# Men's Health Month

# Tips for Boosting Testosterone Naturally:



**SWIPE FOR MORE TIPS** 

Cholesterol plays a critical role in the production of testosterone.

Include cholesterol-rich foods like butter for hormone

production.

### SWIPE FOR MORE TIPS



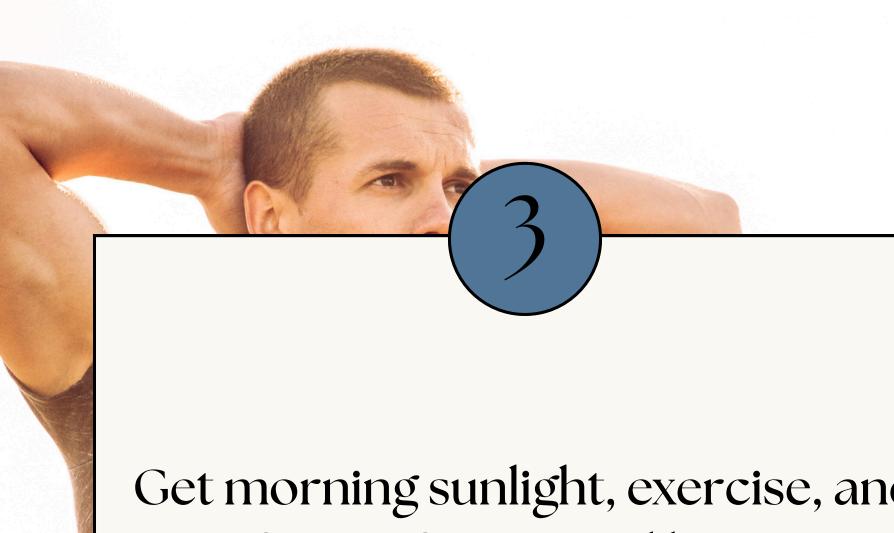
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Achieve small wins to positively impact hormonal control.

# SWIPE FOR MORE TIPS





Get morning sunlight, exercise, and try fasting for optimal hormone levels.

# SWIPE FOR MORE TIPS



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Supplements to Try:
Tongkat Ali (400 mg/day) to
increase free testosterone.
Fadogia Agrestis may boost
luteinizing hormone and impact
testosterone.



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Take a brief walk after lunch to accelerate metabolism and improve nutrient utilization.



