

# iMedix: Your Personal Health Advisor.

## Lady era (Sildenafil)

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Lady Era is a branded generic product containing sildenafil citrate, the same active ingredient found in Viagra. It is marketed for female sexual arousal issues. Importantly, its use for this purpose is not approved by major health authorities like the FDA or EMA. Its safety and effectiveness in women are not established, and its use carries significant risks.

- **ActiveIngredient:** Sildenafil Citrate
  - **DosageForm:** Oral Tablet
  - **Dosage:** 100 mg
  - **Indications:** Marketed towards women for purported enhancement of sexual arousal or experience.
  - **Manufacturer:** Multiple generic manufacturers
  - **Storage:** Store at controlled room temperature, 15°C to 30°C (59°F to 86°F). Protect from moisture and light.
  - **Market Price:**
  - **Drug Status:** Prescription Only
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## Description

What Is Lady Era? Lady Era is a branded pharmaceutical product that contains the active ingredient sildenafil citrate in a 100 mg oral tablet. Sildenafil citrate is a phosphodiesterase type 5 (PDE5) inhibitor and is the same active component used in medications for male erectile dysfunction. The product is specifically packaged and colored pink for marketing toward women, leading to its colloquial label as a lady era viagra or female Viagra. Mechanism of Action Lady Era works by inhibiting the PDE5 enzyme. The proposed mechanism for its use in women is to increase blood flow to the genital tissues during sexual stimulation, which may theoretically improve physical sensations of arousal. It is crucial to understand that this is a purely physiological effect on blood flow. The medication does not create sexual desire, address psychological factors, or treat low libido. For a detailed medical perspective on the differences between arousal and desire, read: The Truth About Female Viagra: A Urologist's Perspective. Regulatory Status The use of sildenafil citrate (the active ingredient in Lady Era) for female sexual dysfunction is an off-label application. Major regulatory bodies, including the U.S. Food and Drug Administration (FDA) and the European Medicines Agency (EMA), have not approved sildenafil for this specific use in women. Products like Lady Era are often manufactured as generic drugs but marketed under a specific brand name for a purpose not supported by comprehensive clinical trials or regulatory review. You can learn more about the legitimate role of generic medicines here: Generic Medicines Explained: Why You Shouldn't Fear the Cheaper Option.

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## General Instructions

How to Take Lady Era The instructions for Lady Era are based on the standard use of sildenafil citrate. However, it is critical to remember that these guidelines are not for an FDA-approved use in women. Self-medicating with this product is not recommended. Administration and Timing If prescribed by a doctor for another condition (e.g., pulmonary hypertension), a standard sildenafil tablet is swallowed whole with water. It can be taken with or without food, but a high-fat meal may delay its onset of action. The medication is

typically taken 30 to 60 minutes before anticipated sexual activity. Its effects can last for 4 to 6 hours. The drug requires sexual stimulation to have any effect. Important Safety Rules The Lady Era tablet is a 100 mg dose, which is the maximum single dose for sildenafil. Do not take more than one tablet in a 24-hour period. It is not intended for daily use. Starting with a lower dose (e.g., 25mg or 50mg) is a common medical practice to assess tolerance, but Lady Era is typically only available at the 100mg strength, which may be too high for a first-time user.

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## Side Effects

**Potential Side Effects** Since Lady Era contains sildenafil, its side effect profile is the same as that of the drug when used in men. These effects result from the systemic dilation of blood vessels. For a realistic guide to understanding medication side effects, see: That Long List of Side Effects: A Realistic Guide to What to Expect. **Common Side Effects** The most common lady era side effects include headache, facial flushing (redness and warmth), nasal congestion, indigestion or upset stomach, and dizziness. These are usually mild to moderate and temporary. Back pain or muscle aches may also occur. **Serious Adverse Reactions** Seek immediate medical attention if you experience any of the following: **Priapism:** Although rare, painful and prolonged genital engorgement lasting more than 4 hours is possible and requires emergency treatment to prevent permanent damage. **Sudden loss of vision in one or both eyes.** **Sudden decrease or loss of hearing, sometimes with ringing in the ears (tinnitus)** and dizziness. **Signs of a serious heart problem during sexual activity, such as chest pain, dizziness, or nausea.** **Signs of a severe allergic reaction, including difficulty breathing or swelling of the face, lips, tongue, or throat.**

