



**TESTOSTERONE  
RESCUE KIT**



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**РЕСКУЕ КИТ  
ТЕСТОСТЕРОНЕ**

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## **A note from Joe about the Testosterone Recovery Kit**

Hey man, first of all let me say congratulations on picking up your copy of the Anabolic Accelerator and grabbing this FREE bonus while you had the chance.

Although the Testosterone Rescue Kit was a free gift, you'll notice is PACKED with value that is going to help you increase your testosterone levels in very little time.

At the end of this manual there is going to be "action steps" on how you can implement these supplements, vitamins, minerals, and practices into your everyday for a boost in your male sex-hormones.

You'll see with the supplements, most everyone has FOOD alternatives, so in no way do I want you to feel pressured into purchasing any of the supplements listed. However, if you're one of those guys who prefers convenience and a fast and easy way to get all of these powerful testosterone boosting nutrients into your bloodstream, there's a speedy order page just after the "action steps" I'll have laid out for you at the end of the text.

Again, I also highlight ways you can get plenty of these nutrients in through food and other natural sources.

If you have taken a look at the "Libido Boosting Supplements For Men" guide, I want you to know, the supplements listed are specifically to help you with your sexual performance and drive.

Although libido boosting supplements can be helpful in the bedroom, the Testosterone Boosting Kit will help you with building greater amounts of muscle mass, dropping several layers of fat... and of course (like the libido boosting supplements) increasing your sex-drive and performance under the sheets.

So depending on your physique goals, the Testosterone Recovery Kit may be the best option for you instead of the libido boosting supplements if you decided to focus on one or the other. My recommendation would be following closely to this guide and enjoying one beverage each day from the FREE Libido Boosting Brews, Shakes, and Smoothies guide I sent you with your purchase of the Anabolic Accelerator.

As always, if you have any troubles moving forward please send me an email to [joe@spartanbuddy.com](mailto:joe@spartanbuddy.com) and I will personally get back to you as soon as possible. I always want to be available to you for anything you may need regarding your success. Here's to you! Enjoy!

*Joe LaGalbo*

# Consume Plenty Of Zinc

Zinc is a mineral which plays a very important role in testosterone production. Supplementing your diet with zinc has been shown to cause a significant improvement in t-levels in as little as 6 weeks.(1)

Similarly, research has shown restricted dietary sources of zinc leads to a significant decrease in testosterone, while zinc supplementation increases it (2). Zinc is shown to also protect men from exercised-induced depletion in testosterone levels (your Anabolic Running workouts prevent the same cause).(3)

It's estimated up to 45 percent of adults over the age of 60 have lower than encouraged zinc intake. And even when dietary supplements are still added in, an estimated 20-25 percent of older adults still had inadequate zinc intakes, according to a *National Health and Nutrition Examination Survey*.(4)

Truth is, your diet should be your best source of zinc. Protein-rich foods like meats and fish, and other good dietary sources like raw milk, raw cheese, beans, and yogurt or kefir made from raw milk are great zinc sources. It can be difficult to obtain enough dietary zinc if you're a vegetarian, and also for meat-eaters as well, largely because today's farming methods use plenty of chemical fertilizers and pesticides. These toxic

chemicals sap the soil of nutrients like zinc which must be absorbed by plants in order to be transferred to you.

In many cases, you may further deplete the nutrients in your food by the way you prepare it. For most food, cooking will drastically reduce its levels of nutrients like zinc ... specifically cooking in the oven, which many people tend to do.

If you decide to use a zinc supplement, stick to a dosage listed under the recommended adult upper limit. Taking too much zinc can interfere with your body's ability to absorb other minerals and may cause nausea as a side effect.



