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Thread: [Natural Testosterone-Supporting Foods & Herbs](#)

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Natural Testosterone-Supporting Foods & Herbs

These don't "jack" levels like steroids — they help your body optimize its own production:

? Nutrients

- Zinc: oysters, pumpkin seeds, beef, chickpeas
- Magnesium: spinach, almonds, dark chocolate
- Vitamin D: sunlight, salmon, egg yolks
- Healthy fats: olive oil, avocados, nuts (testosterone is made from cholesterol)

? Herbs with some clinical support

- Ashwagandha: reduces stress hormones (cortisol) and can modestly increase testosterone and muscle recovery
- Fenugreek (*Trigonella foenum-graecum*): may raise free testosterone slightly and improve strength
- Tongkat Ali (*Eurycoma longifolia*): supports libido and energy, sometimes increases free testosterone
- Ginger: antioxidant and anti-inflammatory; may boost testosterone production and sperm health

(These effects are modest — they restore balance, not cause unnatural surges.)

I personally recommend 'Tongkat Ali' ??