



Potent Nutrients Reveals Easy Ways To Boost Natural Testosterone Production

September 16, 2015

September 16, 2015 - PRESSADVANTAGE -

San Diego, California based Potent Nutrients has recently revealed information that is designed to assist consumers in naturally increasing their production of testosterone. The company cites that there are a number of ways to naturally increase testosterone, just as there are a number of ways that testosterone production can be slowed or halted. They offer information on their website that explains how to naturally raise the hormone, without the use of prescription medications.

"It's important to avoid testosterone killers," states company founder and CEO, Michael Jennings. "Using just a few common items around the house could actually be lowering your testosterone output, causing you to feel sluggish, irritable, and depressed. Other symptoms of low testosterone levels include decreased muscle mass, loss of hair, and a low sex drive."

Jennings states that naturally raising testosterone production is the safest way to avoid these symptoms, and it starts with getting fit. "Eating fewer carbohydrates, particularly rice which is known to lower testosterone

levels, as well as exercising daily and reducing overall body fat is a great first step."

Sugar and licorice have also been found to be testosterone lowering agents and, according to Jennings, should be avoided. Testosterone replacement therapy can also slow or stop the natural production of this hormone. This was found by various medical authorities including the Mayo Clinic and Harvard University.

It has been shown that the best way to raise testosterone naturally is to avoid things that may lower it to begin with, and generally live a healthier lifestyle. Eating right, getting enough exercise daily, and taking an all-natural herbal supplement, such as the Ultra Potent Testosterone Booster from Potent Nutrients, have also been found to help. Natural testosterone boosters provide the best way to increase testosterone levels safely and effectively, without dreaded side effects that can come along with certain medications.

Those looking to boost natural testosterone production may want to visit Potent Nutrients on their Amazon page, where they are offering a limited time sale on their Ultra Potent Testosterone Booster for \$19.95. More about the company, including various other natural methods for raising hormone levels and how to avoid lowering levels of the hormone, can be seen on their official website.

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Potent Nutrients

Specializing in high-quality dietary supplements.

Website: <http://www.amazon.com/Ultra-Potent-TESTOSTERONE-BOOSTER-Men/dp/B00LRXYIP2>

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