MpesuMax
AFRICAN HERBAL WELLNESS

FREE GUIDE



Fuel for Men

Your everyday guide to better sexual performance.

WHAT TO EAT · HOW TO TRAIN AT HOME · WHAT TO KNOW ABOUT SUPPLEMENTS

A 3-MINUTE READ

MPESU.CO.ZA

01 START HERE

Strong man, strong body.

Our fathers and grandfathers walked far, worked hard and ate real food. Their strength came from how they lived every day.

Whether you run a team in Sandton or a business in your township, strength in the bedroom starts in the same place. It is built by how you move, what you eat and how you look after your body, not in one night.

IN THE NEXT THREE MINUTES

01 **The Squeeze** — a muscle you can train without anyone noticing.

02 **Five home moves** — no gym, no mat, no yoga.

03 **The food and supplements** worth knowing about.

Let's go.



02

THE SECRET MUSCLE

The Squeeze

It trains the muscle that gives you control down there, and nobody can see you doing it.

Find it. Next time you pee, try to stop the flow halfway. The muscle you tighten is the one. Do this once, only to find it — don't make a habit of stopping your pee.

3s	Squeeze and hold for 3 seconds.
3s	Relax for 3 seconds.
×10	Repeat 10 times. That is one set.



02 · THE SQUEEZE

Three sets a day. In the taxi, at your desk, in a meeting, watching soccer. When it gets easy, hold for 5 seconds, then 10.

Do it right. Keep breathing. Don't tighten your stomach, bum or thighs — only the squeeze.

Why bother? Some studies link regular pelvic muscle training in men to better control. Treat it like any training: a daily habit for a few months, not a quick fix.



03

NO GYM · NO MAT · NO YOGA

Train like a man

Five moves that build strength where it counts: legs, hips, core and heart.

Deep squat — 15

Feet shoulder-width apart. Sit back and down low, like sitting on a bucket, then stand tall.

Hip lift — 15

On your back, knees bent. Push your hips to the sky, hold 2 seconds. Add the Squeeze at the top.

Warrior lunge — 10 each

Big step forward, drop your back knee close to the ground. Push back up, swap legs.

Farmer's carry — 1 min

Two heavy shopping bags, 5-litre water bottles or dumbbells. Walk tall.

Push-up — 10

On the floor, or against a wall if you are starting out.

10 min

Do all five moves twice, four times a week. Other days: a brisk 20-minute walk or the stairs at the office. Good blood flow matters, everywhere.

Heart condition, bad knees or a sore back? Check with your doctor before you start.



04

CHEAP · EASY · LOCAL

Add these to your plate

No fancy food needed. Add these to what you already eat.

Pumpkin seeds

ZINC · MAGNESIUM

A handful a day as a snack

Peanuts

PROTEIN · ZINC · GOOD FATS

A handful a day, unsalted

Moringa

VITAMINS · MINERALS

A teaspoon of powder in porridge or tea

Eggs

PROTEIN · ZINC · VITAMIN D

One or two at breakfast

04 · ADD THESE TO YOUR PLATE

Pilchards
PROTEIN · OMEGA-3 · VITAMIN D

A tin with pap, twice a week

Liver
ZINC · IRON · VITAMIN A

Once a week is enough

Morogo or spinach
IRON · FOLATE

With supper most days

Beans and lentils
PROTEIN · FIBRE · FOLATE

In stews and soups

Guavas and oranges
VITAMIN C

One a day — guavas are among the richest

Tomatoes
LYCOPENE

Cooked with a little oil, in gravy or chakalaka

Easy start: pumpkin seeds in your pocket, moringa in your morning porridge, one fruit a day.

05 WHAT TO DROP

Cut back on these.

What you stop doing matters as much as what you add.

Heavy drinking

A few too many dulls everything, including you in the bedroom.

Smoking

It damages blood vessels, and blood flow matters down there.

Sugar and fizzy drinks

They pile on belly fat, and belly fat is linked to lower testosterone.

Takeaways every night

Long days at the office make it easy. Keep them for the weekend.

Short sleep

Your body makes much of its testosterone while you sleep. Aim for 7 hours.

Heat down there

Keep the laptop off your lap and skip very tight underwear. Sperm prefer it cooler.

Pick one. Don't try to fix everything this week. Choose the one that hits closest to home and start there.



06

TOP UP SMART

Supplements: what to know

Food comes first. Supplements top up what your plate is missing, and they help most when you are actually low.

Sperm health

ZINC, VITAMIN C, SELENIUM, FOLATE · IMVELO SPERM BOOSTER TONIC

The vitamins support normal sperm production, especially if you don't get enough — two Brazil nuts a day cover your selenium. Imvelo Sperm Booster Tonic is a traditional herbal option: a herbal product, not a medicine.

Testosterone

ZINC, VITAMIN D

Support normal levels if you are low. Sleep, strength training and losing belly fat matter more.

Libido

MPESUMAX LIBIDO TONIC

No single vitamin does the job. Many men choose a traditional herbal tonic like MpesuMax Libido Tonic with Umdolofiya — a herbal product, not a medicine. Sleep, less stress and less alcohol still matter most.

Prostate health

IMVELO PROSTATE HEALTH TONIC · YOUR DOCTOR

Imvelo Prostate Health Tonic is a traditional herbal option for everyday prostate care — a herbal product, not a medicine. It doesn't replace a check-up: know the warning signs below.

PROSTATE WARNING SIGNS

See a doctor or clinic if you get up at night to pee more than before, have a weak stream, burning, or blood in your urine. From 40, ask about a PSA test. Black men have a higher risk of prostate cancer, and caught early it is very treatable.



07

START THIS WEEK

Your 7-day kick-off

- [ ] The Squeeze: three sets every day
- [ ] The 10-minute routine: four times this week
- [ ] A handful of pumpkin seeds or peanuts every day
- [ ] Moringa in your porridge or tea
- [ ] One guava or orange a day
- [ ] 7 hours of sleep, at least five nights
- [ ] A quick blood pressure and blood sugar check at a pharmacy clinic



READY FOR MORE?

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Or shop at mpesu.co.za · Imvelo Herbal Wellness, 136 10th Road, Kew, Johannesburg · UKM Organics shops

Stay strong,

Magwaza from MpesuMax

This guide is general information, not medical advice. If you have a health condition or take chronic medication, speak to your doctor or pharmacist before changing your exercise, diet or supplements.