

Table 4

Benefits of Natural Testosterone

WOMEN

- › **INCREASES** sexual interest and ability to climax
- › **HELPS** maintain muscle mass and strength
- › **HELPS** keep the skin from sagging
- › **ELEVATES** norepinephrine in the brain, producing a tricyclic effect
- › **IMPROVES** memory
- › **HELPS** maintain bone strength
- › **HELPS** regulate cholesterol
- › **DECREASES** fatigue

MEN

- › **ALL OF THE ABOVE**, to a greater effect
- › **IMPROVES** oxygen uptake and promotes cardiovascular health
- › **HELPS** control blood sugar levels (significantly)
- › **IMPROVES** mental concentration, memory and mood
- › **HELPS** prevent Alzheimer's disease