



8 Avoidable Testosterone Killers Revealed By Potent Nutrients

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Potent Nutrients, a health and nutrition company in San Diego, CA, has revealed information on the different factors that can reduce testosterone level in the body. Testosterone reduction is something that bodybuilders and athletes in particular want to avoid at all costs. Without testosterone, they are unable to perform and grow as well and as fast as they would want to. Through the provided information, Potent Nutrients aims to help people avoid testosterone reduction.

"Without sufficient levels of testosterone, people simply cannot perform as well as they would like to," says Michael Jennings from Potent Nutrients. "They will also notice that the growth of their muscles is significantly reduced. We have uncovered that there are eight things in particular that lower testosterone and testosterone production. By being aware of this, athletes will be able to avoid this from happening."

The first testosterone killer is having a lot of belly fat. This fat will quite literally sponge up the available testosterone. Similarly, eating too many carbohydrates, particularly rice, is not good for testosterone production. People are encouraged to get more physical to increase their overall production.

Sleep is also vital to good testosterone levels. Recent research has demonstrated that adults need to have at least seven hours of sleep every night in order for their body to function properly. Any less has potentially devastating effects on testosterone production.

Interestingly, pain killers that contain opioids and various other prescription medication can also reduce and even halt testosterone production. Finally, sugars and licorice are real testosterone killers. They should be avoided at all times.

Potent Nutrients wants to encourage people to find ways to increase their natural testosterone. Their Ultra Potent Testosterone Booster, designed specifically for men, is able to achieve that. It has already been very positively reviewed by people who have noticed the results. "This a supplement that gets results," says HG Gum. "For any man over the age of 40, your testosterone levels start to decline. I found that with this testosterone booster, I had more energy for day to day activities, such as exercise, work and just getting up very early in the morning. There's no bad aftertaste that you find with other supplements."

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Potent Nutrients

Specializing in high-quality dietary supplements.

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