



# TOP 5

## TESTOSTERONE BOOSTING FOODS AND RECIPES!



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# 5 Best Foods for Boosting Testosterone

If you are reading this then one thing is for certain, you have a clear interest and desire to optimize your Testosterone levels. It is also safe to assume that you'd prefer to do that naturally and primarily through enhancing your diet with specific foods and ingredients that are proven to assist in supporting Testosterone production. I was in your shoes, not that long ago. Hence why after doing some research and applying the findings to myself, creating this guide became an unavoidable next step in order to share this potentially life-changing information and ultimately help you to feel, perform, and look your best.

For a little background information, Testosterone is one of the many hormones our bodies make **that enables us to feel strong, energized, driven, and healthy**. It is thought to regulate libido, sperm production, bone density, and fat mass and its distribution, muscle mass, strength, as well as traditionally masculine features such as thicker body and facial hair.

Like all functions in the body, Testosterone production requires vitamins, minerals, energy and other nutrient cofactors in order to take place in an efficient manner. Because this is the case, it's important that we supply our bodies with enough of the essential nutrients that are required for this to happen. These nutritional building blocks involved with Testosterone production are what we'll be looking at more closely in the following section as we learn about specific foods that are good sources of these essential nutrients, be those fats, minerals, proteins, vitamins, or even fiber.

After we dive into the specific foods, we'll tie it all together with some delicious and easy to make recipes that will allow you to incorporate these health enhancing foods into your everyday life so that you too can experience the benefits of Testosterone Supportive Eating.

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### 1. Oysters

Oysters have long been known as an aphrodisiac and if you've eaten them raw on a date, you might have first hand experience of this. However, they are also a reliable source of certain nutrients that facilitate the production of Testosterone.

To begin, Oysters are exceedingly nutrient dense while being low in calories. On a gram per gram basis, they are particularly rich in Vitamin B12, Selenium, Protein, Vitamin D, Zinc, and Copper. Of particular interest to us is their Zinc content because **Zinc is an essential mineral that plays an important role in the healthy development of tissues and especially in reproductive health and function.** Zinc helps the development of gonads, acts as a key factor in prostate gland function, **increases testosterone production and even improves the production of sperm**[\(1\)](#).

One small Atlantic Oyster can contain 6-8mg of Zinc whereas a large Pacific Oyster can have closer to **20mg per Oyster**[\(2\)](#)! That's as much as many of the common Zinc supplements you'll find at health food stores, hence why eating a serving of say 3-4 oysters in most cases, is a quick and tasty way to more than enough Zinc for our

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bodies optimal functioning.

**\*NOTE\*** Zinc toxicity, similar to Selenium or Copper or any other mineral toxicity, is a real thing and can lead to negative health effects. With this in mind, please be smart about your food choices and know that you don't need to eat this kind of super Zinc rich food every single day, instead, treat Oysters like a once or twice per week treat.



## 2.Red Meat

In this case, we are referring to all forms of red meat, many of which are likely not common in your city/cultural upbringing and which include Beef, Lamb, Bison, Elk, Moose, and even Wild Boar. Red meat, and more likely Steak, is one of the first things people think about when it comes to boosting Testosterone through food and there are good reasons for that, namely, because it is a source of nutrients like **Zinc, B Vitamins, Cholesterol and Dense, satiating protein.**

When we look at Hormone synthesis in the body, whether that be for DHEA, Testosterone, and any other Steroid hormones, we see that **the backbone of this**

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process is Cholesterol(3). And while it's true that the body does have the ability to produce its own Cholesterol which is a common argument from someone promoting a plant based diet, it's also true that this requires extra work and energy. For this reason, we prefer to simply supply ample amounts of Cholesterol from the diet, so we can reduce the need for endogenous, meaning in the body, synthesis.

This tasty combination of Cholesterol, protein, B vitamins, and minerals like Zinc and Selenium work in tandem to supply your body with ample amounts of Testosterone supporting nutrients, all while satisfying your appetite and providing highly bioavailable protein to assist with optimal metabolic function and recovery from training.



### 3. Eggs

Eggs are another classic that people think about when it comes to Testosterone boosting and GAINS producing foods. Popularized by natural bodybuilders and the film Rocky where eggs are consumed at levels up to a dozen per day, and often in their raw state, though this isn't necessary or recommended. These historical

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accounts and time tested reports of performance increases have solidified eggs in our minds as a vitality and Testosterone boosting food.

