

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

BENEFITS OF TESTOSTERONE



Testosterone is a hormone produced primarily in the testicles in men and ovaries in women.

It's the most important androgen (male) hormone in the body and, accordingly, men generally have far higher testosterone levels than women.

HOW TO INCREASE TESTOSTERONE

Here is how to increase your testosterone levels:

01. Diet

Changing your diet and the foods you consume can [drastically improve your testosterone levels](#). To make sure your dietary fat isn't too low, 20 to 35% of your daily calorie intake should come from dietary fat, which increases your testosterone production. In addition to fat, you should also increase your carbohydrate and protein intake.

02. Exercise

You might be doing plenty of exercises right now, but too much of the wrong exercises can actually do more harm than good. The wrong way is simple: do a ton of cardio.

The right way is equally simple: do a moderate amount of resistance training instead.

03 Energy Balance

Energy balance is the amount of energy you eat in relationship with the amount of energy you burn.

When you eat less energy than you burn, you're in what's known as a "negative energy balance" or "calorie deficit."

This results in weight loss.

And when you eat more than you burn, you're in a "positive energy balance" or "calorie surplus."

This results in weight gain.

There are hormonal effects as well. You should know approximately how much energy you're burning every day and your default "diet" should entail eating that many calories or more, depending on your body composition goals.

THE BOTTOM LINE

So, if you want to increase your testosterone levels, here's what you can do:

- ✓ Eat enough calories.
- ✓ Eat plenty of nutritious foods.
- ✓ [Balance your macronutrients properly.](#)
- ✓ Stay lean.
- ✓ Supplement with a [well-formulated multivitamin.](#)
- ✓ Lift weights regularly.
- ✓ Don't do too much cardio.

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