

## What Are the Best Testosterone Supplements You Should Use?

Have you heard about how men are suffering from record-low testosterone levels around the globe?

Experts agree that in no other point in recorded history has testosterone been so low in men. There are a number of contributing factors including environmental estrogens, poor dietary choices, and a sedentary lifestyle.

Testosterone supplements are an effective way to complement changes in your diet and lifestyle choices. The best legal testosterone boosters contain ingredients that will naturally increase t-levels for those men with low testosterone. If you have a healthy level of testosterone, these supplements can make sure it stays that way.

Let's discover why men need a high level of testosterone, whether test boosters actually work, and the best testosterone booster ingredients. We'll even give you our recommendation for the brand that has the best supplements for testosterone.

### Why Do Men Need a High Level of Testosterone?

Testosterone is a key anabolic hormone, which means that it promotes growth of cells and muscle tissue. Compare this to a catabolic hormone like cortisol, which can breakdown cells and muscle tissue when it is released in excess.

Testosterone is responsible dozens of functions, most notably sexual function, muscle building, strength and power output, mood regulation, cognitive function, and overall energy levels. In other words, it's essential for optimal health, especially for men.

If you should happen to be in a situation where your t-levels begin to take a tumble, you might find yourself experiencing symptoms of low testosterone including:

- Feeling lethargic and weak
- Difficulty with focus and concentration
- Experiencing mood swings, especially depression
- Not being able to sleep or worsening of sleep apnea
- Having no sexual urges (low libido)
- Trouble with getting and maintaining an erection
- Gaining weight while losing muscle mass
- Decrease in muscular strength and power

Allowing your testosterone levels to stay in the danger zone over the long-term can have serious health consequences. Studies show that long-term low testosterone increases your risk for obesity, cardiovascular disease, and mortality. [11](#)

## Do Testosterone Boosters Really Work?

As we mentioned above, the foundation of treating low testosterone levels should be on improving your diet, increasing exercise and physical activity, and stopping bad lifestyle habits such as smoking and excessive drinking.

With that said, you might be asking yourself: “Do testosterone boosters really work?”

The answer is: it depends.

If you have a top-notch supplement, you can really turn the tables on your low t-level issues. But as with most things in life, for every quality supplement manufacturer, there’s always another trying to sell you snake oil.

Whether it’s a muscle and strength supplement or a testosterone booster, it’s important to know exactly what to look for in a supplement before you buy anything. Don’t worry, this isn’t going to require a graduate degree in chemistry. We break down the best natural testosterone supplements for men below.

## The Best Natural Testosterone Supplements for Men

If you’ve had your t-levels checked by your doctor, and you’ve been given the green light to complement a new diet and training program with a testosterone supplement, the next step is to find one that’s right for you. The problem is, there are plenty of half-baked products on the shelves for you to choose from. Most of the snake oil supplement contain fillers, artificial flavors and coloring, and preservatives.

What’s the issue with these junk-filled supplement? Your digestive system has a hard time breaking down products like these. Worse still, they have very little effect on your testosterone. You’re essentially throwing your money away on a product that doesn’t work, makes you ill, or both.

It’s always in your best interest to look out for a testosterone supplement containing ingredients that have the science to back them up. Here are our picks for the top 7 best testosterone supplement ingredients.

### D-Aspartic Acid

D-aspartic acid is a non-essential amino acid that is produced naturally in the body; however, you can also find it in cheese, eggs, meat, fish, nuts, and oats.

D-aspartic acid plays a vital role in a man's neuroendocrine system. Experts define the neuroendocrine system as all of the "neurons, glands and non-endocrine tissues, and the neurochemicals, hormones, and humoral signals they produce and receive, that function in an integrated manner to collectively regulate a physiological or behavioral state." [\[2\]](#)

One of the primary functions of the neuroendocrine system is the regulation of male sex hormones and androgens, especially testosterone and human growth hormone. Some studies suggest that supplementing with D-aspartic acid can increase testosterone levels by improving the function of the neuroendocrine system.

One study observed 23 healthy men, aged 27 to 37, during a 12-day cycle of D-aspartic acid supplementation. The results? At the conclusion of the 12<sup>th</sup> day, 20 of the men had an average increase of 42% in their testosterone levels. Three days after the initial study, researchers found the men maintained a 22% increase in testosterone. [\[3\]](#)

## Tribulus Terrestris

Tribulus terrestris is a plant found in the Mediterranean. It has a characteristic spiny fruit, which is why it's commonly referred to as the puncture vine.

When it comes to formulating it into an extract for the purpose of a supplement, the entire fruit is used. By using the fruit, roots, and leaves, you receive a number of plant sterols, alkaloids, saponins, and flavonoids that work together to increase the level of luteinizing hormone.

Tribulus terrestris is often marketed as a testosterone booster, but it's also popular for improving libido. Is it effective for either supposed benefit?