# Vitamin D Levels

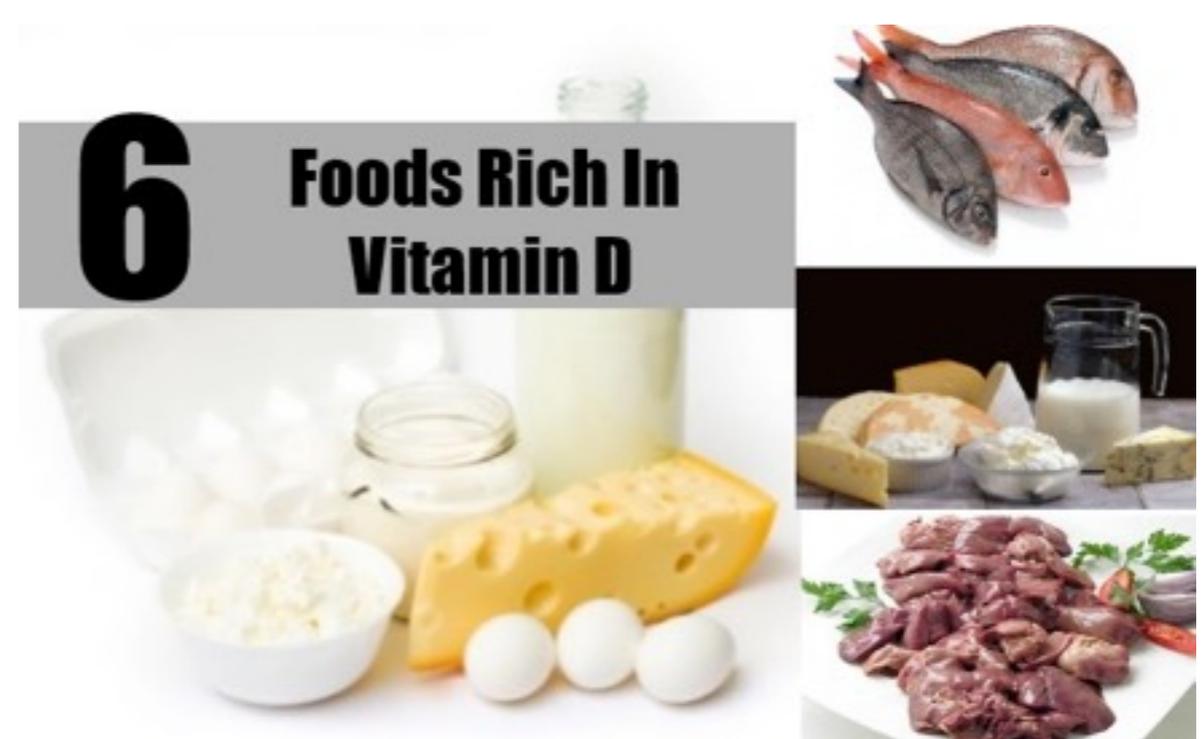
Vitamin D, a steroid hormone, is essential for the healthy development of sperm, and also helps maintain semen quality and sperm quantity. Vitamin D also increases testosterone, which is shown to boost libido. In one former study, overweight men who supplemented vitamin D had a significant increase in testosterone levels after one year.(5)

Vitamin D deficiency is has reached astronomic levels in the United States and many other regions around the world. This is mostly due to people not spending enough time in the sun to initiate this important process of vitamin D production (it's not just plants that need sun, you know).

To get your levels into the healthy range, sun exposure is the BEST way to optimize your vitamin D levels. If sun exposure is not an option, maybe due to a skin cancer history or other skin sensitivities, then you can supplement with vitamin D drops or pills.

Again, this is to be taken at the recommended dosage as listed on any supplement bottle.

There are also dietary options high in vitamin D. Take a look at the list to the right.



**Fish** - Also the best source of vitamin D. Fatty fishes like tuna, salmon, mackerel and eel contain plenty of vitamin D. Be sure to get these fishy meals in 3-5 times per week.

**Dairy** - Vitamin D along with parathyroid hormone (PTH) regulates the level of calcium in blood. Therefore, intake of this vitamin will also help with absorbing calcium.

**Liver** - A food of choice and with a fair source of vitamin D. Especially in livers of chicken and beef.

**Vitamin D Fortified Foods** - Foods like breakfast cereals, milk, yoghurt and juices are being fortified with vitamin D these days. Check the packaging, but this is definitely an easy way to get this T-booster involved in your everyday.

**Eggs** - Continuing on with our vitamin D boosting foods, eggs are a good source of vitamin D. Just one egg yolk is packed with 40 IU of vitamin D. Therefore, it's smart to include eggs in your diet to help your body get adequate amounts of this vitamin.

**Mushrooms** - Like you and me, mushrooms are also able to produce vitamin D when in the sun. All mushrooms contain some amount of vitamin D in them. So through them on top of your steak or sizzle them in a two-egg omelet for double the protein.

## Take Your **Vitamin A** Seriously

Vitamin A is stored in the testicles (and few other glands of the body). Studies have shown that when there's no active vitamin A in the testes, T levels drop very quickly and estrogen levels (the hormone you don't want more of) increases (6).

