

3.2.2.3.6.7 Yohimbine plus Pfizer's Blue

I was careful trying the combination of yohimbine and sildenafil citrate, but I am glad I did. This is one of the few cases where a combination clearly is superior to either of the drugs alone.

I started combining 5 to 10 milligram yohimbine with 10 to 20 milligram of sildenafil citrate, and the results were surprisingly good; they were definitely better than the results for sildenafil citrate alone.

While a phosphodiesterase inhibitor alone may be a reliable agent in bringing about an erection, even in men who otherwise cannot achieve one, Phosphodiesterase inhibitors have far less mental effect than does yohimbine. If the aim is making good sex better, and not just making intercourse possible, then yohimbine alone has an edge over a phosphodiesterase inhibitor alone.

However, as stated above, I have found the combination of a regular dose of yohimbine with a comparatively small dose of sildenafil citrate a surprisingly pleasant experience. Though for both medications, heart problems are cited as possible side effects, I myself did not experience any complications. The sildenafil citrate just resulted in a very quick and lasting erectile reflex, while the yohimbine provided the usual mental and physical sexual tenseness as a base on which to start with. The effects of sildenafil citrate wore off faster than those of the yohimbine (sildenafil citrate = 6 to 8 hours, yohimbine around 20 hours).

I have tried to increase the sildenafil component in the combination but achieved no better results. When going up to 50 milligram of sildenafil citrate, I actually seem to have weaker orgasms than on some 20 milligram. The 20 milligram of sildenafil citrate in combination with the yohimbine already provide an erection that doesn't leave much to be desired, so any further attempts could only target orgasm strength. To that end, reducing the sildenafil to some 20 milligram is actually helpful.

On the other hand, further increasing the yohimbine component gives me tachycardia (increased heartbeat), which I'd like to avoid if possible. In the case of combining yohimbine with sildenafil citrate, I was lucky to have found the combination that works best for me right in my first trial.

Please note: Pfizer's erection pill alone is a disappointment for me; it produces an erection all right, but an erection alone doesn't result in desire, and without increased desire, intercourse is boring.

I am not a physician. Therefore, my report on my own experience is not intended as medical advice. I myself meanwhile have a good tolerance for yohimbe / yohimbine. Still, in between sildenafil citrate and yohimbine, the latter is more likely to cause unpleasant side effects. Whoever intends to experiment with a combination of sildenafil citrate and yohimbine should start with very low dosages of both medications, just to see how well they are tolerated.

While both yohimbine and sildenafil citrate are prescription medications in the US and some other countries, I am not aware of physicians commonly prescribing the two in tandem. They should. It also doesn't seem as if Pfizer would have done studies of the two drugs in combination, or that the FDA would have required such studies. Pfizer's interest is obviously in marketing sildenafil citrate, not in promoting another therapeutic agent, yohimbine.