Relevance for Men & Women

For Men

Male sexual physiology depends strongly on vascular health and tissue hydration. Erectile tissues require rapid blood inflow and effective venous retention, both of which are influenced by hydration and microcirculatory function.

Hydration-supported physiology may contribute to:

Maintenance of erectile tissue elasticity

Supporting structural integrity and flexibility

A physiological environment supportive of nitric-oxide–mediated vasodilation

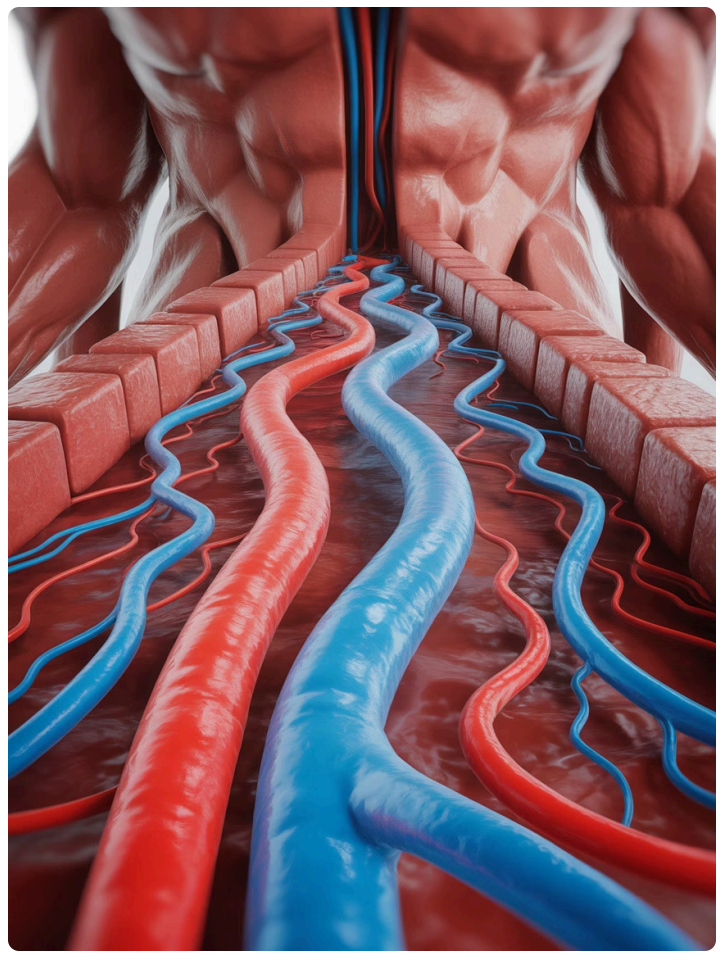
Creating conditions for natural vascular responses

Consistency of physical responsiveness

Maintaining reliable physiological function

Reduced fatigue during physical activity

Supporting sustained energy and performance



These effects are indirect and foundational, supporting the conditions under which normal physiological function occurs.

For Women

Female sexual anatomy is highly vascular and sensitive to hydration status. Arousal involves increased blood flow to the clitoris, vulva, and vaginal walls, along with lubrication through plasma transudation.

- Vaginal mucosal comfort and elasticity
- Natural lubrication processes
- Pelvic microcirculatory efficiency
- Sensory warmth and responsiveness

These mechanisms are non-hormonal and relevant across life stages, including postpartum, perimenopause, and later adulthood.