Herb of the Month

August 1, 2000 By Michael Onstott

Yohimbe

Part: Bark
Forms: Capsules or liquid (herb); tablets (Rx yohimbine drug)
Uses: Aphrodisiac; helps fight erectile dysfunction and dry mouth
Dose: 500–1,000 mg (herb) or 1/2–1 tablet
(5.4 mg yohimbine)—take either three times daily
Cost: $15–$35 monthly (herb or drug)
Warning: Consult a qualified practitioner. Many potential drug interactions and side effects. Not recommended for long-term use, pregnant women, children, seniors or those with liver, kidney, heart, blood-pressure or psychiatric disorders.

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