



Adam: Men's Health and Prostate Awareness

Many men only begin paying attention to prostate health once discomfort or symptoms have already developed. Approximately 80% of men over the age of 60 develop problems associated with an enlarged prostate gland. The gland lies directly below the bladder, and surrounds the urethra, therefore an enlarged prostate obstructs the flow of urine so that the bladder is not emptied properly.

Men who experience severe urinary symptoms, pain, or changes in urination should consult a medical practitioner.

Benefits of Adam capsules:

- Supports hormonal harmony.
- Prostate-friendly.
- Beneficial for the wellbeing of male reproductive organs.
- Contains zinc – essential for slowing abnormal prostate conditions.
- Promotes healthy blood circulation.
- Supports comfortable urination.
- Contributes to emotional calmness.



Selected Ingredients. General Wellbeing. Prostate Health.

Adam contains the following carefully selected ingredients and is therefore ideal for the general wellbeing of male reproductive organs, especially prostate health:

1. Dried *Aloe ferox* aloe fibre

The nutrient-rich green peel and inner white fillet of the *Aloe ferox* aloe are known as aloe fibre, which supports the digestive system and helps maintain regular bowel movement. A healthy digestive system plays an important role in the body's overall wellbeing and detoxification.

2. L-Arginine monohydrochloride

L-Arginine is an amino acid that promotes healthy blood circulation, which is important for men's health, energy, and normal sexual function.

3. Vitamin B6

Vitamin B6 supports the nervous system, hormone balance, and energy levels. It also plays a role in protein metabolism and general metabolic functions.

4. Zinc

Zinc is one of the most important minerals for men and prostate health. The prostate naturally contains high levels of zinc, and adequate zinc intake supports normal prostate function, immunity, and male fertility.

5. *Ginkgo biloba*

Ginkgo biloba is well known for encouraging blood circulation, especially to the brain and peripheral tissues. It may help support mental clarity, concentration, and general circulation.

6. Muira Puama root

Muira Puama is traditionally known as a tonic for men. It is often used to promote vitality, energy, and libido.

7. Saw Palmetto

Saw Palmetto has been used for at least 200 years for the symptomatic relief of mild and benign prostate problems associated with aging. It is one of the best-known herbs for prostate health. Traditionally, it is used to support normal prostate function and urinary comfort in men, especially as they age.

Directions for use:

Take 2 capsules daily with breakfast. Start all herbal supplements with a lower dose during the first week. For best results, use for at least 3 months.

Warning:

Not recommended for persons using blood-thinning/anticoagulant medication.

What is the most important mineral for men's prostate health?

Send your answer to freegift@af.co.za and receive free marketing material.





Adam: Mansgesondheid en Prostaat-bewustheid

Baie mans begin eers aandag gee aan prostaatgesondheid wanneer ongemak of simptome reeds ontwikkel het. Ongeveer 80% van mans bo 60 jaar ontwikkel probleme met 'n vergrote prostaatklier. Die klier lê direk onder die blaas, en omring die urienbuis, gevolglik belemmer 'n vergrote prostaat die urienvloei sodat die blaas nie behoorlik geledig word nie.

Mans wat egter ernstige urinêre simptome, pyn of veranderinge in urineringservaar, behoort 'n mediese praktisyn te raadpleeg.

Pluspunte van Adam-kapsules:

- Gunstig vir hormoon-harmonie.
- Prostaat-vriendelik.
- Voordelig vir die welsyn van manlike voortplantingsorgane.
- Bevat sink – essensieel om abnormale prostaatkondisies te vertraag.
- Gunstig vir goeie bloedsirkulasie.
- Ondersteun gemaklike urinerings.
- Dra by tot emosionele kalmte.



Noukeurig-saamgestelde Bestanddele. Algemene Welstand. Prostaatgesondheid.

Adam bevat die volgende noukeurig-saamgestelde bestanddele en is daarom ideaal vir die algemene welstand van manlike voortplantingsorgane, en veral vir prostaatgesondheid:

1. Gedroogde *Aloe ferox*-aalwynvesel

Die voedingryke groen skil en die binneste wit filet van die *Aloe ferox*-aalwyn word aalwynvesel genoem, wat die spysverteringstelsel ondersteun en help met gereelde stoelgang. 'n Gesonde spysverteringstelsel speel 'n belangrike rol in die algemene welstand en ontgifting van die liggaam.