Also in a study of 155 male twins, a clear correlation was found between vitamin A levels and serum testosterone (7). In prepubertal teens, vitamin A + iron supplementation is as effective in starting puberty as hormone replacement therapy.

You can also include some of the foods to the right to get some additional Vitamin A into your dietary routine.



As mentioned with our previous micronutrient, a few of these foods are loaded with vitamin D as they are with Vitamin A (eggs, dairy products, fish).

Be sure to fit these vitamin A filled foods into your daily nutrition regimen. Also, you always have the option of purchasing a multi-vitamin at the store. These tend to have all the recommended dosages of vitamins you need to meet the recommended dietary intake.

With that said you will want a quality multi-vitamin. The \$10 bottle, One-Day vitamins won't do the trick and neither will the gummi bear vitamins either.

# Why B Vitamins Are Crucial

Vitamin B complex (which consists of 8 different water-soluble vitamins), plays a key role in testosterone production and overall energy levels. Deficiency with B vitamins results in increased estrogen levels and lowered testosterone levels (8).

Get yourself some of the foods below fixed with B Vitamins:



# Magnesium

Magnesium intake has had a direct effect on serum testosterone levels in many studies. In one study, 10 mg/kg of magnesium was able to increase free testosterone levels by 24% (9).

In another large review study the researchers concluded: *“there is evidence that magnesium exerts a positive influence on anabolic hormonal status, including testosterone, in men.”*

Below are some of the best food sources for magnesium. Add at least one of these foods in your meals throughout the day for max magnesium intake.

## ***Food Sources of Magnesium***



## Conjugated Linoleic Acid (CLA)

One of the most powerful supplements you can use for maximizing testosterone levels is **CLA (conjugated Linoleic Acid)**. According to one study, CLA supplementation provided greater increase in testosterone levels than resistance training workout. Making the case, this supplement alone can induce greater T-levels without an increase in physical activity (although not recommended).

Our suggestion is to combine **this CLA supplement** with your Anabolic Running workouts to raise male-sex hormone levels and also burn additional fat (CLA also acts as a powerful fat burning supplement).

In a double-blind, placebo-controlled human study conducted by renowned Swedish researcher Dr. Annika Snedman, those using conjugated linoleic acid lost 400% more fat than the placebo group over the course of 12 weeks—and this was all done without any change in diet and without the implementation of a regular exercise program.

Not bad if you're looking for the fat-loss / testosterone boosting double-whammy.

Supplement Facts		
Serving Size: 2 Softgels		
Servings Per Container: 60		
	Amount Per Serving	%DV
Calories	20	
Calories from Fat	20	
Total Fat	2g	3%†
CLA 80% oil (from Safflower Oil)	1,500 mg	*
Conjugated Linoleic Acid (CLA)	1,200 mg	*
cis-9, trans-11 isomer	570 mg	*
trans-10, cis-12 isomer	570 mg	*
Pomegranate Seed Oil (cold-pressed virgin oil) (standardized to 70% Punicic Acid)	400 mg	*
BioPerine® <i>Piper nigrum</i> [fruit] extract	5 mg	*

† Percent Daily Values are based on a 2,000 calorie diet.  
\* Daily value not established.

**OTHER INGREDIENTS:** Gelatin, glycerin, water, caramel powder.

BioPerine® is a registered trademark of Sabinsa Corporation. 



## Fish Oil (Or Omega-3 Fatty Acids)

Omega-3 fatty acids, as you probably already know come from fish. Omega 3 fatty acids help reduce inflammation in the body, which is an essential help for keeping testosterone levels optimal.

When inflammation increases, testosterone levels are difficult to maintain. So why fish oil? Why not other omegas that come from nuts or oils?

Fish oil contains **six times more omega-3s** than omega-6's, which means that when you consume fish oil, you're cranking up your body's fatty acid ratio, and that helps your body to produce more testosterone.

Fish oil has also been shown to increase the production of Luteinizing Hormone (LH) in animals. LH is the hormone responsible for the production of testosterone inside our human leydig cells.

Now, you can always go the fishy route and eat 3-5 servings of fatty fish throughout the week. Yet I understand, some people don't have a "taste" for fish... ever. And that's okay. You can always **supplement with fish oil** as an easy and convenient way to not miss out on getting the essential omega-3s you need.

