



# Super "T": The Complete Guide to Creating an Effective, Safe and Natural Testosterone Enhancement Program for Men and Women

*Greg Ptacek, Karlis Ullis, Joshua Shackman*

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## Super "T": The Complete Guide to Creating an Effective, Safe and Natural Testosterone Enhancement Program for Men and Women

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A must-read guide to the latest nonprescription supplements for peak sexual and athletic performance and optimal health.

Testosterone is “the super hormone”; no other natural substance comes close to its power to energize, rejuvenate, and sexually arouse both men and women. Under new federal regulations, consumers have access to a whole new group of supplements that boost the body's natural testosterone levels. Available without a prescription, these “T boosters,” including androstenedione, promise to revolutionize health, fitness, and weight management regimens for men and women. In many instances, they offer an economical and viable alternative to Viagra.

In *Super “T,”* Dr. Karlis Ullis shows you how to create a personalized program of over-the-counter T boosters based on your age, gender, and specific needs, with essential information on the different supplements that can be found in vitamin and health food stores. He explains how to use these potent substances safely, effectively, and responsibly, with appropriate doses and schedules, with careful attention to the questions and concerns you may have. With detailed information on supplement combinations and nutritional support, and a list of supplement suppliers, *Super “T”* is an indispensable reference for those who want to perform at the top of their form.

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