The main nutrients that come into play here are again **Cholesterol, which is contained in high amounts in the yolks**, the bioavailable protein found in both the white and the yolk, as well as small amounts of **Fat Soluble Vitamins D, A, E and Mono/Polyunsaturated fatty acids**.

Vitamin D, which is actually a hormone, is particularly important here because we know that vitamin D status is associated with healthy Testosterone levels(4). And although you're unlikely to get enough Vitamin D to achieve optimum levels from eggs alone, they are an easy and delicious way to increase this ever important nutrient.

The other Testosterone boosting benefits of eggs likely stem from the combination of **protein, cholesterol, Vitamin A, E, minerals like Selenium, B vitamins, Choline, and fatty acids**. Particularly fatty acids in a ratio where polyunsaturates a.k.a. PUFAs such as those contained in Flax and Fish oils are the minority, and the bulk of fats are coming from Monounsaturates a.k.a. MUFAs similar to fats contained in Olives and Avocados. Excess PUFAs can impact healthy metabolism and create stress within the body so they are best minimized in the diet. **Thus, by consuming 3-4 eggs per day in most cases, we're supplying our bodies with the healthy fats necessary to improve Testosterone production(5).**



### 4. Dark Leafy Green Vegetables

Now we arrive at the famous, or infamous "eat your greens!" mantra as our next Testosterone boosting food to include in your daily diet. **The major nutritional component, in this case, is Magnesium**, of which leafy green vegetables including Spinach, Kale, Collards, Chard etc. all contain in good amounts.

**Studies have shown that Magnesium supplementation can increase Testosterone in both sedentary individuals and athletes and that the increases are better when combined with exercise(6).** This points toward the fact that by including good amounts of mostly cooked greens in our diets we can ensure healthy Magnesium status and therefore, better hormone production and function.

In terms of how to best consume greens in quantity, this is where **cooking is a good idea** because although minerals are preserved during cooking, **digestive inhibitors and things like oxalic acid which can cause some people issues when consumed in large amounts, are neutralized.**

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Another potential benefit of consuming leafy greens and Cruciferous vegetables is that the plant fibers and phytonutrients are able to help bind and **detox toxic Estrogens from your system, thereby improving your Testosterone to Estrogen ratio** which in theory can provide similar effects that one would experience with a direct increase of Testosterone by itself.



### 5. Saturated Plant and Animal Fats

We now come to our fifth and final food (or food category in this case) that can be helpful when consumed regularly for boosting testosterone and that is fat! Not just any kind of fat though, we're specifically talking about Saturated fats, and primarily from high quality animal sources such as **Grass Fed Ghee, Tallow, Lard, and complemented with plant sources like Coconut and Red Palm Oil.**

The benefit here is that these fats provide a **stable cooking oil to prevent lipid peroxidation** a.k.a. damage to the fat and the negative health impacts associated with consuming these toxic/damaged fats(7).

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Saturated fats, particularly from animal sources also contain cholesterol which as we mentioned above is the essential backbone for all steroid hormones. Fats also provide an energy dense condiment to help increase our overall energy intake which is essential if you're training hard and want to gain muscle.

The other benefit here is that by using Saturated fats for cooking you are by definition going to displace the MUFAs (safe raw, not great cooked) and PUFAs (not great raw or cooked for regular consumption) which you might otherwise cook with.

We're talking about oils like Corn, Cottonseed, Safflower, Sunflower, Peanut, Canola, and Soy to name a few. In general, we like to use **Saturated fats primarily, MUFAs like Organic Olive Oil and Avocados for a RAW condiment/dressing, and limit our PUFA consumption** in order to ensure healthy metabolic function and hormone synthesis within the body.



# RECIPES

TO BOOST TESTOSTERONE



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## Oyster and Clam Chowder

Prep and Cook Time: 45 minutes

Make 2-4 servings

This dish is super rich in Zinc and other minerals although light on calories so pair it with some cooked potatoes, avocado toast, or wild rice for a well rounded and filling meal experience.

