sexual systems & as a cure for impotence or frigidity.</p>

African Fly is made up of 8 herbs largely grown in Africa that are strained through cheesecloth with alcohol to create an herbal tincture. The herbs were chosen to work in balance with each other to enhance their benefits.

Yohimbe

African Fly uses yohimbe and while there are correctly some concerns about its use by itself, the formula is weighted so that you get the benefits of it while avoiding unwanted side effects.

Why a liquid formula?

Liquid formulas can be quickly absorbed into the blood stream to begin working immediately.

Pills must move through your stomach region before breaking down. So the herbs or chemicals in the pill must pass through your stomach lining to get into your system. This means that pills lose much of their effectiveness because it is broken down well before it reaches its intended target.



What Can I Expect?

How long before African Fly starts to work?

On average, most people experience some noticeable changes after the first day or within two days of use.

Some people have noticed changes immediately after taking African Fly for just a few times while others have noticed changes well into their second, and sometimes even third, week.

What results will I notice within the first week?

During the first week you will notice greater improvements in:

Men

- * stronger sex drive
- * frequent erections
- * erections that will increase in size and hardness
- * sexual stamina
- * stronger orgasms

Women

- * higher sexual desire
- * greater vaginal lubrication
- * release of sexual shyness
- * multiple orgasms
- * frequent sexual fantasizing



Why does it take longer for people with certain health problems to see results?



People with certain health issues will need to use African Fly for a longer time to see great results. People with high or low blood pressure, Diabetes, high cholesterol, and even heavy smokers are in this group.

These health issues slow down the effect of African Fly because they reduce the circulation of blood throughout the body, including the genital regions.

By reducing the amount of blood flowing into the genital regions, these health issues weaken the strength and function of the sexual organ.

African Fly must first improve the blood flow into the genital regions, and for these people, that phase and the following ones will take up to twice as long.

Persons with these health conditions will usually achieve results of 80% – 90% improvement in sexual performance in 3-6 weeks instead of 1-2 weeks for healthier people.

Who should avoid taking African Fly?

We at African Fly monitor success rates to see who should not take African Fly. Though we would love to have everyone try African Fly, we do not want to waste the time or effort of anyone who African Fly may not help.

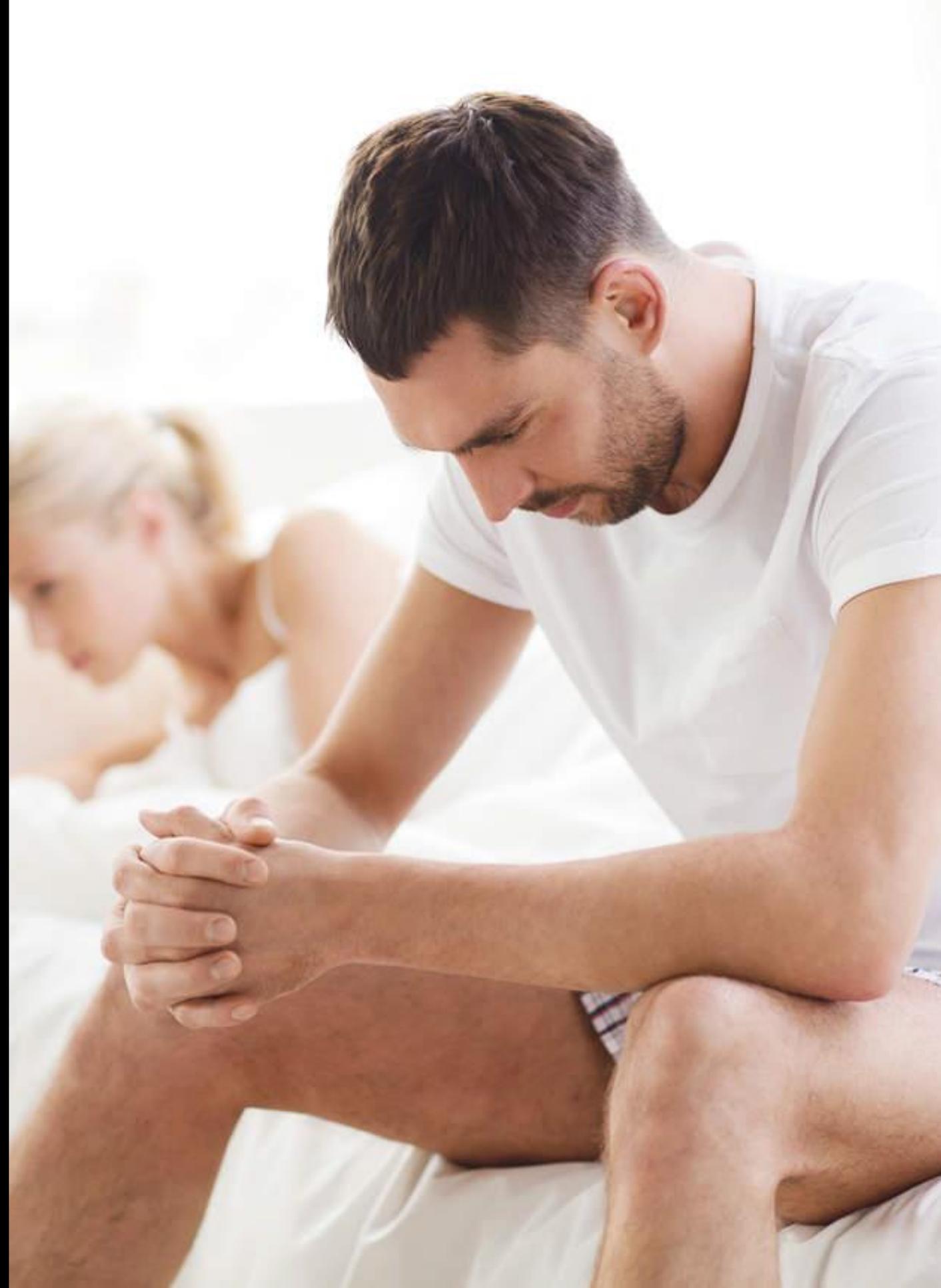
People with the following conditions should avoid using African Fly...

