



**2 MINUTE
HARD-ON**

Green Drink

A Delicious, Natural Drink That
Restores Raging Erections And
Incredible Sexual Stamina

JACK GRAVE

Disclaimer

This guide is for informational purposes only and is not a substitute for medical advice. It is an opinion and should be used for personal entertainment purposes only. This guide is not to be considered as legal, personal, or medical advice and you are responsible for your own doings.

Introduction

Hey, it's Jack.

I'm so excited that you decided to download this special report.

In these pages, you're going to discover a simple **“green drink” recipe** that could help you start producing thicker, firmer hard-ons without going anywhere near drugs or surgery.

It contains a set of natural, simple ingredients – all of which you can find on the shelf of your nearest convenience store.

They target the key bodily processes behind your erections – giving you pulsating, ENGORGED hard-ons that drive your woman wild.

There's nothing time-consuming or complicated here.

This drink can be prepared and blended in under 2 minutes – and just 1 cup a day with our breakfast is all you need to start seeing results practically overnight.

It's been shown to work for men of ALL ages or current physical conditions.

Let's get started!

Jack Grave

About Jack Grave

Jack Grave is a leading men's health expert who has taught sex advice to millions of men from over 100 different countries.

Author of countless books and programs helping men improve their performance in the bedroom, men regularly seek out Jack for his expertise on erectile dysfunction, premature ejaculation and female pleasure.

The “Hard-On 2-Minute Green Drink” Recipe

Right.

Let’s not waste any time.

I know you’re keen to try this out as soon as possible.

This drink provides your body with a specific set of nutrients that have been shown to have a directly positive impact on the male erectile process.

These nutrients target several of the key biological processes behind a rock-solid hard-on, giving your body exactly what it needs to produce thicker, harder erections than you ever thought possible – right at the moment you need them.

And research suggests that one of the most efficient ways to consume these nutrients is as a DRINK.

Why?

It’s pretty simple: in liquid form, it’s much simpler and quicker for our bodies to break everything down and absorb the nutrients, compared to getting them via solid food. This means they get to work more quickly, too – which means you could start seeing big improvements to your hard-on quality much sooner than you might think.

I’ll explain what these nutrients are and how they work in just a moment.

But first, here’s the recipe:

Ingredients

- 1 cup of strawberries
- 1 cup of spinach
- 1 peach (with the stones removed)
- 1 pomegranate

- 2 chopped-up bananas
- 1 chopped-up watermelon
- Ice cubes

Method

1. Place all your ingredients in a blender.
2. Blend for 30 seconds.
3. Drink at your own leisure!

Yes, it's really that simple. For added flavour, you can add milk or a fruit juice of your choice.

Small note: whilst you can consume this drink whenever you like, I personally recommend having it with your breakfast or lunch, to give the ingredients enough time to take effect – so you can enjoy your sexual activity in the evening!

Of course, by taking this drink for several days and weeks, the effects will become even more noticeable and pronounced. However, one drink can be all it takes to start seeing results!

What effects does it have?

The ingredients in the green drink are all very common foods, popular on any convenience store shelf.

They're also extremely healthy and taste delicious!

(At least in my opinion.)

However, these aren't the main reasons I've included them in the recipe.

All of them have been proven to positively affect variously biological processes in our bodies that significantly improve the strength and duration of our hard-ons.

Here's what each of them does...

- **Bananas** are full of **B and C vitamins**, meaning that they not only provide an extra “energy boost” that increases your stamina, but also play a big part in maintaining the health of our blood vessels, helping blood reach our penis much more smoothly. Bananas also contain **potassium**, which helps reduce sodium levels and reduces the likelihood of unexpected muscle cramps, and the amino acid **tryptophan** and the enzyme **bromelain** have been linked with increased testosterone production, libido and blood flow.
- The pink fruit of **watermelon** contains an amino acid called L-citrulline, which your body converts into a different amino acid called L-arginine. This increases our level of **nitric oxide**, which relaxes our artery walls – improving blood circulation into the penis, making your hard-ons much more engorged.
- **Spinach** is full of **folic acid**, which boosts blood flow and is important for male sexual function: indeed, a 2016 study found that folic acid deficiency could be directly linked to erectile dysfunction.¹ It’s also a good source of **magnesium**, another good blood flow and testosterone booster.
- **Peaches, pomegranates and strawberries** all contain significant quantities of Vitamin C, which plays a part in producing even more nitric oxide to relax those arteries. Pomegranate has also been shown to increase athletic performance and stamina – it’s just flat-out good for you anyway, whatever your goals.

Each of these ingredients by themselves would have a positive impact. But when they’re all **combined**, the effects really start to multiply.

You can start producing the biggest, thickest hard-ons of your life – and see your sexual stamina go through the roof!

¹ <https://www.ncbi.nlm.nih.gov/pubmed/26302884>

Safe to say your woman will be VERY happy with your thicker, stronger “package” and newfound ability to last much longer between the sheets.

Conclusion

Hopefully you’re now aware of the multiple benefits this “Green Drink” can have to your hard-ons or sexual function. Even if you don’t like some of the fruits listed here, you can easily swap them out for other ones, as they’ll also be packed with Vitamin C.

The main goal is to create something that doesn’t just help you get harder, overcome ED and give your woman INSANE sexual pleasure... but something you ENJOY drinking every day. It’s simple really: if you actually like the taste, you’ll be more likely to keep drinking it every day – and see the sexual benefits develop before your very eyes!

However, whilst this drink can DEFINITELY help you improve your hard-ons...

...it’s only scratching the surface of what you and your body (regardless of your age or health) are truly capable of.

Wouldn’t it be great to not only know how to quickly get hard, but how to stay hard for even longer and increase your stamina even more?

If you enjoy what this drink can do, then you’ll love the more advanced strategies I’ve got for you that can help you last even longer in bed and vastly improve the quality of your sexual experience.

ADVANCED techniques for bigger and longer-lasting erections...

To find out how you can immediately begin increasing your stamina as well as size, you’ve got the opportunity to learn from adult movie star Aaron Wilcoxxx.

A star of over 200 adult movies, Aaron's been able to refine his techniques with hundreds of different women, as well as develop the ability to get rock-hard and orgasm only when he desires and last for hours at a time if necessary.

And now, he's put together a video explaining the methods he uses to achieve his high level of sexual performance so that men like you can see how it's done - and try them out yourself.

Want to find out how experienced professionals like him do it?

Then click below to watch the video...



CLICK TO WATCH

Watch the video here: <http://3stepstamina.com/report-video>