**National Wellness Month is the time for Swiss Navy Supplements**

**Press Release**

POMPANO BEACH, Florida – August 10, 2022—August is National Wellness Month and this year the focus is on self-care, managing stress, and promoting healthy routines. Swiss Navy supports wellness with its range of supplements as a way to create healthy habits in personal and partnered intimate relationships.

“We understand that it’s important to make time for intimacy,” said Briana Watkins, ACS, Vice President of Sales and Marketing for M.D. Science Lab. “August is the perfect time to check in with yourself to make sure your intimate wellness is prioritized. And our lab-created supplements are an easy way to do something good for yourself and your partner.”

Swiss Navy strives to support wellness year-round with a wide range of supplements to help bodies get vital substances they need to function effectively. Wellbeing is not a one-time event. Supplements can be a way to continuously provide what a body may need.

As an example, *Swiss Navy Desire Female Enhancement* daily supplements for sexual health are formulated to support a woman’s sex drive and intensify intimate sensations. This proprietary blend includes Maca, which in females can help increase libido and help [relieve symptoms](https://www.healthline.com/nutrition/benefits-of-maca-root) of menopause, allowing women to enjoy a better sense of sexual wellbeing.

The Mayo Clinic has [reported](https://www.mayoclinic.org/diseases-conditions/erectile-dysfunction/in-depth/erectile-dysfunction-herbs/art-20044394) that some dietary supplements can help with sexual functions, such as erectile dysfunction. *Swiss Navy Testosterone for Men* is a dietary supplement which is a blend of herbs, minerals, and amino acids that are formulated to support testosterone and enhance sexual vitality. One unique ingredient is [Tribulus Terrestris](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3931200/), which has been used for years in traditional Chinese and Indian Ayurvedic medicine to help with stronger, more frequent erections, higher volume of ejaculate, and improved muscular density.

“Often it’s just a small change that can impact your health in a positive way,” said Dr. Sunny Rodgers, Intimate Health Advisor for M.D. Science Lab. “Dietary supplements may be helpful for personal wellness and continued healthy living.”

In honor of August as National Wellness Month, Swiss Navy suggests supplements as a way to create an overall healthy lifestyle.

For more information on Swiss Navy supplements, please contact your sales representative. To see the latest Swiss Navy product range, please visit [swissnavy.com](https://swissnavy.com/).

For sales and marketing resources, please visit Swiss Navy’s B2B Resource Center at [b2bswissnavy.com](http://www.b2bswissnavy.com).

Retailers and their staff are encouraged to sign up for free online certification training to become a Certified Swiss Navy Expert at [swissnavycertifiedexpert.com](http://www.swissnavycertifiedexpert.com).

**About M.D. Science Lab**

Since 1998, M.D. Science Lab has continually created award-winning products dedicated to helping consumers live healthier lives. With a focus on intimate wellness and nutritional good health, M.D. Science Lab continues to create products at the forefront of the wellness market that are offered worldwide. For more information, please contact Briana@Swissnavy.com or visit www.swissnavy.com.