A few studies suggest that tribulus terrestris supplementation can support healthy testosterone levels in men with testosterone levels that are deemed medically low. [\[4\]](#)

As for boosting libido, the science seems to be a bit stronger here as several studies strongly link tribulus terrestris with an increase in libido for both men and women. [\[5\]](#)

## Panax Ginseng

Panax ginseng is a staple in southeast Asian culture, especially China and Korea, where it is used to improve concentration, boost mood, stabilize blood sugar, and support overall wellness.

Ginseng can also have a positive impact on testosterone production and libido. It'll come as no surprise that you can find panax ginseng in most nootropics (cognitive supplements), pre-workouts, and testosterone boosters.

One in-depth scientific review of several studies confirmed that ginseng is effective for increasing testosterone levels, sexual performance, sperm production, and overall libido. [\[6\]](#)

## Fenugreek

Fenugreek is a popular herb that is used in Indian cuisine, but it has become far more popular as an extract supplement. Two reasons for this: not everyone likes the taste of the powder, and the supplement form is more bioavailable or easier to digest and assimilate.

While there are some conflicting studies as to the degree which fenugreek boosts your testosterone levels, the fact is that it does increase testosterone.

One study found that taking 500 mg of fenugreek supplements daily for eight weeks helped to moderately increase testosterone levels in athletic subjects. This suggests that the increase would be higher for guys with low levels of testosterone. In the same study, researchers found that muscle size and strength also increased. [\[7\]](#)

## Zinc

Zinc is one of the most important minerals that you need to include in your diet. It plays an important role in dozens of daily processes including maintaining a strong immune system, assisting with cellular health, and improving digestion. It's also a key nutrient for supporting testosterone production.

Studies show that low levels of dietary zinc correlate with low levels of testosterone. In treating low testosterone, researchers in one study gave their subjects 30 milligrams of zinc per day. This daily dosage was effective for increasing levels of free testosterone and maintaining these results. [\[8\]](#)

## Vitamin D

Vitamin D is often called the "sunshine vitamin" because your body naturally makes it when exposed to sunlight. It's no coincidence that seasonal depression spikes when sunlight is replaced by cloudy and colder weather.

Remember how we talked about one of the symptoms of low testosterone levels is depression and mood swings? Studies show that there is a direct correlation between no sunlight, low levels of vitamin D, and low levels of testosterone.

Vitamin D is a fat-soluble vitamin that functions as a steroid hormone, and given this property, it is essential for testosterone production. Studies show that supplementing with vitamin D can effectively support your testosterone production and get those levels up to where they need to be. [\[9\]](#)

## Ashwagandha

Ashwagandha is an adaptogen or an herbal extract that can help to lower the effects of stress upon your body.

Every day, no matter what you do, your body, your muscle tissues, and your cells experience different sources of stress. Breathing is a form of stress as it oxidizes the body and can promote free radicals or cells that cause damage to other cells. Adaptogens like ashwagandha help to protect your body from daily stressors. What's more, ashwagandha has been found to be an effective testosterone booster.

One study provided subjects with an ashwagandha supplement for eight weeks. At the conclusion of the study, all subjects showed an improvement in testosterone levels as well as muscle size and strength. [10](#)

## Complex Formula with a Few Proven Ingredients

Right now, we know what you're thinking: There's no way I want to take all seven of those at once. Hey, we get it. It's not the best start to your morning as you choke down several different supplement capsules. Lucky for you, there's a solution: find a supplement that provides you with ALL of these ingredients in one easy-to-swallow pill. We recommend Testo-Max.

Testo-Max has been formulated using all of the above ingredients, making it a real knock-your-socks-off supplement for anyone wanting to increase their testosterone levels without taking dangerous risks.

Every serving of Testo-Max provides you with medically proven dosages of the ingredients you need to safely and effectively boost your testosterone levels. Best of all, it's all natural and completely legal so no worries about failing a drug test.

## Why Testosterone Injections Are Not the Best Option

If you've been struggling with low testosterone levels for some time, you might have considered testosterone injections. It really should be looked at the worse case scenario option because it isn't the safest way to go.

First things first, if you don't use the right dose, you can set yourself up for a laundry list of unwanted side effects. Everything from breast swelling to extreme anxiety can be part and parcel of testosterone injections.

Secondly, if you use a dirty needle, you can get an infection, or worse. This applies to black market testosterone injections as most doctor prescribed injections are administered by a medical professional.

Third, let's say that you do go through your doctor to receive testosterone injections. There is a risk that your body will become dependent upon the injections, making it even harder for you to naturally produce testosterone on your own.

We aren't saying that you should completely rule out testosterone injections, but it might be best to change your lifestyle, diet, and exercise routine first.

## Low T-Levels? Time to Make Some Changes

If you're suffering from low testosterone levels, have a chat with your doctor. He will most likely recommend that you improve your eating habits, exercise more, and stop all unhealthy habits such as smoking.

Ask your doctor whether a testosterone booster like Testo-Max can be used in combination with these lifestyle changes. Given the all-natural and proven ingredients, it's a safe way to support your goals of higher t-levels.

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