Men using MAO inhibitor drugs, usually for Parkinsons disease. African Fly carries a small but real chance of reducing the effectiveness of this medication.

Some people using MAO inhibitor drugs may not be in good enough physical health to engage in sexual intercourse. Please speak with a physician before taking steps to restart or increase sexual activity.

Men with severely high or low blood pressure or those recovering from a heart attack. In recommended doses, African Fly may help many with these conditions, but there is a chance that African Fly will slightly enhance or decrease the effectiveness of medications used to treat these conditions.

You should be sure that your health can sustain the added exertion of sexual activity before taking African Fly.





Can I take African Fly if I have Diabetes?

In general, African Fly poses no danger to Diabetics; in fact it may be helpful. We do have clients who are Diabetic and find the formula very helpful.

However, we suggest that anyone under medical supervision first consult with his or her physicians before using African Fly.

If you are currently taking prescription drugs to treat your Diabetes, African Fly may interfere with or enhance the effectiveness of those medications. African Fly increases blood circulation to the penis and improves blood circulation in general.

Since Diabetes impairs blood circulation, many people with Diabetes are prescribed medications that increase circulation. Taking both African Fly and a blood circulation medication may feel a bit uncomfortable. This is why we suggest that you consult your physician.

If you decide to use African Fly, we suggest starting with low doses to test your tolerance.

You should also know that men with Diabetes usually need to take African Fly longer before seeing the high level of results. This is also true for heavy smokers and men with a health condition that reduces blood circulation.

A big part of how African Fly works involves blood flow and circulation to the penis.



The effect of African Fly on women is an increase in sexual desire and pleasure. For some women, after a week of daily use they may become much more aggressive sexually.