2. L-Arginine monohydrochloride

L-Arginine is 'n aminosuur wat gesonde bloedsirkulasie bevorder, belangrik vir mansgesondheid, energie en normale seksuele funksie.

3. Vitamine B6

Vitamine B6 ondersteun die senuweestelsel, hormoonbalans en energievlakke. Dit speel ook 'n rol in proteïen-metabolisme en algemene metaboliese funksies.

4. Sink

Sink is een van die belangrikste minerale vir mans en prostaatgesondheid. Die prostaat bevat natuurlike hoë sinkvlakke, en voldoende sinkinname ondersteun normale prostaاتفunksie, immuniteit en manlike vrugbaarheid.

5. *Ginkgo biloba*

Ginkgo biloba is bekend daarvoor dat dit bloedsirkulasie aanmoedig, veral na die brein en perifere weefsels. Dit kan help om geestelike helderheid, konsentrasie en algemene sirkulasie te ondersteun.

6. Muira Puama-wortel

Muira Puama staan tradisioneel bekend as 'n tonikum vir mans. Dit word dikwels gebruik om vitaliteit, energie en libido te bevorder.

7. Saw Palmetto

Saw Palmetto word reeds vir minstens 200 jaar gebruik vir die simptomatiese verligting van ligte en goedaardige prostaatprobleme wat met veroudering geassosieer word. Saw Palmetto is een van die bekendste kruie vir prostaatgesondheid. Dit word tradisioneel gebruik om normale prostaاتفunksie en urinêre gemak by mans te ondersteun, veral namate hulle ouer word.



Aanwysings vir gebruik:

Neem 2 kapsules daaglik met ontbyt. Begin alle kruieaanvullings met 'n laer dosis vir die eerste week. Vir beste resultate, gebruik vir ten minste 3 maande.

Waarskuwing:

Moenie aanbeveel vir persone wat bloedverdunning-/teenstolling-medikasie gebruik nie.

Wat is die belangrikste mineraal vir mans se prostaatgesondheid?

Stuur jou antwoord na freegift@af.co.za en ontvang gratis bemarkingsmateriaal.

Specials

July 2026

June, 2026



ADAM
60 caps

R119
SAVE R39

- Benefits hormone harmony.
- Prostate-friendly.
- Favourable for proper blood circulation.
- Beneficial for the wellness of reproductive organs.
- Supports comfortable urination.
- Contains zinc – essential for slowing abnormal prostate conditions.
- May have a positive influence on emotional calmness.



Fynbos
Mask
50 ml

R119
SAVE R38

- Energises tired, moisture-depleted skin.
- Deeply nourishes skin.
- Fights signs of aging.
- Prevents and treats formation of acne.
- Provides antioxidant protection against free radicals.
- Leaves skin feeling healthy and revitalised.



Rejuvenating
Essence
50 ml

R119
SAVE R26

- Provides skin energy.
- Promotes wrinkle reduction.
- Improves skin elasticity and texture.
- Diminishes fine lines and visible signs of aging.
- Tightens collagen fibres.
- Tightens and brightens skin.
- Soothes and protects skin.

“ Testimony

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June, 2026



English:

A very happy and satisfied overseas client, Maria Vougdís, writes the following:

"I've been using your **BITTER ALOE GEL** since September 2025, and it has truly been a game changer for my skin. Even though it is very concentrated, I applied it to my full face twice daily because it felt so soothing and nourishing.

The results have been incredible – my acne and irritated skin have calmed down significantly, and the scarring is still slowly fading. My skin is not perfect yet, but the progress has been amazing and so encouraging.

Thank you for such a fantastic product and brand!"

Afrikaans:

'n Baie gelukkige en tevrede oorsese kliënt, Maria Vougdís, skryf die volgende:

"Ek gebruik julle **BITTER ALOE GEL** sedert September 2025, en dit het werklik 'n groot verskil aan my vel gemaak. Al is dit baie gekonsentreerd, het ek dit twee keer per dag oor my hele gesig aangewend omdat dit so kalmerend en voedend gevoel het.

Die resultate was ongelooflik – my aknee en geïrriteerde vel het baie bedaar, en die littekens vervaag steeds stadig maar seker. My vel is nog nie perfek nie, maar die vordering is ongelooflik en baie bemoedigend.

Baie dankie vir so 'n fantastiese produk en handelsmerk!"