

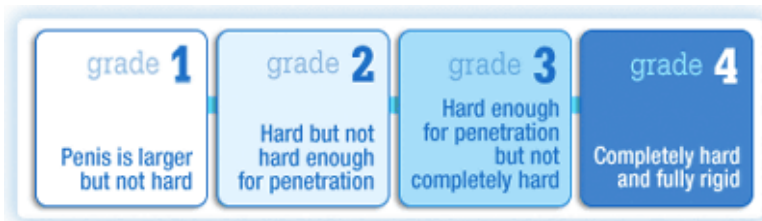
Instructions on how to take PDE5 Medications Viagra (Sildenafil), Spedra (Avanafil) and Cialis (Tadalafil)

1 **Viagra (Sildenafil) 100mg, 1 tablet**

Take and wait 1 hour. Stimulate in body for 4 hours. Eg take at 7am, ready to go at 8am, will last until 12pm.

Any side effects? _____

Erection hardness score? (circle one below)

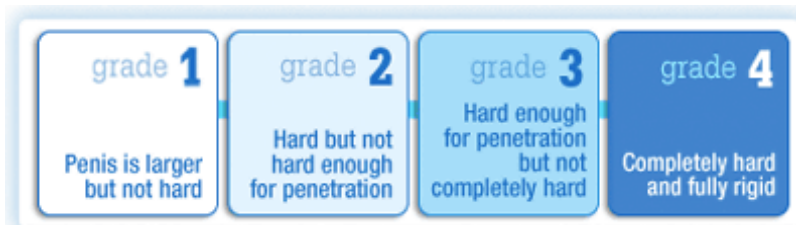


2 **Spedra (Avanafil) 200mg, 1 tablet**

Take and wait 15mins. Stimulate in body for 6 hours. Eg take at 7am, ready to go at 7.15am, will last until 1pm.

Any side effects? _____

Erection hardness score? (circle one below)

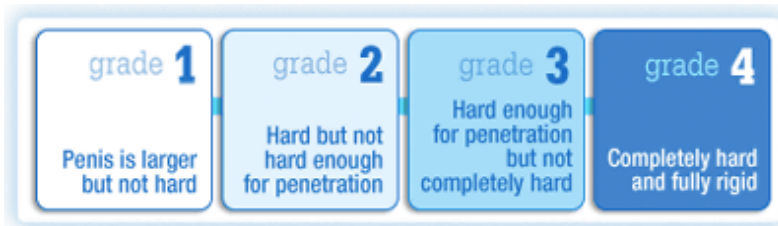


3 Cialis (Tadalafil) 7mg, 3 tablets

Take 3 tablets and wait 1 hour. Stimulate in body for 36hours. Eg take at 7am, ready to go at 8am, will last until 7pm the next day.

Any side effects? _____

Erection hardness score? (circle one below)



Please contact Melissa via text on 0429 397 173 or email rshealthclinic@gmail.com if you have any side effects to any of the above medications.