

5 common myths about testosterone debunked

Many of the claims go well beyond or even directly against the scientific evidence about what scientists call “T.”

Myth No. 1: Testosterone is the male sex hormone.

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T [isn't just a male hormone](#): It's also the most abundant biologically active steroid hormone in women's bodies — crucial for female development and well-being. It helps support ovulation, for instance. And T isn't just a sex hormone, either. In men and women, receptors for the hormone [are found](#) in almost all tissues, and it contributes to lean body mass, bone health, cognitive function and mood, among other attributes.

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Myth No. 3: Testosterone supercharges your love life.

Ads for [testosterone boosters](#) promise “vigor & vitality,” increased “stamina” and “improved confidence in the bedroom,” while tabloid publications make tantalizingly specific pronouncements such as: “The higher the testosterone level, the greater the amount of sexual activity.”

Unfortunately for marketers and would-be Lotharios, “studies of men's testosterone and sexual behavior suggest either weak or null relationships,” as [one review](#) of the scholarly literature put it in 2017. A certain (relatively low) level of [testosterone](#) is necessary for optimal sexual functioning, but above that threshold, more T doesn't make much difference, for men or women.

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