

Testosterone

Zinc

Deficiency lowers testosterone levels; Inhibits prolactin secretion (testosterone inhibiting hormone); Supplementation increases testosterone depending on baseline levels.^{28,29,30,31}

Folate

Deficiency reduces circulating testosterone; Evidence suggests testosterone may regulate folate metabolism.^{1,2,3}

Vitamin B6

Regulates sex hormones; Vitamin B6 reduces prolactin which stimulates hypothalamus to increase testosterone; B6 also a cofactor for dopamine synthesis which influences testosterone levels.^{4,5,6,7}

Vitamin D

Actually a hormone, vitamin D regulates the synthesis of testosterone; Supplementation can significantly increase total, free and bioactive testosterone levels.^{8,9,10,11,12}

Magnesium

Makes testosterone more biologically active in the body; Raises free and total testosterone levels in men.^{25,26,27}

Vitamin K

Deficiency reduces testosterone production because the rate-limiting enzyme for testosterone synthesis (Cyp11a) is vitamin K dependent.^{13,14,15}

Carnitine

Boosts dopamine, which is directly related to testosterone levels; May prevent testosterone decline after intense physical stress.^{21,22,23,24}

Vitamin C

Studies suggest it protects prostate from testosterone induced tumors.^{18,19,20}

Vitamin E

Long term administration of some forms of vitamin E may reduce testosterone levels.^{16,17}