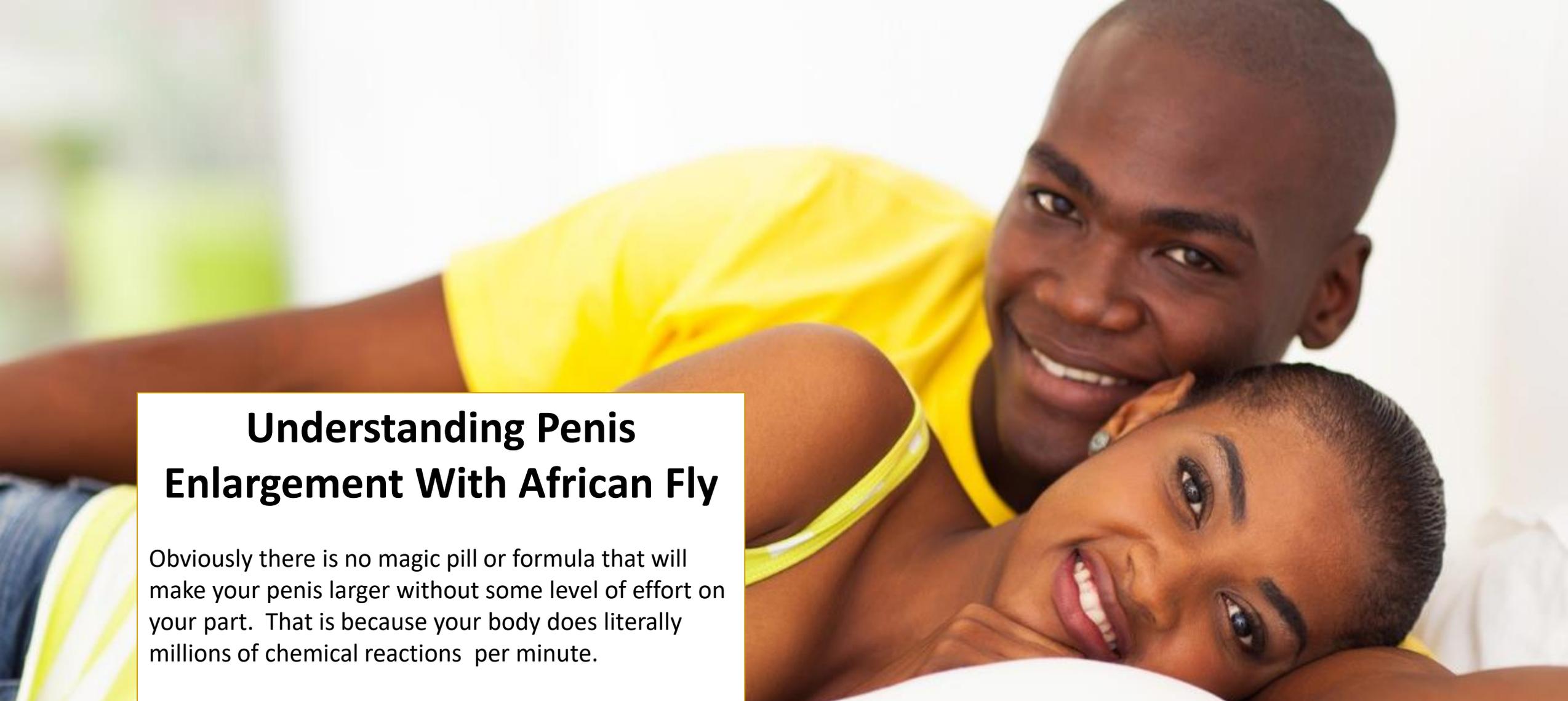
Women have very little testosterone in comparison to men, so a slight increase in this hormone can cause strong changes in a woman's sexual desire.

African Fly does not contain any hormones, but it does improve the function and availability of testosterone already in the body.

Because African Fly has a balancing effect, there is no threat of unwanted hormonal changes such as facial hair, deeper voice, or any physical changes. The effect is natural but some women do not like having a very high libido.

What Effects Does African Fly Have On Women?





Understanding Penis Enlargement With African Fly

Obviously there is no magic pill or formula that will make your penis larger without some level of effort on your part. That is because your body does literally millions of chemical reactions per minute.

If one small set of chemicals radically changed those chemical reactions, then your body sees it as a poison and there will be problems.

The path to penis enlargement starts with improving your sexual health, sex drive and testosterone levels. You can't get bigger if you can barely have an erection.

African Fly can help this improvement process a great deal. This results in having morning erections and spontaneous erections. At this point you can have sex longer with a harder erection which means you are ready for the next important part of penis enlargement...penis enlargement training.

Penis Enlargement

Morning Erections

Spontaneous Erections

Testosterone Levels

Sexual Health

Sex Drive



Penis Enlargement Training

The three components of penis enlargement are physical, chemical and stimulation. While they don't all have to be perfect you cannot grow without all three.

Physical

To exercise for growth you have to lift weights to stimulate testosterone. Stallion Training is weightlifting where you do 3 to 4 sets of 25 repetitions on every exercise. Each week you go up in repetitions...26 reps week 2, 27 reps week 3. The testosterone pump is incredible.

Chemical

Anything you consume your body has a chemical reaction with and many, many, many things in our food and drinks reduce testosterone levels. African Fly helps feed your testosterone but it must be used consistently to help you recover from the bad chemicals and for your growth.