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## Uses

**Purported Uses and Limitations** Lady Era is marketed to address difficulties with physical sexual arousal in women, sometimes referred to as female sexual arousal disorder (FSAD). The theory is that increased blood flow may improve genital sensitivity and lubrication. **Critical Limitations** It is vital to understand the significant limitations of this approach: **Does Not Address Desire:** Lady Era has no effect on sexual desire or libido. Low desire is a common issue and is addressed by different medications that work on brain chemistry, such as Addyi (flibanserin). Learn about approved options: Female Viagra (Sildenafil Citrate) and Female Cialis (Tadalafil). **Not a Cure:** It treats a potential physical symptom but does not address underlying causes of sexual dysfunction, which can be psychological, hormonal, relational, or due to other medical conditions. **Lack of Proven Efficacy:** Clinical evidence supporting the consistent effectiveness of sildenafil for female sexual arousal disorders is limited and inconclusive.

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## Safety advice

### **Interactions Alcohol:**

- Use with caution
- Alcohol can increase the blood pressure-lowering effects of sildenafil, raising the risk of dizziness, headache, and fainting. It can also impair sexual response, counteracting any potential benefit of the medication.

### **Interactions Other Medications:**

- Consult your doctor
- This is critically important. Combining sildenafil with nitrates (for chest pain) or recreational "poppers" is absolutely forbidden and can cause a fatal drop in blood pressure. Dangerous interactions also occur with alpha-blockers (for blood pressure), certain antibiotics, antifungals, HIV protease inhibitors, and other blood pressure medications. A full medical review is essential.

### **Special Groups Pregnancy:**

- Unsafe
- The safety of sildenafil for use during pregnancy has not been established. Lady Era should not be used by pregnant women. Review our guide on [medicines in pregnancy](#). Do not use Lady Era if you are pregnant.

### **Special Groups Breastfeeding:**

- Unsafe
- It is unknown if sildenafil passes into breast milk. To avoid potential risk to the infant, this medication should not be used while breastfeeding.

### **Special Groups Elderly:**

- Consult your doctor
- Older adults may process the drug more slowly, leading to higher levels in the blood and an increased risk of side effects like dizziness and low blood pressure. A medical assessment is necessary, and a much lower starting dose would be required.

### **Special Groups Children:**

- Unsafe
- Lady Era is not intended for use by anyone under the age of 18.

### **Effects on Activities Driving:**

- Use with caution
- Due to potential side effects like dizziness, blurred vision, or fainting, do not drive or operate a vehicle until you know how the medication affects you. Learn more about [medicines and driving safety](#).

### **Effects on Activities Operating Machinery:**

- Use with caution
- For the same reasons as driving, exercise caution when operating machinery or performing tasks that require full alertness and coordination.

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## **Concerns**

**Key Safety and Health Concerns Unapproved and Off-Label Use** The primary concern with Lady Era is its use for an unapproved indication. Unlike Viagra for men, sildenafil's safety profile, optimal dosage, and long-term effects for treating female sexual issues have not been rigorously established through the standard drug approval process. Using it for this purpose is experimental and not backed by robust scientific evidence. **Risk of Masking Underlying Conditions** Sexual dysfunction can be a symptom of serious underlying health issues, such as heart disease, hypertension, diabetes, hormonal imbalances, or psychological distress. Self-treating with Lady Era can delay the diagnosis and proper management of these potentially serious conditions. **Lack of Medical Supervision and Counterfeit Risks** Lady Era is often sold online without a prescription, bypassing crucial medical screening. Purchasing medications from unverified sources carries a high risk of receiving counterfeit products. These may contain incorrect doses, no active ingredient, or harmful contaminants. For guidance on safe purchasing, read: [Where to buy female Viagra?](#).

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## **Warnings**

**Critical Warnings Cardiovascular Risks** Sildenafil causes vasodilation and lowers blood pressure. Women with a history of heart attack, stroke, unstable angina, severe heart failure, uncontrolled high or low blood pressure, or severe kidney or liver disease should not use this medication. **Sexual activity itself increases cardiac strain, making this combination potentially dangerous.** **Absolute Contraindications** Do not use Lady Era if you: Are taking any form of nitrate medication (e.g., nitroglycerin for chest pain) or recreational nitrites ("poppers"). Have a known allergy to sildenafil or any component of the tablet. Have retinitis

pigmentosa (a rare eye disease). The interaction with nitrates can cause a life-threatening drop in blood pressure. Dosage and Overdose Risk Lady Era is a 100 mg tablet, which is a high starting dose. Taking more than one tablet in 24 hours does not increase benefit but drastically raises the risk of severe hypotension, fainting, priapism, and vision problems. An overdose requires immediate emergency care.

