



12 Potential Benefits of Restoring Your Testosterone Levels

1. **Improve memory.** Testosterone supplementation may increase working memory in men.¹
2. **Reduce Alzheimer's Risk.** Testosterone restoration may reduce the risk of Alzheimer's Disease by preventing the production of beta amyloid precursor protein.²
3. **Improve cognitive function.** Testosterone levels correlate with cognitive function.³
4. **Alleviate depression.** Testosterone restoration has shown promise in helping with hormone-related depression.⁴ Many patients are able to stop antidepressants after being treated with Testosterone.⁵
5. **Restore muscle and decrease fat.** Testosterone can increase lean muscle and decrease fat mass.⁶
6. **Lower Risk of Heart Disease.** Bringing Testosterone from low-normal to high-normal may lower the risk for heart disease by 60%.⁷
7. **Increase lifespan.** In a study, low Testosterone was linked to long-term risk of death in relatively healthy adult men. This study is another major report linking low T to increased death from all causes over time.⁸
8. **Sexual performance and libido.** A two-year study of the effects of low dose Testosterone on men's libido found that 82% of men noticed improvement compared to less than 10% of the control group.⁹
9. **Defy the trend of low Testosterone.** In one of the largest studies of its kind, researchers found a decline in American men's Testosterone levels during the last 20 years. The decrease is not related to normal aging or to health and lifestyle factors known to influence Testosterone levels. Testosterone concentrations dropped about 1.2% per year from 1987 to 2004, or about 17% overall. The downward trend was seen in both individuals and the entire population over time.¹⁰
10. **Achieve optimal performance.** In several studies, Testosterone was shown to be effective in improving sexual function, mood, muscle strength, body composition and more in hypogonadal men. Subjects in the study did not exercise, yet their lean body mass and fat mass improved. Improvement was correlated with higher serum levels of Testosterone.
11. **Increase Energy.** Low testosterone levels are associated with fatigue. Restoring Testosterone levels can increase one's sense of well-being and energy.⁵
12. **Speed up healing.** Testosterone therapy has shown promise in supporting healing and recovery times after injury or surgery, with fewer follow-up hospitalizations.¹¹



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Are you ready to get on the path to feeling your best?

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