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Product: Prime Male™ - Top 3 Testosterone Supplements

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Top 3 Testosterone Supplements for Men

We are facing nothing short of an epidemic in the male members of our Western society. An epidemic of low testosterone levels. This chemical castration is affecting even male children.

If you have ever wondered why you don't have the stamina you once had. If you feel your energy, motivation and mental clarity are off. You may very well be dealing with Low-T.

A good testosterone booster will counteract many of the effects of Low-T symptoms. And once you balance your hormones you'll begin to feel more like a man again.

How to Know if You Have Low Testosterone

Is your level of confidence less than what it used to be? How about your energy, drive and motivation? The early stages of male hormone imbalance manifests itself in many ways.

The real issue is if you let it slide, and as it gets worse, it can wreak havoc in your life. It'll affect not only you, but the quality of life of your family. And even the community you live in.

The research and studies show male hormone imbalance can, and very likely will – derail your health. It is a killer. Some of the things you can look forward to:

- low sex drive and ultimately impotence
- brain fog, memory loss, and premature dementia – even Alzheimer's
- depression, and irritability
- less confidence and very low energy levels
- weight gain and obesity that won't come off
- Type 2 Diabetes

- arterial plaque, hardening of the arteries – leading to stroke or a heart attack
- difficult to gain muscle
- joint pain

Those are just the physical symptoms. The effect on your bank account, and your family's finances can be just as bad.

What's Causing the Low Testosterone Epidemic?

Most of the stuff lurking in your kitchen is slowly chemically castrating you. The labels in your local supermarket should include a skull and crossbones.

You'll find these chemicals in most foods, beverages and plastic food packaging. They include:

- tap water and most plastic-bottled water
- non-organic meats and vegetables
- non-organic dairy products like milk, cheese, yogurt and butter
- eggs from caged chickens
- processed and pre-packaged foods in cans or plastic wrapping
- microwavable foods and snacks
- nearly all popular brands of beer

The problem is many of the chemicals and preservatives added to our food mimic estrogen. The molecular structure of these chemicals look almost identical to the human hormone estrogen.

Now estrogen is a normal hormone in the male body. We need it. But when it gets out of balance, this female hormone tries to turn us into a girl. That's why guys get boobs.

As the phony estrogens travel through your body, they connect with receptors in your organs and other bodily tissues. Once they're in, the cells in your body start to carry out the message delivered by these fake hormones.

And then things start to get ugly. Male children see early puberty. Older guys see their balls shrink. Babies are born with penises that are too small. The worst case is cancer. And then we experience some of the symptoms we mentioned before.

Estrogen is Everywhere

The problem is we are exposed to these hormone disrupting chemicals every where we go.

Industry dumps tons of pharmaceutical and synthetic estrogens into our water supply. Food cans are lined with estrogen-like compounds. Most plastic and even dental sealants in your mouth can mimic estrogen.

Cattle and poultry farms use feeds high in estrogen. It's used because high levels of estrogen fatten up animals. Just like it fattens us up. So when you eat this meat, you're also eating some the estrogen they ate.

You're also exposed to these chemicals in your shampoo, soap, toothpaste and shaving cream. To complicate matters even more, many of these gender-bending chemicals turn our testosterone into estrogen!

How to Escape Estrogen Dominance

Logic would tell you that taking drugs and supplements to boost Low-T would solve your problem. But the extra testosterone is like trying to put out a fire with lighter fluid.

Much of the added "T" simply gets converted into estrogen. And your low-T symptoms get worse instead of better.

So just trying to boost Low-T is not going to solve your problem. And give you your mojo back. But you can't escape every source of these estrogen-mimicking chemicals. Unless you live in the Arctic, live in an organic tent, and hunt and gather your own food.

Here's a better option. Take advantage of some of the natural plants and herbs that are scientifically proven to restore your body's natural hormone balance. Back to where it's supposed to be.

Low Testosterone Booster is a Misnomer

Restoring your hormone balance is more than just boosting testosterone. Look for plants and herbs that will support your body's NATURAL testosterone. And rid your body of the excess estrogen that's turning you into a girl.

Complex systems are at play in balancing your body's hormones. You must boost testosterone to optimal levels. And keep unnatural estrogen levels in check.

What to Look Out For in a Testosterone Supplement

Most testosterone enhancement companies make a product that has several functions. They assemble the right combination of plants and herbs to give you a carefully calibrated solution.

