

## Raising Testosterone Levels Naturally!

<b>Patient: Male, Age: 40, Height: 5ft 9 in., Weight: 74 Kg., Fat = 21.5% (0), BP = 132 / 82, Pulse = 70, Diet: Vegetarian (Ref: AA)</b>								
Std. Ref. Range	Optimum Values	*9/6/2004	**1/19/2005	***5/30/2005	****9/9/2005	#12/7/2005	##5/15/2006	###8/3/2006
<b>Total Testosterone 200-1200 ng/dL</b>	26-35 yrs - 1200 ng/dL 36 - 45 yrs - 1000 ng/dL 46 to 55 yrs - 900 ng/dL 56 to 65 yrs - 800 ng/dL	260 ng/dL	240 ng/dL	230 ng/dL	309 ng/dL	373 ng/dL	435 ng/dL	392 ng/dL
<b>Free Testosterone Normal Male : (20-50 yrs) : 8.69 to 54.69 pg/ml</b>	25 to 50 pg/ml	10 pg/ml	7.0 pg/ml	7.4 pg/ml	12 pg/ml	9.4 pg/ml	13 pg/ml	14 pg/ml
<b>Zinc, serum 72.6 to 142 µg/dL</b>	127 to 142 µg/dL	63 µg/dL	39 µg/dL	95 µg/dL			74 µg/dL	150.3 µg/dL
<b>Magnesium, serum 1.8 to 3.0 mg/dL</b>	2.4 to 2.8 mg/dL	1.94 mg/dL	1.14 mg/dL	2.6 mg/dL			2.21 mg/dL	1.90 mg/dL
<b>Tribulus Terrestris (Forte)</b>		None	Total 2 bottles given	Total 4 bottles given	Total 6 bottles given	Total 8 bottles given		Total 9 bottles given
Note: First Detoxification programme was done on 5/15/2005								
Intracellular Nutrition was given at Therapeutic doses. (Org. Zinc and Org. Magnesium was discontinued for 7 days prior to taking the readings)								
* Prior to second Detoxification programme, this began on 9/21/2004. Org. Zinc was not given prior to this, only one bottle of Org. Magnesium 120 mg (100 caps) was given.								
A polyherbal formulation called Tribulus Terrestris (Forte) 100 capsules was also given to help raise the Testosterone levels.								
** Readings taken after a total of 2 bottles of Org. Zinc 30mg (60 caps) and 3 bottles of Org. Magnesium 120 mg (100 caps) were given.								
*** Readings taken after a total of 5 bottles of Org. Zinc 30 mg (60 caps) and 5 bottles of Org. Magnesium 120 mg (100 caps) were given.								
****Readings taken after a total of 7 bottles of Org. Zinc 30 mg (60 caps) and 5 bottles Org. Magnesium 120 mg (100 caps) were given.								
# Readings taken after a total of 9 bottles of Org. Zinc 30 mg (60 caps) and 5 bottles Org. Magnesium 120 mg (100 caps) were given.								
## Programme was stopped for six months prior to this reading								
### Readings taken after a bottle of Org. Zinc 60mg was added to the above and a total of 8 bottles Org. Magnesium 120 mg (100 caps) were given.								
Treatment discontinued as on July 10, 2006								

## Case Study No. 8