

**Your body has two types of Testosterone. Free and bound. Useful in your body and not.**

Typically less than 3% of Testosterone is found in the unbound or “free” state in young men. As men age that number declines sharply.

**It is this Free Testosterone that is biologically active and useful to the body.**

The older we get, Testosterone production declines. Some of what is still made gets converted to estrogen. And to make matters even worse, much of the remaining Testosterone is bound by SHBG (sex hormone binding globulin), rendering it near useless.

**So as we age the amount of “Free” Testosterone drops drastically.**

Testosterone deficiency is associated with numerous adverse health conditions, including:

- Increased Abdominal Fat
- Diminished Libido and Erectile Dysfunction
- Loss of Muscle Tone
- Low Bone Density
- Depression
- Imbalanced Cholesterol Levels
- Alzheimer’s Disease
- Plus the increased risk of Obesity, Diabetes, and Heart Disease.
- Loss of stamina
- Anxiety
- Cognitive decline (verbal memory, working memory, and visuospatial performance)
- Depression
- Higher blood pressure
- Osteoporosis
- Atrophy of the genitals
- Sexual dysfunction

**We want to normalize our “Free” Testosterone Level**

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"THE OVERALL DETERIORATION OF THE BODY THAT COMES WITH GROWING OLD IS NOT INEVITABLE. WE NOW REALIZE THAT SOME ASPECTS OF IT CAN BE PREVENTED OR REVERSED."

- Dr. Daniel Rudman

**T.O.P.**

**TESTOSTERONE  
OPTIMIZATION PROTOCOL**

**FREE YOUR  
TESTOSTERONE!**



# T.O.P.

TESTOSTERONE OPTIMIZATION PROTOCOL

## FREE YOUR TESTOSTERONE!

Youthful hormone balance is critical to maintaining health and preventing disease in men and women, particularly over the age of 35. Testosterone promotes the building of tissue and is considered an anabolic steroid hormone. Low levels of testosterone are associated with numerous adverse health conditions. As men age Testosterone production declines, some of what is still made gets converted into other hormones including estrogen and DHT (dihydrotestosterone). Too much DHT produces male pattern balding. And to make matters even worse, much of the remaining Testosterone is bound by SHBG (sex hormone-binding globulin), rendering it near useless.

### So what can we do?

We can produce more testosterone. We can limit the conversion of testosterone to estrogen. We can also limit the conversion of testosterone to DHT. We can limit the binding of testosterone to SHBG. **And we can do all of this naturally.**

T.O.P. is a potent synergistic formula that combines safe, powerful Herbs, Supplements and Extracts for healthy support of your Free Testosterone level. Since T.O.P. contains many powerful herbs and extracts, it is suggested that it be taken continuously for 22 days followed by an eight day break. Another option is to take the supplements for 5 days per week with a 2 day break and then repeat. Traditionally

the body will respond better to herbs and extracts when the use is cycled on and off. T.O.P. labels reflect this with the 22/30 notation signifying 22 days usage out of every month. There are herbs, extracts and other supplements, which if taken in the right combination have shown to increase our Free Testosterone level, safely and naturally. They also limit the cancer inducing forms of estrogen (estrogen has many forms, some good, some not). And as an additional benefit, these supplements have shown to normalize many other body functions including an enlarged prostate.

**Clinical studies on just one key ingredients show near 99% increase in Free Testosterone over an eight week period.**

### Normal “Free” Testosterone level:

- Maintains Protein Synthesis
- Maintains Sexual Functions (such as Erectile Capability and Libido)
- Builds and Maintains Muscle Mass
- Burns Fat
- Maintains Healthy Cholesterol Levels
- Supports Endothelial (cells lining blood vessels) Function
- Supports Energy Level
- Maintains Bone Density
- Supports Elevated Mood
- Supports Immune Function

- Improves Oxygen Uptake Throughout the Body
- Helps Control Blood Sugar
- Protects against Anemia
- Provides for Male Secondary Sex Characteristics (Deep Voice, Facial and Body Hair, Muscle Development and Erectile Capability)

### In essence, turning back the biological clock

Don't worry, you won't build more testosterone than is natural for you. The package is designed to normalize your hormone levels, increasing the good and reducing the bad, allowing your body to function as it did when you were younger.

### So how do you want to feel?

Do you remember how you felt when you were younger? Have you ever thought what it would be like to have the experience of life combined with the vigor of youth? It's Time!

It's time to -

# Feel Like a Kid Again!

**“Our hormones don't decline because we age – We age because our hormones decline”**