



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.

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.poz.com/article/Herb-of-the-Month-August-2000-15407-2273>