

FDA warns 'Low T' testosterone supplements may do aging men more harm than good

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The ads are all over TV — men “suffering” from “low T” or low testosterone can boost their levels and improve a variety of macho attributes by using one of several types of testosterone supplements. But according to the [FDA](#), this may not be such a great idea.

Testosterone (T) is the hormone produced by the testes after puberty that is responsible for male sexual characteristics such as increased muscle mass, body hair, and of course, libido. In the normal course of events, testosterone levels peak in early adulthood, and then tend to decline as a man ages. As of late, supplementation has been promoted as a way to maintain youthful levels, which supposedly will give the user the vigor and sexual performance of a young man.

The FDA [warns](#), however, that the use of these supplements likely will not have the desired results, and may actually be harmful. Not only are the results not always found, but some studies have suggested negative cardiac impacts from T supplementation. The agency emphasizes that using T supplements for the medical conditions that cause low T is the only use for which they have been approved.

**Read full, original post:** “Low T” Isn’t A Reason For Testosterone Supplementation