

# Testosterone Matrix

A blend of KSM-66® ashwagandha, Testofen® fenugreek, minerals and vitamins to encourage endogenous testosterone production, strength, libido and cognition.

GMO Free

Gluten Free

Soy Free

Dairy Free



As we age, there is a natural decrease in the production of sex hormones such as estrogen, progesterone and testosterone. Unfortunately, these hormonal changes can come with a number of unpleasant symptoms. For example, low testosterone production, also known as andropause, often presents with symptoms of low muscle mass, reduced strength, decreased libido, impaired cognition and an overall reduced quality of life. This is where **Testosterone Matrix** comes into play. **Testosterone Matrix** has been specifically formulated to support healthy testosterone levels and its associated symptoms, including decreased sexual health, muscle mass and cognitive function.

- As a whole, Testosterone Matrix is designed to help support testosterone production, strength, libido and cognition in males
- KSM-66® ashwagandha is a proprietary full-spectrum extract of withania root,

made without alcohol or chemical solvents, and is indicated for reducing stress and cortisol levels, supporting memory and cognition, improving testosterone levels and improving sexual function in both males and females

- Testofen is a proprietary extract of fenugreek that has been demonstrated to increase total and free testosterone, libido, sexual performance, energy and overall well-being in a variety of male populations and ages
- Zinc is indicated for boosting immunity, balancing mood, and balancing hormone levels, and is provided in its bisglycinate chelate form for optimal absorption and tolerability
- Suboptimal levels of Vitamin D3 have been linked to suboptimal testosterone levels and supplementation may restore healthy total testosterone concentrations in men

**Testosterone Matrix** includes **KSM-66®** ashwagandha, a proprietary full-spectrum



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extract of withania root with extensive clinical research to support its use for stress-related health concerns. Through a patented alcohol-free, solvent-free extraction process that took over a decade to perfect, **KSM-66®** is able to retain high concentrations of both hydrophilic components and lipophilic components of the raw root. **KSM-66®** is unique from other ashwagandha root extracts as it has specifically been studied and shown to improve sperm parameters, muscle strength, testosterone levels in males and sexual function in females. **KSM-66®** also has over 20 human clinical trials to support its efficacy in areas of memory and cognition, stress reduction, improved thyroid function and weight management.

*Trigonella foenum-graecum*, more commonly known as fenugreek, has traditionally been used to increase milk production in breastfeeding women and as an effective tool for regulating blood sugar levels. More recent evidence has found that a particular extract of fenugreek known as **Testofen®**, which is standardized to a proprietary blend of saponin glycosides, can promote healthy testosterone levels in men. A double-blind, placebo-controlled clinical trial in resistance-training males aged 18-35 showed a significant increase in both total and free testosterone, by 11% and 99% respectively, after 8 weeks of supplementation. Another double-blind placebo-controlled human study used **Testofen®** in combination with magnesium, zinc and vitamin B6 for 6 weeks, finding significant improvements in self-rated areas of sexual arousal, orgasm, libido, quality of sexual performance, energy and overall well-being. A third trial of 120 males aged 43-70 confirmed that solo-therapy with **Testofen®** can effectively reduce the normal symptoms of andropause and improve

sexual health by significantly increasing sexual arousal, desire and activity, as well as free and total testosterone levels.

Finally, specific nutrients have been shown to support endogenous testosterone production. **Zinc's** reputation as an immune boosting mineral is well-deserved, however, it is very much indicated for healthy hormonal support. In particular, a zinc-deficiency in males can negatively affect sperm parameters and it is one of the few nutrients that has been shown to contribute to low testosterone. Moreover, **zinc** supplementation has been demonstrated to increase free testosterone levels in men with suboptimal baseline levels and it can improve mood and cognition by increasing brain-derived neurotrophic factor and blocking NMDA receptors in the brain.

**Vitamin D** is the other key nutrient to play a role in regulating testosterone. While more research is needed to determine the exact relationship, serum **vitamin D** concentrations have been found to be a significant, positive predictor of total testosterone levels in a number of observational trials. This correlation has also been observed in women. In addition, one interventional trial found that **vitamin D** supplementation helped to increase testosterone levels in men with **vitamin D** deficiency at baseline.

All in all, **Testosterone Matrix** was formulated to provide evidence-based dosages of **KSM-66® ashwagandha** and **Testofen® fenugreek**, along with supportive vitamins and minerals, to optimally support healthy testosterone levels, strength, libido and cognition in males.



## Each capsule contains

Testofen® Fenugreek extract	200mg
(seed, Trigonella foenum-graecum) 33:1, 50% saponins, DHE 6600mg *	
KSM-66® Ashwagandha extract	200mg
(root, Withania somnifera) 12:1, 5% withanolides, DHE 2400mg **	
Magnesium	16.66mg
(Albion™ magnesium bis-glycinate chelate buffered) (magnesium bis-glycinate chelate, magnesium oxide)***	
Vitamin B6	10mg
(pyridoxal-5-phosphate)	
Zinc	5mg
(Albion™ zinc bis-glycinate chelate)***	
Vitamin D	333.33IU / 8.33mcg
(cholecalciferol)	



\*Testofen® is a registered trademark of Gencor



\*\* KSM-66 is a registered trademark of Ixoreal Biomed Inc.



\*\*\* TRAACS™ is a trademark of Albion Laboratories

## Non-Medicinal Ingredients

Vegetable-grade magnesium stearate, citric acid, silica, glycine, maltodextrin. Capsule: hypromellose

## Recommended Use Claim

Helps support testosterone production, free testosterone levels and libido in men. Helps reduce symptoms of age-related androgen decline, increase total and free testosterone levels and increase libido, desire, and arousal for adult males suffering from age related androgen decline. Helps support women's healthy sex drive and libido. Helps promote physical performance in previously untrained individuals when combined with regular resistance training.

## Directions of Use

Adults - Take 3 capsules per day with food or as directed by a healthcare professional. Take a few hours before or after other medications or natural health products.

## Cautions and Warnings

Do not use if safety seal is broken. Consult a healthcare professional prior to use if you have a thyroid disease, diabetes or if you have benign prostate hypertrophy or prostate cancer. Consult a healthcare professional if you have been diagnosed with hypoactive sexual disorder, sexual dysfunction or erectile dysfunction or if you suffer from any psychological disorder and/or condition such as frequent anxiety or depression.

Adult women: consult a healthcare professional if you experience abnormal hair growth. Ensure you are up-to-date on mammograms and gynaecological evaluations prior to use and during continued use. Discontinue use and consult a healthcare professional if you experience breast pain, discomfort and/or tenderness or if you experience joint pain, hot flashes or irregular menstruation. Consult a healthcare professional prior to use if you are pregnant or breastfeeding, are attempting to conceive, are taking hormone replacement therapies or birth control pills have a history of hormonal or gynaecological disease including endometriosis and/or uterine fibroids. Discontinue use and consult a healthcare professional if you experience chest pains, headaches, dizziness, shortness of breath, nosebleeds or blurred vision. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Consult a healthcare professional if symptoms persist or worsen.



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### Duration of Use

To promote physical performance: Use for a minimum of 8 weeks to see beneficial effects. For use beyond 12 weeks, consult a healthcare professional.

### Contraindications

Do not use this product if you have or previously had breast cancer and/or breast tumours or if you have a predisposition to breast cancer, as indicated by an abnormal mammogram and/or biopsy or a family member with breast cancer.

### Known Adverse Reactions

Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.



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