With that being said, again, as with the multivitamin, you want to seek out fish oil that is around 2,000 mg of DHA/EPA each day as well as being a pharmaceutical grade product. The \$15 fish-oil market won't come close to giving you the quality your body needs for greater testosterone levels.

**Up to 80% or more of the Omega-3 fatty acids contained in traditional fish oil supplements will go unabsorbed by your body's cells, having no positive impact on your health...(11),(12)**

**Find a fish-oil supplement that meets the requirements**



All the previous mentioned vitamins, minerals, and supplements are powerful testosterone producers. Yet there's more pieces to the T-boosting puzzle.

Have you ever asked the question, what am I doing right NOW that could be decreasing my testosterone levels? Instead of what can I DO to increase my testosterone levels. Both questions play an important role in rescuing your male-hormones. So let's flip the coin over and look at some of the everyday items you may be using that could be lowering your testosterone levels, and how we can fix them for a more manly you.

## The Dreaded **BPA**

You want to avoid BPA at all costs. BPA is the plastic found on your water bottles and plastic food containers. When drinking out of a water bottle, for example, the BPA chemicals leak into your water. So as you continue to drink, you're adding a testosterone decreasing substance into your body. And the more you refill, the more leakage.

One study even shows these same chemicals can even conflict with the onset puberty in growing boys (13). And that's the age when testosterone levels begin to really skyrocket! Imagine your response if you are over 30 and on the biological testosterone decline already.

So what's the best thing you can do to kick the BPA out of your life? Here's some options:

- Stop drinking or storing water in plastic containers
- Drink out of a BPA FREE or glass water bottle when traveling or exercising
- Get a good water filter for your tap water at home
- When eating meals or storing meals, use glass plates or glass containers instead of plastic

Put these all together and your manhood will be winning the war against BPA



## Hormones In Meat Pesticides On Fruits & Veggies

Hormones are heavily used in the beef, pork, and dairy industries. If you're a meat and potatoes guy, you may have found one of the culprits depleting your testosterone levels.

Some advice, when you eat meat or eat/drink dairy products, insist on grass-fed hormone-free meat and dairy. These meats and dairy products may cost you a dollar extra but are well worth the investment in your manhood.

There's also more great news about adopting a grass-fed hormone-free meat approach. The fat of the meat is loaded with omega-3 fatty acids. Earlier in this manual we spoke about omega-3 fatty acids and the ability to dramatically increase testosterone production.

Sounds like a win-win to me. Not only do you prevent your testosterone from dropping, but you get to enjoy a fatty steak packed with T-boosting omega 3s.

Onto the fruits and veggies. Option 1 is go organic. Organic fruits and veggies are going to keep out the hidden pesticides that are holding your male-hormones back. Another option (not as effective as option #1 but it's better than nothing), is

to wash your fruits and vegetables before eating them. And wash them good too. You may not be able to remove all the pesticide but a little bit can go a long way if you haven't been cleaning your fruits and vegetables up until now.

Add in these two dietary testosterone rescue tactics and you'll be in better shape.

Look for some of the labels below when purchasing your grass-fed, hormone-free, and organic items:



# Watch Out For Personal Care Items

Not all personal care items are bad. However, many of them are when testosterone levels are thrown into the discussion. There can be an insane amount of estrogen mimics and anti-androgenic endocrine system disrupting chemicals in your everyday personal care items.

**Parabens** - (usually listed as methyl-, butyl-, ethyl-, propyl-, heptyl-, etc) are preservatives used most cosmetics, such as; sun lotions, moisturizers, personal-lubricants, shampoos, shaving gels, and toothpaste.

They are considered to be xenoestrogens, and can have a weak affinity to estrogen receptors in the body (14).

**Phthalates** - commonly used to make plastics more flexible (back to the BPA discussion), and are also used as stabilizers and in many personal care items. Increased urinary phthlate traces have been strongly connected with decreased testosterone in men (15).

**Triclosan and Triclocarban** - both are antibacterial agents found in common antibacterial soaps, lotions, hand sanitizers, etc. They have direct effect in lowering testicular testosterone production and don't do the best job at

fighting bacteria either. Sounds like a lose-lose situation for us guys.

The solution? Check out the Gaia Body Works. I personally spoke with the CEO of the company about his products and I recommend them to any guy who wants to keep estrogenic hormones OUT of their body. They have everything you need.