### Ingredients:

- ❑ 1 medium yellow onion, chopped
- ❑ 4 medium garlic cloves, chopped
- ❑ 3 medium stalks celery, diced into 1/4-inch pieces
- ❑ 2 cups + 1 tbsp chicken broth
- ❑ 1 cup organic tomato sauce
- ❑ 10 oz jar of shucked fresh oysters, drained and rinsed (small ones are best)
- ❑ 10 oz can of whole clams, drained and rinsed (if available, use fresh clams and steam open in soup)
- ❑ 1 tbsp dried Italian herb blend (use an organic store bought blend or make your own using the following:
  - ❑ 2 tbsp dried basil
  - ❑ 2 tbsp dried oregano
  - ❑ 1 tbsp dried rosemary
  - ❑ 2 tbsp dried parsley
  - ❑ 1 tbsp dried thyme
  - ❑ 1 tbsp red chili flakes
- ❑ 2 tbsp fresh chopped parsley
- ❑ Sea salt and black pepper to taste

### Directions:

1. Prepare onion, garlic, and celery. Heat 1 tbsp broth in a medium sized pot.

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2. Sauté onion, garlic, and celery in broth over medium heat for about 5 minutes while stirring often. Add the rest of the broth, tomato sauce, and Italian herbs. Simmer for another 25 minutes.
3. Drain and rinse both the oysters and clams. If the oysters are big, add to the chowder about 2 minutes before the canned clams.
4. Heat for another 5 minutes. Season with salt and pepper to taste and sprinkle with chopped parsley.

Use the best quality Oysters and Clams that you can and make sure you don't add them too soon or else they will get overcooked and become tough/rubbery. Instead, ensure the soup has ample time to cook and create a really nice flavoured broth before adding in the Seafood near the end to quickly cook and then serve hot.

## Bison Burgers

Make four ¼ lb burgers

### Ingredients:

#### For the Burgers:

- 1 lb of Ground Bison (ideally full-fat, grass fed, finished and organic)
- 2 tbsp of saturated fat for cooking (ghee, refined coconut oil, tallow etc.)
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp whole grain or dijon mustard
- ⅛-¼ tsp cayenne pepper or red chilli flakes if you like some heat
- ½ tsp or more of Salt to taste
- Fresh ground pepper to taste

#### For the "Bun"

8 large romaine lettuce leaves or 8 cooked portobello mushroom caps

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Directions:

1. Combine meat and spices in a large bowl and mix with your hands until well combined and form into 4 palm sized patties.
2. Heat your cooking fat in a frying pan at medium heat.
3. Add burgers to the pan and cook 3-4 minutes per side flipping once and lightly pressing down on the patties while they cook.
4. Once ready, remove from the pan and cover for 5 minutes to let the meat rest.
5. Wash and pat dry romaine leaves and place burger on the bottom leaf and then top with either avocado mayo/guacamole/dijon mustard/hot sauce etc and then add the top leaf to complete your creation. If using Portobello caps either include those on top of the Romaine or omit the lettuce, it's your choice.

This style of burger tends to be messy to eat so enjoy accordingly and feel free to use a fork and knife if you'd rather not eat with your hands.

This dish is quite satisfying and works great with a side of steamed greens or simple broccoli slaw. Sometimes I'll even fry an egg and put that into the burger as well.

## Eggs and Veg - The Classic

Make 1 serving

### Ingredients

- 3-4 large eggs (ideally free-range, pastured, organic etc.)
- 1/4 red onion chopped
- ½ Organic red pepper chopped
- 1 medium sized zucchini chopped
- 1 tbsp Butter, Coconut Oil, or Duck fat
- 2 cups arugula or green of your choice

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- ❑ 1 tbsp tahini (sesame seed paste)

## Instructions

1. In a pan melt butter at medium heat and add chopped vegetables.
2. Cook vegetables for 3-4 minutes or until slightly brown, stirring occasionally.
3. Crack eggs into the pan and cover with a lid for 3-4 minutes or until whites solidify.
4. Plate arugula and drizzle with tahini and then plate eggs with runny yolks\* and veg on top of the arugula and enjoy

\*Eggs contain a lot of goodness in their yolks including fat soluble vitamins, choline, and cholesterol. Dietary cholesterol, although not directly associated with blood cholesterol levels and heart disease risk as was the myth for a few decades, can be a healthful addition to our diets. However, it is best not to damage – oxidize - it with excess cooking as **oxidized cholesterol is inflammatory once ingested.**

## Other Flavor Combinations

### Curry Style

- ❑ Use Ghee instead of butter for cooking
- ❑ Add 1-2 tsp of an [organic indian spice blend](#) or DIY with 1/2 tsp turmeric, 1/2 tsp coriander, pinch of black pepper, 1/4 tsp cayenne, 1/4 tsp cardamom, a shake of cinnamon and 1 tsp cumin to the onion and peppers while frying
- ❑ Swap the tahini with 1 tbsp melted ghee for dressing the greens

### Mexican Style

- ❑ Add 1-2 tsp of an [organic mexican spice blend](#) or DIY with 1 tsp cumin, 1/4 tsp smoked paprika, 1/4 tsp cayenne, 1/8 tsp garlic powder and 1/2 tsp dried oregano.
- ❑ Swap the tahini with 1/4 of an avocado sliced