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## Dosage

**Dosage Information** It is critical to understand that there is no standard, medically approved dosage of sildenafil for female sexual dysfunction. Any use is off-label and would require careful dose titration by a physician. Available Strength and Medical Context The lady era tablet is available as a 100 mg oral tablet. In approved medical use for men, sildenafil is typically started at a lower dose (25 mg or 50 mg) to assess tolerance, with 100 mg being the maximum recommended single dose. Context of Sildenafil Dosing Strength Medical Context 25 mg / 50 mg Common starting doses for approved uses (e.g., erectile dysfunction, pulmonary arterial hypertension) to minimize side effects. 100 mg (Lady Era) The maximum single dose. Starting at this dose, especially for an unapproved use, is not medically advisable and increases the risk of adverse effects. Explicit Overdose Warning Do not take more than one 100 mg tablet in a 24-hour period. Exceeding this limit significantly increases the risk of severe and potentially life-threatening side effects.

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## Interactions

**Drug and Food Interactions** Sildenafil has several significant interactions that can alter its effects or increase risks. Significant Interactions with Sildenafil (Lady Era) Interacting Substance Effect and Risk Nitrates (Nitroglycerin, Isosorbide) Absolute Contraindication. Causes severe, life-threatening hypotension. Alpha-Blockers (Tamsulosin, Doxazosin) Additive blood pressure-lowering effect, leading to dizziness and fainting. Potent CYP3A4 Inhibitors (Ketoconazole, Ritonavir, Clarithromycin) Can significantly increase sildenafil blood levels, raising the risk of toxicity and severe side effects. Dose adjustment is mandatory. Grapefruit Juice May increase sildenafil concentration, potentially increasing side effects. Alcohol Increases risk of hypotension, dizziness, and headache. Always inform your doctor about all prescription, over-the-counter medications, and supplements you are taking.

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## FAQ

- **Is Lady Era a real "Female Viagra"?**

While Lady Era contains sildenafil (the active ingredient in Viagra) and is marketed for women, it is not an FDA-approved treatment for female sexual dysfunction. The term "Female Viagra" is often used to refer to this type of product, but it's misleading. True, FDA-approved medications for low sexual desire in women (like Addyi and Vyleesi) work on brain chemistry, not blood flow, and are for different conditions.

- **What are the main dangers of taking Lady Era?**

The primary dangers include: 1) Serious cardiovascular events, especially if you have an undiagnosed heart condition. 2) Life-threatening interactions with common heart medications (nitrates). 3) The risk of severe side effects like sudden vision or hearing loss. 4) The possibility of receiving a counterfeit product if purchased online without a prescription.

- **Can Lady Era increase sexual desire or libido?**

No. Lady Era, as a sildenafil-based product, only affects blood flow. It does not increase sexual desire, interest, or libido. Problems with low desire are neurologically and hormonally based and require a completely different treatment approach, which should be discussed with a healthcare provider.

- **Should I buy Lady Era online?**

Purchasing Lady Era or any prescription medication online without a valid prescription is dangerous. It bypasses necessary medical screening for health conditions and drug interactions. Websites selling it without a prescription often traffic in counterfeit, substandard, or adulterated drugs. The only safe way to obtain any medication is with a prescription from a licensed healthcare provider who has evaluated your personal health.

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## Other Details

Additional Information Product Appearance and Forms Lady Era is typically available as a pink, film-coated oral tablet containing 100 mg of sildenafil citrate. The distinctive color is part of its branding for the female market. It is important to note that this is simply a standard sildenafil tablet with different packaging and coloring. Important Considerations for Use Self-treatment with Lady Era is strongly discouraged due to the significant risks outlined. Female sexual health is complex, and a decrease in arousal or desire can stem from a wide range of physical, emotional, and lifestyle factors. An effective approach requires a proper medical diagnosis from a gynecologist, endocrinologist, or a specialist in sexual medicine. They can identify underlying causes and discuss all available treatment options, which may include therapy, lifestyle changes, hormonal treatments, or FDA-approved medications.

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## References

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## Disclaimer

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