They are designed to raise natural testosterone. And suppress the estrogenic compounds you are exposed to everyday. That rob you of your testosterone's full potential.

Look past the hyped up claims and drill straight down to the ingredients. That is what is going to do the job for you.

We have looked at hundreds of clinical and research studies. And found that the most effective and safe ingredients available are the natural ones.

D-Aspartic Acid Calcium Chelate (D-AA-CC) is an amino acid and neurotransmitter. D-AA triggers the release of luteinizing hormone (LH), which in turn stimulates the testes to pump out more testosterone.

Boron decreases sex hormone binding globulin (SHBG), resulting in an increase in free testosterone. And a significant reduction in estrogen levels.

Korean Red Ginseng increases testosterone levels, and improves erection quality.

Luteolin is a powerful aromatase inhibitor. By inhibiting the action of aromatase, luteolin reduces the body's production of estrogen. It also stimulates androgens to make more testosterone.

Mucuna Pruriens is a natural source of the amino acid levadopa (**L-Dopa**), which is clinically proven to boost testosterone. And increases the production of human growth hormone (HGH). Mucuna pruriens also has the ability to reduce prolactin levels in men, preventing depletion of free testosterone.

Nettle Root has been shown to significantly decrease estrogen levels. And Lignans (compounds derived from the root of the stinging nettle), have the ability to bind with SHBG in place of testosterone. This results in more

testosterone freely available to your system. Plus, nettle root contains beta-sitosterol, which also helps elevate testosterone levels.

Vitamin B6 stimulates androgen receptors that signal your testes to start pumping testosterone into your blood stream. It also alleviates mood problems, and loss of libido.

Vitamin D3 regulates levels of estrogen. And prolonged supplementation of Vitamin D3 increases testosterone levels.

Vitamin K2 (as Menaquinone-7) enables natural testosterone booster vitamin D3 to work better in your body. Plus, vitamin K2 helps boost testosterone on its own.

Zinc releases more luteinizing hormone, so your body can ramp up testosterone production.

What to Avoid in a Testosterone Booster

You need to be careful when experimenting with natural testosterone boosters. Side effects can be severe. You're playing with your body's hormones here. And just one mistake can send things careening out of control.

Stay clear of "**proprietary blends**" when labels are unclear of exactly how much of each ingredient is included in the product. By not disclosing exact dosages you have no idea how much of a single ingredient you are putting in your body.

Fenugreek can elevate prolactin levels. Causing the neurotransmitter dopamine to drop. Making you feel drained and unmotivated. In fact it can boost prolactin high enough to cause a man to lactate!ⁱ

Agnus castus (chaste berry) helps regulate prolactin levels. But prolonged use will increase progesterone levels (another of the 'female hormones'). Abnormally high progesterone can compete with dihydrotestosterone (DHT). DHT is an active metabolite of testosterone. Crucial for masculine characteristics such as assertiveness, confidence, and sexual drive. It's why they called it the "chaste berry"!

Horny Goat Weed (Epimedium) also contains phytoestrogens, chemicals that act somewhat like the female hormone estrogen. It could cause a rapid

drop in blood pressure which will not help your energy levels. Particularly if combined with high blood pressure medications.ⁱⁱ

Prelox is L-arginine combined with Pycnogenol (French Maritime Pine Bark Extract). It could lead to a rapid, disorientating drop in blood pressure.

Best 3 Testosterone Boosters.

We have invested considerable time and resources researching the most popular testosterone boosters on the market. We looked at ingredients, company reputation and customer reviews. Here is the run down:

1. Prime Male™



Prime Male™ is our top choice because it has been formulated using the latest research. And it's best for guys 30+ and any male with "low T". It contains the most bio-available and proven ingredients. And has consistently positive customer reviews.

The name Prime Male™ and black & red packaging leaves an initial impression of a professionally-potent product. Even the capsules are a deep red color.

Out of all the testosterone boosters we have tested, this one by far looks and feels the most advanced.

Prime Male™ was designed to help you boost total and free testosterone. And reduce the female hormone estrogen. The company developed their product formulation by working through hundreds of clinical studies in

dozens of peer-reviewed scientific and medical journals. From some of the top scientists, doctors, and endocrinologists at the most prestigious hospitals and medical schools on the planet.

