

What Do Testosterone Boosters Do?



Testosterone boosters refer to a class of dietary supplements that aim to raise the body's testosterone levels. We'll discuss what testosterone boosters do in the body.

Increase Libido

Testosterone levels typically increase in response to sexual excitement and activity. But older men require more testosterone for libido and erectile function. Testosterone boosters are shown to improve sex life and performance [1].

Increase Muscle Mass and Burn Fat

Testosterone is the hormone responsible for muscular growth. Studies show that testosterone boosters can reduce body fat while increasing athletic build and strength [2].

However, some men in the study experienced a change in lean body mass without any stamina improvements. As a result, combining testosterone boosters with fitness training is likely to yield the best outcome. In fact, testosterone boosters can be natural, effective alternatives to prescription testosterone treatment.

Improve Mood

Reduced testosterone levels can lead to mood swings, exhaustion, and irritability. But according to certain studies, this may only apply to males with hypogonadism [3].

Testosterone boosters can have a variety of impacts on your mood. In one study, men with hypogonadism taking testosterone boosters experienced a better mood and well-being and less weariness and impatience.

According to another study, testosterone boosters may also be an effective anti-depressant [4].

People also use testosterone boosters to:

- Manage primary hypogonadism
- Feel more youthful
- Increase energy levels

Side Effects of Testosterone Boosters

Common side effects of testosterone boosters include:

- Acne
- Fluid retention
- Higher red blood cell count
- Lower sperm count
- Low blood sugar
- Mood swings
- Sleep apnea

What is Testosterone?

Testosterone is the primary male sex hormone that stimulates the development of features commonly associated with masculinity, including:

- Deep voice
- Facial and pubic hair
- Increased muscular mass

It is also found in women, but only at considerably lower levels.

Does Testosterone Run Low?

A person's testosterone levels begin to decline by one percent each year in their early 30s [5]. But this may vary due to health and lifestyle factors. As a result, some men turn to testosterone boosters to increase sex drive and sexual function.

Conclusion

You can increase your testosterone levels by taking testosterone boosters. However, their effectiveness depends on the type of booster and your reasons for taking them.

Testosterone boosters can help patients with hypogonadism. But it isn't indicated to address age-related testosterone declines.

Supplements need additional studies to justify their usage. This is because they may potentially increase the risk of cardiovascular, liver, and kidney diseases. Before starting any new drug or supplement, you should always speak with your doctor.

>> Check the latest price and discounts for Testoprime

References:

1. Morris, Paul D., and Kevin S. Channer. "Testosterone and Cardiovascular Disease in Men." *Asian Journal of Andrology*, vol. 14, no. 3, 2012, pp. 428–435, doi:10.1038/aja.2012.21.
2. Kire Stojkovski, et al. "Testosterone Boosters in 2022: Best Supplements to Increase Testosterone Levels" *The Sacramento Bee*, May 5, 2022.
3. Lee CH;Kuo SW;Hung YJ;Hsieh CH;He CT;Yang TC;Lian WC;Chyi-Fan S;Pei D; "The Effect of Testosterone Supplement on Insulin Sensitivity, Glucose Effectiveness, and Acute Insulin Response after Glucose Load in Male Type 2 Diabetics." *Endocrine Research*, U.S. National Library of Medicine.
4. Stojkovski, Kire, et al. "Best Testosterone Boosters, Pills, and Supplements to Increase T-Levels Naturally" *MiamiHerald*, 5 April 2022.
5. Huo, Samantha, et al. "Treatment of Men for 'Low Testosterone': A Systematic Review." *PloS One*, vol. 11, no. 9, 2016, p. e0162480, doi:10.1371/journal.pone.0162480.
6. Stojkovski, M.D. "What Supplements Boost Testosterone?" *The News & Observer*, May 2022.
7. Dr. Daniel Boyer, "What Happens If I Take Testosterone Boosters?" *The Fresno Bee*, May 2022.
8. Tirabassi, G., et al. "Bone Benefits of Testosterone Replacement Therapy in Male Hypogonadism." *Panminerva Medica*, vol. 56, no. 2, 2014, pp. 151–163.
9. Dr. Kire Stojkovski, "How Long Do Testosterone Boosters Take To Work?" *Lexington Herald Leader*, May 2022.

10. Nj, Mikhail. "Does Testosterone Have a Role in Erectile Function?" *The American Journal of Medicine*, U.S. National Library of Medicine.
11. Stojkovski, M.D., Boyer, M.D. "When Should You Take Testosterone Boosters?" *The State*, May 2022.
12. Kalra, Sanjay, et al. "Testosterone Replacement in Male Hypogonadism." *Clinical Pharmacology: Advances and Applications*, Dove Medical Press, 20