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## Creamy Avocado Salad

Make 2 servings

### Ingredients

#### For the Salad:

- 6 cups organic greens of your preference, washed and chopped and spun or patted dry
- ¼ a red onion diced
- 16-20 olives (depending on how much you enjoy them)
- 1 large cucumber peeled and chopped into halves
- 1 medium sized zucchini peeled and chopped into halves
- 4-6 oz cooked and sliced steak
- 1-2 tbsp soaked almonds or nut of choice
- ¼ cup fresh blueberries or strawberries
- 1 orange bell pepper diced

#### For the dressing:

- 1 ripe avocado
- 1-3 tbsp extra virgin organic olive oil
- ½ tbsp lime or lemon juice or ACV
- ¼ tsp celtic sea salt
- ¼ tsp black pepper
- 1 garlic clove peeled

Optionally you can add a dash of cayenne pepper or a couple of splashes of your favorite hot sauce to the dressing for a little more heat.

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## Instructions

1. In a large bowl combine salad ingredients and set aside
2. In a small food processor or blender cup combine salad dressing ingredients and mix until it's smooth and creamy adding a splash of water if needed to reach the desired consistency.
3. If you prefer your meat warm, then heat the meat in a pan and serve on top of the dressed salad.
4. Only dress as much of the salad as you'll eat right away and store the rest in the fridge for up to 4 days.

## Avocado Deviled Eggs with Steamed Greens

Make 2 Servings

## Ingredients

- 6 eggs, hard boiled
- 1 avocado diced
- 2 tbsp dijon mustard
- 1 tsp smoked paprika
- 2 tomatoes sliced in rounds
- ¼ tsp garlic powder
- ¼ tsp onion powder
- 4 cups of your favorite leafy green, I like Rapini here (steamed gently and covered to keep warm)
- Olive oil or avocado oil to thin out the consistency as desired
- Sea Salt and Cayenne Pepper for taste

## Instructions

1. Shell hard boiled eggs and cut in half lengthwise, remove the yolks, and put into a mixing bowl.
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2. Add to that bowl the avocado, dijon mustard, smoked paprika, garlic powder, onion powder, a pinch of salt, pinch of cayenne and mix well with a fork or whisk until smooth and creamy, adding oil in small amounts as needed.
3. Spoon mixture back into the empty eggs and season with a pinch more of salt, cayenne, and a sprinkle of paprika for added colour and taste.
4. Enjoy alongside the sliced tomato and steamed greens which should also be seasoned with ½ a tbsp of oil and a pinch of salt, pepper, and 1 tsp ACV or lemon juice.

Feel free to include a handful of your favorite Gluten-free crackers or chips with this recipe to add an extra crunchy/salty element as it compliments the eggs and greens quite nicely.

### HERB AND MUSHROOM BONUS BOOSTERS

Now that we've covered our top foods and given you some awesome recipes to dive into, we wanted to focus in on a few more of our favorite Testosterone supporters in the herb/mushroom/food categories. These are substances that can be added into your lifestyle to further support your optimal hormonal balance.

Some of them can be wild foraged for free, others will have to be purchased from international sources, and all of them can play a powerful role in your quest towards feeling and performing at your very best!



#### 1. Nettle Root

This is one of those supports you can forage for free if you happen to have Nettles in your local environment and although the roots are the part you'll want for Testosterone and Prostate support, the greens can also be cooked as a vegetable and or dried and used in teas/broths.

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The way that Nettles supports Testosterone is numerous though we will just focus on a couple here. One being that, it is a great source of many **vitamins and minerals including Zinc**, and is very protein rich as far as green leafy plants go. The other way that Nettle root functions are by **inhibiting Sex Hormone Binding Globulin (SHBG)**, thereby preventing Dihydrotestosterone (a very potent form of Testosterone (DHT) from being bound up and rendered inactive in the body. In this way, we aren't actually increasing the production of Testosterone. Rather we are "**freeing up**" the DHT that is always present giving us the effect of higher Testosterone levels<sup>(8)</sup>.



## 2. Pine Pollen & Pine Nuts

Pine pollen is one of the most popular and powerful Testosterone boosting substances known in the natural world. This is because it literally contains **bio-identical Testosterone** or in what is called **Phyto (or plant) Testosterone**<sup>(9)</sup>. It has been used for generations in Chinese Medicine as a vitality booster and Male tonic and relatively recently made the jump into Western herbalism and plant medicines.

