

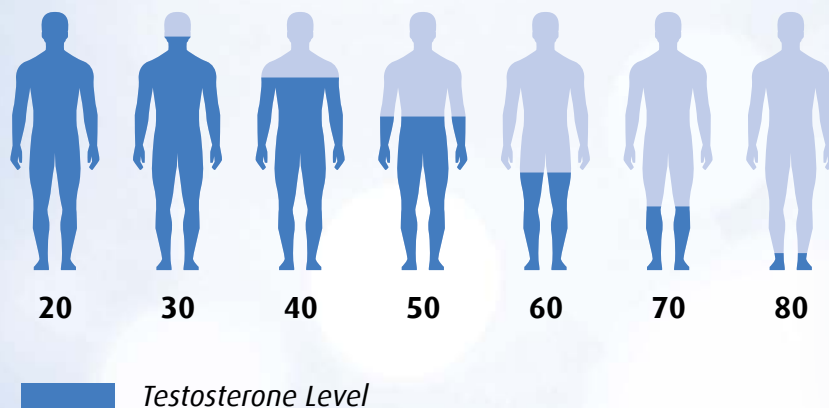
Male Health

Reduced endocrine performance and function are common for men as they age and can be a challenging period, both physiologically and emotionally. It's important to support healthy bladder function and prostate health during this time.

Testosterone is the primary sex hormone produced by the male body. It regulates the male sex drive and supports sperm production. Declining testosterone levels over time can present symptoms which impact your quality of life, including fatigue, poor sleep, irritability, the inability to cope with stressful situations, lack of energy, loss of muscle mass and strength, poor libido and erectile deficiency. Your needs change at different stages of your life, and your practitioner will personalize recommendations based on these individual needs.*




Male testosterone production with age





Did you know?


- **Andropause** also known as the 'male menopause' is the gradual decline of testosterone production with age.
- **Testosterone** levels decrease with age as rapidly as **0.4 – 2%** annually after 30 years of age.¹
- Around **38%** of men 45 years and older have either low levels of testosterone or exhibit symptoms of **Testosterone Deficiency Syndrome (TDS)**.²


Get on track to a happier, healthier lifestyle with the following key lifestyle tips:


-  **Eat a well-balanced diet** – good quality lean protein, plenty of healthy fats and fiber, and at least 3 portions of fruit and 5-7 servings of vegetables daily.


-  **Zinc** – one of the most important nutrients for male fertility is zinc, which is needed for the production of sperm and male hormones. Opt for foods such as fish, sardines, eggs, whole grains, brown rice and nuts.

-  **Drink plenty of fluid** – up to 8 glasses of water daily along with an occasional herbal tea. Avoid caffeinated drinks such as coffee and energy drinks.

-  **Avoid smoking and excessive alcohol intake** – excessive alcohol lowers testosterone levels, therefore affecting both the quality and quantity of sperm.

-  **Exercise** – moving more and sitting less by exercising at least 3 times per week has shown to improve circulation and nutrient delivery for hormones, improve energy levels, reduce stress and raise mood. Find an exercise plan that suits you.

-  **Manage stress** – prolonged stress can interfere with hormones controlling sperm production. Incorporate meditation and self-care exercises into your daily routine.

-  **Sleep** – establish a good sleep routine, allowing for 7 or more hours in bed each night. Lack of sleep may impact fertility and sperm count.

Key herbs that support men's health:

- ✓ **Ashwagandha** (*Withania somnifera*) – nourishes nervous system function and promotes a healthy mood.
- ✓ **Nettle Root** (*Urtica dioica*) – supports healthy function of the prostate gland.
- ✓ **Saw Palmetto** (*Serenoa repens*) – clinical trials have found that liposterolic extract of Saw Palmetto supports processes that encourage normal, healthy prostate cells and encourages healthy levels of hormones in prostate tissue.^{3,4}
- ✓ **Tribulus** (*Tribulus terrestris*) – Tribulus leaf helps the body maintain testosterone at healthy levels which as a result may help with normal male sexual function.^{5*}

Practitioner Recommendations:

Product Name	Dosage

Additional Information:

Next Appointment:

References:

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- ² Mulligan T, Frick MF, Zuraw QC, Sternhagen A, McWhirter C. Prevalence of hypogonadism in males aged at least 45 years: the HIM study. Int J Clin Pract. 2006 Jul 1; 60(7):762-769
- ³ Vela-Navarrete R, Escibano-Burgos M, Farre AL et al. J Urol 2005; 173 (2): 507-510
- ⁴ Buck AC. J Urol 2004; 172 (5 Pt 1): 1792-1799
- ⁵ Zarkova S. Tribestan: Experimental and Clinical Investigations. Chemical Pharmaceutical Research Institute, Sofia, Bulgaria