

# My-T

**30** (androgen support)<sup>†</sup>  
SERVINGS



**Size:** 90 Capsules | **Serving Size:** Three (3) Capsules | **Servings Per Container:** 30

## Increase Free Testosterone Levels Up to 98%<sup>†</sup>

**My-T** is an innovative and science-based formula specifically designed to promote the powerful natural testosterone mechanisms within the body. The key ingredient in **My-T** is Testofen<sup>®</sup> that has been shown in human clinical trials to increase free (unbound and bioavailable) testosterone by 98%. Free testosterone is the only form of the steroid hormone that binds to androgen receptors resulting in both anabolic and androgenic effects. **My-T** also contains Tribulus terrestris for additional testosterone support, L-Citrulline which stimulates nitric oxide synthesis and blood flow along with testosterone supportive vitamins and minerals including Vitamins D, B6 and B12 and Magnesium and Zinc.<sup>†</sup>

Testosterone levels begin to decline in the late third or early fourth decade and diminish at a constant rate thereafter. Steeper declines occur in unbound or free testosterone. Lower testosterone levels are a major risk factor for a multitude of metabolic and mental health conditions. Travinson, et al. (2007) recently published an alarming study showing that testosterone levels have dropped about 1.2% per year, or about 17% overall, from 1987 to 2004 at an accelerated rate in American males as compared to previous periods. Recent studies have also shown that SHBG levels have increased, further exacerbating the situation.

Testofen<sup>®</sup> is a special Trigonella foenum-graecum (fenugreek extract) standardized to contain at least 50% fenusides. Testofen<sup>®</sup> is a powerful and clinically proven ingredient shown to increase muscle mass, increase levels of free testosterone by 98%, increase libido (sexual drive, urge and desire), reduce abdominal fat and increase energy levels. These results have been scientifically substantiated and published in numerous peer-review publications.<sup>†</sup>

Tribulus terrestris is an herbal plant of the Zygophyllaceae family and has been used traditionally for its testosterone support, aphrodisiac, and enhancing athletic performance properties. Tribulus terrestris contains bioactive saponins such as diosgenin and protodioscin that increases levels of testosterone. Tribulus terrestris supports the production of normal Luteinizing Hormone (LH) produced by the pituitary gland. LH acts on the Leydig cells of the male testis in the regulation of testosterone production.<sup>†</sup>

L-Citrulline is a non-essential amino acid that is naturally occurring. L-Citrulline promotes aerobic energy production, serves to remove lactate and ammonia from muscle cells, reduces muscle fatigue and supports arginine synthesis and part of the nitric oxide manufacturing system in the body. Nitric oxide allows for greater blood flow to tissues and promoting increases in exercise capacity. L-Citrulline promotes longer workouts, less muscle soreness and better recovery.<sup>†</sup>

Vitamins D, B6 and B12 and Magnesium and Zinc have been added to the formula to further promote and maintain total and free testosterone levels in the body.<sup>†</sup>

**My-T** is not a synthetic drug and will not cause the negative feedback effects. **My-T** is a very powerful and effective formula to naturally support both total and free testosterone health, support anabolism, promote libido and to address the age-related decline in testosterone levels.<sup>†</sup>

## KEY FEATURES

- Contains Testofen<sup>®</sup> that has been shown in human clinical trials to increase free (unbound and bioavailable) testosterone by 98%. Also contains Tribulus terrestris, L-Citrulline and testosterone supportive vitamins and minerals including Vitamins D, B6 and B12 and Magnesium and Zinc<sup>†</sup>
- Promotes Sexual Desire and Vitality<sup>†</sup>
- Maximize Muscle Growth, Strength, and Recovery<sup>†</sup>

## KEY MESSAGES

- Testosterone levels begin to decline in the late third or early fourth decade and diminish at a constant rate thereafter.
- **My-T** is driven by the key ingredient Testofen<sup>®</sup> that has been shown in human clinical trials to increase free (unbound and bioavailable) testosterone by 98%. Free testosterone is the only form of the steroid hormone that binds to androgen receptors resulting in both anabolic and androgenic effects.<sup>†</sup>
- Testofen<sup>®</sup> is a powerful and clinically proven ingredient shown to increase muscle mass, increase levels of free testosterone by 98%, increase libido (sexual drive, urge and desire), reduce abdominal fat and increase energy levels.<sup>†</sup>
- Tribulus terrestris supports the production of normal Luteinizing Hormone (LH) produced by the pituitary gland. LH acts on the Leydig cells of the male testis in the regulation of testosterone production.<sup>†</sup>
- L-Citrulline promotes aerobic energy production, serves to remove lactate and ammonia from muscle cells, reduces muscle fatigue and supports arginine synthesis and part of the nitric oxide manufacturing system in the body. L-Citrulline promotes longer workouts, less muscle soreness and better recovery.<sup>†</sup>
- Vitamins D, B6 and B12 and Magnesium and Zinc have been added to the formula to further promote and maintain total and free testosterone levels in the body.<sup>†</sup>

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<sup>†</sup> These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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## Supplement Facts

Serving Size: Three (3) Capsules      Servings Per Container: 30

	Amount Per Serving	%Daily Value*
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Vitamin B12 (as methylcobalamin)	6 mcg	100%
Magnesium (as aspartate)	100 mg	25%
Zinc (as aspartate)	15 mg	100%

Proprietary My-T Blend:	1.7 g	**
Tribulus terrestris Fruit Extract, L-Citrulline, Testofen® Fenugreek Seed Extract (Trigonella foenum graecum, standardized to 50% fenusides)		

\*Percent Daily Values are based on a 2000 calorie diet.

\*\*Daily value not established.

**Directions:** As a dietary supplement, take 3 capsules in the morning and 3 capsules 6 to 8 hours later, each time with 8 oz. of water on an empty stomach.

**Other Ingredients:** Cellulose, Magnesium Stearate, Silicon Dioxide, Gelatin Capsule.

**Suggested Cycle:** Min Cycle: 6 weeks, Max Cycle: 12 weeks, Suggested Off Cycle: 4 weeks

Testofen® is a trademark of Gencor Nutrients, Inc. U.S. Patent Numbers 5,874,471 & 6,028,107

Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soy.

**WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING.** Consult a physician before using this product if you have a medical condition or taking prescription or OTC medications. Discontinue use and call a physician immediately if you experience unexpected side effects.

**KEEP OUT OF THE REACH OF CHILDREN. STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.**

### TARGET MARKET

**Primary:** Bodybuilders and athletes seeking to optimize testosterone amplification and function to maximize muscle growth, strength, and recovery.

**Secondary:** Men seeking a safe and effective formula to address the age-related decline in testosterone production.

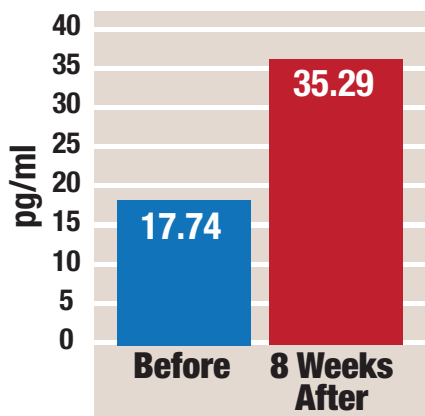
### RECOMMENDED STACK

- **Max ZMA**
- **MaxxTOR**
- **MITOR**

### KEY REFERENCES

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## Increase in Serum Free Testosterone in Males



Reference: Wankhede S, et al. *J Sport and Health Sci.* 2015. doi.org/10.1016/j.jshs.2014.09.005

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