Ingredients

What brought this product to our attention is the ingredient list. It contains all our top natural ingredients in the right amounts. Covering all the sex hormone elements for a fully optimized male body.

All of their botanical ingredients are natural. They are extracted from plants grown in regions where soil is free of heavy metals and other contaminants.

The D-Aspartic Acid, Korean Red Ginseng, Vitamin B6, and Zinc work synergistically to boost testosterone.

Boron decreases SHBG, to increase free testosterone. Boron works with Luteolin, Mucuna Pruriens (L-Dopa), Nettle Root, and Vitamin D3 as a powerful aromatase inhibitor. This means the female estrogen hormone is reduced, and kept in check.

They've included the preferred Vitamin K2 (as M-7) to help Vitamin D3 to work better in your body to boost testosterone. And they've even added BioPerine® which increases the absorption rates of nutrients in dietary supplements by as much as 20-fold.

Prime Male™ contains 10 natural testosterone boosters, and aromatase inhibitors. Based on our personal experience we know it has just the right amount of each bioactive compound. And they do it with just four capsules per day.

Any negatives?

You can only buy it online direct from their website. They say they do this to cut out the "middle man" to keep costs down. Important for a premium product. So you won't find it on Amazon, GNC, eBay or any vitamin shops. And it's a premium priced product so it may not be for everyone's budget.

Conclusion

Based on the ingredients profile and customer reviews, we strongly recommend **Prime Male™** as ***the best testosterone booster***. The

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combination of all natural and premium ingredients make this a perfect product for anyone looking to boost testosterone safely. And get their energy, motivation and sex drive back.

Website: www.primemale.com

2. Testofuel



They call Testofuel “a revolutionary, exhaustively researched muscle building supplement”. It is manufactured by Peak Health Labs, Inc. And is designed to boost testosterone for accelerated muscle growth, reduce body fat, and increase sex drive. Testofuel is primarily aimed at bodybuilders.

Ingredients

It has 6 of our favorite testosterone boosters including D-Aspartic Acid, Ginseng, Vitamin B6 and zinc. They also include Vitamin D3 and Vitamin K2 as a powerful aromatase inhibitor and T-booster. And Oyster Extract as a supplemental source of zinc.

Any negatives?

One big red flag in our mind is Fenugreek as an ingredient. This controversial compound is said to “normalize” testosterone in healthy males. But Fenugreek is also a very powerful estrogen producer. So for men with borderline or high estrogen levels this nothing but trouble.

Conclusion

Testofuel contains a good formula for boosting testosterone. Which helps build muscle and increases energy levels. Reviews for Testofuel are mixed with some men reporting great results in the gym. And others claiming it either did nothing for them. Or actually reduced their energy and drive. We suspect this may be because of the addition of Fenugreek. In some men with estrogen problems this could produce a negative effect.

Website: www.testofuel.com

3. M-Drive Elite



M-Drive Elite is promoted as an “energy activation formula”. The company says their goal “was to create a full-scale energy activation formula that increases the body's ability to manage stress, increase VO2 max, and support muscle endurance”.

Ingredients

The main ingredients are Vitamins B3, B6, B12, and Zinc which are some of our favorite T-boosters. They’ve also added Selenium and Chromium. And a “proprietary blend” of Ashwagandha Extract, Cordyceps mushroom extract, Fenugreek, American Ginseng, Maitake mushroom extract, Maca extract, DIM, Damiana extract, and BioPerine.

Any negatives?

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It's been our experience that M-Drive is under-dosing on key ingredients. We also have problems with the addition of Fenugreek. And the big red flag of a "proprietary blend". Where you don't know exactly how much of each ingredient your taking.

Conclusion

We think M-Drive Elite is a decent product. But it's not as effective as our #1 and #2 choice due primarily to a weaker formula. M-Drive is easily available from their website. Or any one of the big online supplement retailers. You can even buy it in some local retail vitamin shops. Reviews of M-Drive seem to be generally positive.

Website: www.mdriveformen.com

ⁱ Gaby, MP. "Galactogogues: medications that induce lactation." *Journal of Human Lactation*. 2002 Aug;18(3):274-9.

ⁱⁱ Jia, X., Wu, J., and Mao, Q. "Chemical constituents of the root of *Epimedium acumiantum* Franch". *Zhongguo Zhong.Yao Za Zhi*. 1998;23(3):162-4, 192.