Stimulation

You can't get to your largest size if you are not turned on. You also have to do a lot of masturbation (the fun part). You are at your largest right before ejaculating and you have to practice being there without ejaculating for 30 minutes to get blood to push into your penis and force growth



AFRICAN FLY

LIQUID APHRODISIAC

When To Increase Your African Fly Dosage

The good news is that it is very difficult to take too much African Fly. Your body will absorb what it needs and eliminate the rest as waste the next time you take a piss. The more complex news is how much and how often should you take it to get the maximum effect.

Age

As you get older, your body will slow down the production of testosterone slowly. How slow depends on you and how much you exercise, rest, eat right and stay stress free.

Everyday Environment

If you are in an office all day with no sexual stimulation, then you are getting little sunlight and you are not getting turned on...both lead to lower testosterone.

Quality of Life

Eat, sleep and exercise correctly everyday and you won't need African Fly. If you are horrible at this then you will need to increase the dosage.

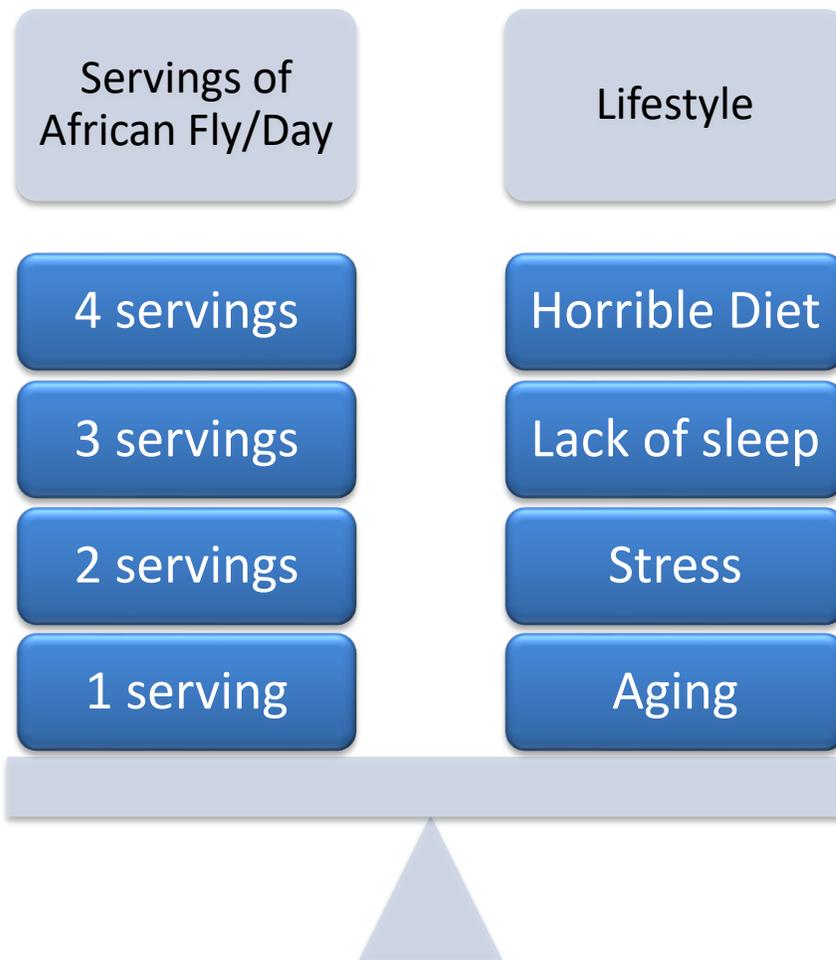
Dosage

Increase your dosage of African Fly to 3 dropper cap-fulls 4 times a day and make sure to pay attention to what you eat and how your work outs are going.

Everybody's situation, body and response to testosterone stimulation is going to be different. Experiment with your dosage by keeping notes/diary.



Maximum Results Guide



More Research

We pride ourselves on giving you the latest research and after 15 years we have a ton of it. Here are the links to a few useful articles that go along with some of the principles in this guide.

Join flyZones at African Fly to get the latest articles e-mailed to you.

My Penis Size Got Bigger...Now What?

<http://africanfly.com/your-penis-size-got-bigger-now-what/>

New African Fly Dosage Info

<http://africanfly.com/new-dosage-info-for-african-fly/>

Control Your Orgasms

<http://africanfly.com/control-your-orgasms/>

