

The International Index of Erectile Function Test (IIEF or IIEF-5)

This test, consisting of five questions, has evolved to be the standard for determining the severity of erectile dysfunction. To take the test, add your score for each of the five questions. The maximum score is twenty-five, the minimum five. The higher your score, the less the degree of erectile dysfunction. Typically, men with erectile dysfunction have an average score of about eleven, while men without erectile dysfunction usually score over twenty.

I suggest you record your current score and then come back to this test in six months or so, after you start a supplementation program. You may be pleasantly surprised.

Over the past few months	1	2	3	4	5
How do you rate your confidence that you could get and keep an erection?	Very low	Low	Moderate	High	Very high
When you had erections with sexual stimulation, how often were your erections hard enough for penetration?	Never or almost never	Much less than half the time	About half the time	Much more than half the time	Almost always or always
During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?	Never or almost never	Much less than half the time	About half the time	Much more than half the time	Almost always or always
During sexual intercourse how difficult was it to maintain your erection to the completion of intercourse?	Extremely difficult	Very difficult	Difficult	Slightly difficult	Not difficult
When you attempted sexual intercourse, how often was it satisfactory for you?	Never or almost never	Much less than half the time	About half the time	Much more than half the time	Almost always or always