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Male Testosterone Optimization Protocol

COMMON SYMPTOMS OF LOW TESTOSTERONE

- Low energy
- Decreased libido
- Erectile dysfunction
- Increased body fat
- Decreased muscle mass
- Brain fog
- Mood changes

RECOMMENDED LABS

- Total Testosterone
- Free Testosterone
- SHBG
- Estradiol
- CBC, CMP, Lipid Panel

TREATMENT OPTIONS

Injectable Testosterone:

- Dose: 1 mL (200 mg) weekly OR twice monthly depending on levels
- Cost: \$45 per injection

Dose adjustments based on symptoms, lab results, and clinical response.

MONITORING

- Recheck labs in 4-6 weeks
- Monitor every 3-6 months

POSSIBLE SIDE EFFECTS

- Acne
- Increased red blood cells
- Fluid retention
- Mood changes