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## Oxandrolona Manipulada Anavar 10mg (100caps) **【Aprovada】**

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# 10

# TESTOSTERONE BOOSTERS

## 1 FASTING

Fasting helps your body release dangerous toxins and gives your body a chance to burn excess fat for fuel. You can raise your growth hormone levels by up to 2000% with just one 24 hour fast. A short fast boosts LH (luteinizing hormone - a testosterone precursor hormone) by 67% and overall testosterone by 180% in non-obese men.

Source:  
Department of Internal Medicine, University of Virginia Medical School, Charlottesville, VA 22908  
Department of Internal Medicine & Endocrinology, Massachusetts General Hospital, Boston, MA

## 2 MAGNESIUM

Magnesium supplementation increases both free and total testosterone levels in men. Magnesium increases strength via enhanced testosterone levels and ribosomal protein synthesis. Plus, it boosts other important male anabolic hormones. Take Epsom salt baths or foot baths. Magnesium oil is great after showers. Magnesium glycinate or magnesium threonate are the best to take.

Source:  
Bakurhan High Medicine of Physical Education and Sports, Sakarya University, Adapazarı, Turkey  
Exercise and Sport Sciences Laboratory, Western Washington University, Bellingham, WA 98225  
Section of Geriatrics, Department of Internal Medicine and Biomedical Sciences, University of Texas, Dallas, TX

## 3 ZINC

Taking 40mg of zinc for 6 weeks can raise testosterone levels. Zinc protects men from exercise-induced reductions in testosterone levels. Zinc is necessary for androstenedione to be converted to testosterone while low zinc increases estrogen receptors. High zinc foods are oysters, organic beef, sesame seeds, pumpkin seeds, lentils, and chickpeas. Only take zinc supplements if you are low - as too much can interfere with your body's ability to absorb other minerals.

Source:  
J Steroid Biochem, 1984; 24(2):143-148

## 4 ASHWAGANDHA

This Indian herb increases stamina, endurance, sexual libido, and is a great stress reliever. Studies conclude that Ashwagandha stimulates testosterone synthesis by increasing LH. It also reduces cortisol, and boosts HDL-cholesterol - which is the forerunner of testosterone. Plus, it's high in zinc and other "T" promoting minerals.

Source:  
Asian J Pharm, 2010; 5(2):248-252, April 2010; Vol. 10

## 5 WEIGHTLIFTING

Strength training is a well-known testosterone booster - but you need to increase the weight and lower your repetition numbers. Deadlifts are one of the best ways to release growth hormone and testosterone. Even moderate strength training and light weightlifting boosts serum testosterone levels - and it works on the young and old. Pump iron at least 3-4 days a week. Combine that with intermittent fasting for quicker and greater results.

Source:  
University of Nebraska Medical Center, Omaha  
Human Performance Laboratory, Ball State University, Muncie, IN 47306

## 7 NASCENT IODINE

Iodine deficiency is linked to lower testosterone levels, increased estrogen, depression, and weight gain. Every cell and gland in the body needs iodine, especially the thyroid. Heavy metals like fluoride, bromine, and chlorine kick iodine out of the body. Nascent iodine is much easier for your body to absorb compared with other iodines. It will support your thyroid, encourage normal hormonal balance, and enhance your "T" levels.

Source:  
Dr. David Brownstein, "Iodine: Why You Need It, Why The Con Law Will Steal It"

## 8 VITAMIN D

This steroid hormone is responsible for more than 1,000 bodily functions - including increasing testosterone. Overweight men given vitamin D increased their testosterone levels in one year. Men with low testosterone levels are more likely vitamin D deficient.

Plus, vitamin D increases lifespan and without it - you're doomed. Sun exposure is the best way to optimise your vitamin D levels. Take a good quality vitamin D3 oral supplement if sunlight isn't an option.

Source:  
Horm Metab Res, 2011; 43(3):233-4, April 2010; Vol. 10  
J Steroid Biochem, 2010; 120(2):103-108

## 9 CORDYCEPS SINENSIS

This medicinal mushroom is potent for testosterone growth. It's been used for centuries in Chinese medicine. The Chinese Olympic running team broke nine world records in 1993 - thanks to this magic fungus. According to The Journal of Medicine and Science in Sports and Exercise, Cordyceps increased ATP levels, improved oxygen utilisation of athletes by 50%, and boosted "T" levels.

Source:  
Department of Cell Biology and Anatomy, College of Medicine, National Cheng Kung University, Tainan, Taiwan, Republic of China

## 6 LIVER DETOX

Your liver is linked to testosterone and growth hormone production. The liver is vital to testosterone levels. Testosterone and growth hormone production will diminish if your liver is not in peak condition. That's because the liver holds an enzyme that conjugates the 17beta-hydroxyl group of testosterone. Researchers found serum testosterone was reduced in up to 90% of men with cirrhosis, with levels falling as liver disease advanced. Embark on a liver cleanse to get your "T" levels as high as possible.

Source:  
Liver Transplant Unit, The Austin Hospital, Heidelberg, Victoria, Australia; Department of Medicine, Austin Health

## 10 MUCUNA PRURIENS

This herb from India balances the reproductive system. It's the highest natural source of L-Dopa, which builds dopamine. Dopamine enhances the production of testosterone and GH (human growth hormone). Mucuna increases serum testosterone levels, boosts luteinizing hormone (LH), and decreases prolactin (a hormone that lowers testosterone).

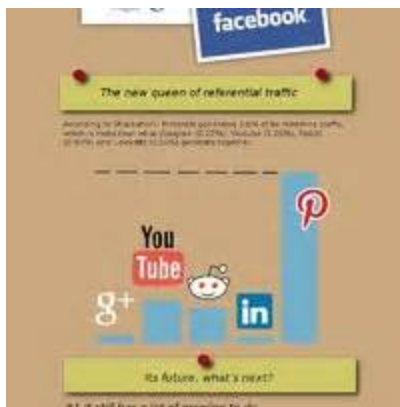
Source:  
Department of Biochemistry, U.S.S.R. Medical University, Lucknow, India  
Department of Biochemistry, Chitranagari Medical College, Mysore, India



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