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# Testosterone Protocol

## The Re-Ignite Program

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**IMPORTANT:** Where a link is given in this document it is to help you identify what it is you're looking for, do not feel obliged to buy these particular products.

***Anything ordered from Amrita use the Code M9HCFA to get a 10% discount***

Nothing works consistently, so don't just do one stack and stick with it you have to mix and match over time. I would suggest do one stack for max a month and ensure you have a months off every 2 or 3.

Testosterone is not just about supplements: Food and training have a lot to do with it as well.

Vitamin D is the foundation. We want to start off with a BIG dose to kick start T production. For this reason I would recommend you to get your Bait D levels checked before starting this protocol, in the UK most doctors will do this on the NHS.

You want to take 15 - 20000 iu's a day for 1- 2 weeks (depending on how deficient you are) and then drop down to a maintenance dose of 1000 iu's a day. Do it at bedtime and mix with melatonin if you struggle to sleep. Alternatively do it first thing in the morning which still works well.

ZMA is also a foundational part of building Testosterone but if you are taking Zinc or Magnesium supplements before you start these protocols come off them whilst you are taking ZMA as the ratios need to be precise.

### **The basic stack is:**

- Vit D (always take vit d with vit K)
- ZMA
- Ashwaganda
- Fenugreek: Can aromatise quite a bit so have to stack anti aromatisation agent is the shape of:
- Chrysin
- Genestein
- Resveratrol
- Tongkat Ali
- Argenine
- Omega 3

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Mix it up by replacing it with either:

### **Stack 1**

- Turkesterone
- Fadogia
- 1-3g Longjack
- 50mg DHEA

### **Stack 2**

- Dhu Zhong
- Fucoidan
- 600mg Resveratrol
- 3g Leucine
- Unichi Oyster

## **Testosterone Master Protocol**

Do this 2 - 3 times a year for a huge T boost

Start by fasting for a week this can either be a complete fast or reducing calories by half and eating within an eating window of 8 hours maximum.

Then for 2 weeks start taking the following stack:

### **Stack**

- Vitamin D
- 1g Longjack
- 400-600mg Fenugreek
- 25g Ashwaganda
- 50mg DHEA
- Turkesterone
- Fadogia
- Unichi
- 600mg Resveratrol
- 3g Leucine
- Dhu Zhong
- ZMA

And double your BMR in calorie intake eating clean. This is VERY hard if you are eating clean. It is important not to just eat saturated fat (which is highly satiating) as simply by doubling calories we will raise cholesterol slightly so we don't want to exacerbate this with a lot of saturated fat.

However having said that have a high fat meal 3 hours before bed. A burger and cheese, or prawns, salmon, rib eye steak or eggs are all great for this. Testosterone is made at night from choline and cholesterol so by feeding the body cholesterol before we go to bed it's primed to build Testosterone.

And lift HEAVY at the gym 3/4 times a week. Follow the Testosterone muscle building workout in the app for these 2 weeks.