Whereas Pine Nuts seem to contain small amounts of Testosterone, the pollen is where it is most heavily concentrated. One must be careful with using this because

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like any hormone therapy, there is a chance of reducing your body's own production if you use it regularly, leading to atrophy of the testes and potentially life-long dependence. This is fine if you're over the age of 40 and are a prime candidate for Testosterone Replacement Therapy, **however, if you're young and suffering from Low T and have not yet improved your diet, nutrition, stress, and fitness FIRST, and you reach for Pine Pollen as a quick fix, then you may end up creating an imbalance that isn't great in the long term.**

That said, it seems that this is most likely to happen when using the very potent and concentrated tincture form, and less likely when simply consuming the broken cell wall pollen in food form where it acts as a nutritive tonic and less intense hormonal boost.



### 3. Brazil Nuts

These tasty and nutritious nuts have a reputation for supporting male reproductive health and boosting vitality due to their remarkably high Selenium content. Selenium is a mineral essential for reproduction, immune health, antioxidant protection, and converting inactive Thyroid hormone a.k.a. T4 into active T3, **thus**

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enabling healthy metabolism and growth(10).

Many folks associate Brazil nuts and their Selenium content with improved Testosterone but there isn't solid science to back that up as a direct claim. However, because we know that Selenium as well as Vitamin E which Brazil nuts also contain, are essential for Sperm health/quality as well as Thyroid function, we can make the indirect connection that by supporting these factors of health, Testosterone, and/or libido may be improved through Brazil Nut consumption.

Many folks will tell you to limit consumption to **1-3 large Brazil nuts** per day because of the risk for Selenium Toxicity. However, in practice, I've eaten anywhere from 3-8 on many days and never experienced the effects of Selenium toxicity. This seems to be a case where many people might actually need a whole lot more Selenium for healthy functioning, and/or that there may be other nutrients present that help buffer toxicity which wouldn't be present when simply consuming supplemental Selenium. Which is how most studies addressing Selenium toxicity levels are conducted.



### 4. Culinary Mushrooms

Mushrooms play a valuable role in any diet/nutrition program for many reasons. One that we are focused on here in particular is their ability to help the body block the production of excess Estrogens. This happens because multiple varieties of mushrooms such as Shiitake, Portobello, Cremini, and especially **Baby Buttons (Agaricus Bisporous)** all possess anti-aromatase activity which means that they **block the conversion of Androgens to Estrogen**[\(11\)](#).

This helps to maintain a high level of Androgens and with that, a higher ratio of Testosterone to Estrogen which is a very good thing if we want to feel, look, and perform our best as strong, driven, men.



### 5. Pumpkin seeds

Our last and certainly not least bonus food that we want to highlight is Pumpkin seeds. These are easy to travel with, easy to sprout (make the best sprouts ever!), and loaded with nutrients, particularly antioxidants like carotenoids and Vitamin E, Magnesium, Zinc, Protein, and fatty acids([12](#)).

As you know by now, these are important nutrients to support Testosterone function and it is nice to know for those of you who might lean on a more plant heavy approach that a serving of Pumpkin seeds or Brazil Nuts as mentioned above, can supply some of the nutrients you might otherwise struggle to get when avoiding meat/seafood which are typically still the best sources for things like Zinc, Selenium, and B Vitamins.

Similar to Brazil Nuts, you don't want to rely too heavily on nuts and seeds as dietary staples UNLESS, and this is important, you are at minimum soaking your nuts and seeds OR EVEN BETTER, you are sprouting some of them. The ones that can be sprouted of course such as almonds, sunflower seeds, pumpkin seeds, chia seeds etc. Not all of them are capable of sprouting, such as cashews and brazil nuts

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which can still be soaked.

Nuts and seeds contain digestive inhibitors so eating lots of them in a raw/untreated state can lead to gut issues like indigestion and inflammation AND these inhibitors will directly prevent us from absorbing the essential nutrients that we are after in the first place. For these reasons, **be sure to soak, sprout, or at least low temp roast** your seeds to render them not only tastier but also more nutritious!

### TYING IT ALL TOGETHER

We hope you've enjoyed your journey through this guide and that you now feel more empowered and equipped to bring these amazing foods, herbs, mushrooms, and tasty recipes into your own kitchen so you can start reaping the benefits of improved hormonal health and healthy Testosterone levels.

If you have questions about this guide, don't hesitate to email [Blake@guerrillazen.com](mailto:Blake@guerrillazen.com) for further clarification and support.

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