Use coupon code "MORET" (as in more testosterone) for 15% off. I receive zero commission just fyi. I am just passionate about their products and believe in the brand they've created to protect men and women from the harmful chemicals of the big companies out there.

**Here Is the Website To Gaia Body Works**



# Stop Drinking

In every solution I find for men who want to increase their testosterone levels, I always look for a “best of both worlds” scenario. This one, there is none. Drinking is a sure way to take your testosterone levels down, dramatically (16).

Even just having a few drinks throughout the week will have a negative slope on your hormone enhancing progress. And hey, it’s not doing much for your physique either. If this is a tough one for you then write down a few things that are more important than alcohol.

This could be the physique goals you have, the physical relationship you desire for you and your wife, personal career goals. Whatever it may be, write them down and carry the list in your wallet or on your refrigerator. So any time you go in for a drink you’ll be reminded of your goals and what is most important to you.

Not only will this change boost your hormone levels but has the potential to improve other areas in your life as well.



# Increase Your Testosterone Levels By 180% By **Anabolic Eating**

Brand New Research From The Department Of Internal Medicine At The University Of Virginia Uncovered A Unique Eating Tactic Proven To Increase The Anabolic “Fountain Of Youth” Hormone In Men By 2000% In Only 24 Hours while also increasing testosterone levels by a whopping 180%. Not bad, right?

This technique follows a “fasting” like formula (actually there are 3 different formulas you can choose from) to help keep those male sex hormones high and in-charge. If you’ve been following the traditional 6 meals a day, low-fat diet, with tons of restrictions, then **Anabolic Eating** is the shake-up you need to ramp up your testosterone and growth hormone production.



## Testosterone Rescue Plan Of Action

All the information packed together in this manual is fantastic and will help you ramp up your T-levels starting today. But let's get our ducks in a row here, shall we? Here's your plan of action moving forward:

### Action Step #1: Dietary Switch

You've seen the list of powerful vitamins and minerals you should be consuming daily to increase your male hormone levels. This can come in the form of food or supplements (see next page for supplement list if you choose).

### Action Step #2: Kick Out The Estrogenic Stuff

As a refresher, these included BPA plastic containers and water bottles, common personal care items, chemically layered and injected meats, dairy, fruits, and vegetables, and alcohol. Refer back to the previous pages to see how these estrogenic products and chemicals can be replaced easily in your everyday routine.

### Action Step #3: Add In Additional Supplementation

This may included CLA and Fish Oil as listed in the previous pages for additional testosterone production and fat burning from the CLA

### Action Step #4: Begin Anabolic Eating

If you already have a copy of **Anabolic Eating** then chances are you have experienced the effectiveness of the program in as little as a few days. You DO NOT need to "start" from the top of these action steps and put your Anabolic Eating schedule on hold.

Simply add in these 3 actions steps to enhance your results.

If you have not grabbed a copy of Anabolic Eating, I suggest taking a look at the research and see if it is for you. If not, you can still drastically improve your testosterone levels by following steps 1-3.



## Recommended Supplements:

**Multivitamin:** [Vitamin Code For Men](#)

**Testosterone Booster & Fat Burner (CLA):** [BellyTrim XP](#)

**Omega 3 Fish Oil:** [Omega Krill 5X](#)

## Recommended Personal Care:

**Assorted skincare free of estrogens:** [Gaia Body Works](#)

Use Promo Code “MORET” for 15% Off  
(MORET as in more testosterone)

## Recommended Eating Program:

**Eating Solution Built For Men:** [Anabolic Eating](#)

## Recommended Workout:

**Anabolic Running** - which you have already have access to. Only Anabolic Running customers have exclusive entry to the Testosterone Rescue Kit

Wrapping up... As you can see there's plenty of “holes” your testosterone levels could be falling through. Whether it's the nutrients you are lacking or the items you are using every-day, your t-levels are at risk for day-to-day damage.

However, with this guide, you now have a chance to rescue your testosterone levels from the barrage of attacks we face everyday.

You're well on your way to bringing your testosterone back to life and experiencing the muscle building, fat burning, libido and energy boosting effects of having more of this powerful hormone.

Again, I want to commend you for picking up this free copy of the Testosterone Rescue Kit and putting it to good use!

Again, if you have any questions or need any assistance please email me personally at [joe@spartanbuddy.com](mailto:joe@spartanbuddy.com) I'm pumped to have you here and again, congratulations on taking back your testosterone!

All the best,  
Joe LoGalbo

*Joe LoGalbo*

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