

ALPHA



TESTOSTERONE SUPPORT*

Contributes to the
Maintenance of Normal
TESTOSTERONE LEVELS*

120
CAPSULES

RECOMMENDED USE: Take one serving daily (4 capsules). Either in the morning or one hour before bedtime.

NUTRITION INFORMATION

Contains 30 servings

Typical Values	Per 4 Caps	% RI*
EFFECTIV OPTI-MALE COMPLEX		
Vitamin D3	1.25µg	25%
Zinc	15mg	150%
Arginine	1000mg	**
D-Aspartic Acid	1000mg	**
Fenugreek Powder	500mg	**
Nettle Leaf Powder	100mg	**
Grape Seed Extract	50mg	**
Citrus Bioflavonoids	50mg	**
Boron	5mg	**
Pumpkin Seed	250mg	**
Broccoli Plant	250mg	**

* % Reference Intake (RI)
** No Established RI

Ingredients: L-Arginine HCl, D-Aspartic Acid, Fenugreek Powder (*Trigonella foenum graecum*), Capsule (Hydroxypropylmethylcellulose, Titanium Dioxide), Nettle Leaf Powder (*Urtica dioica*), Zinc Methionine, Anti-Caking Agent (Magnesium Stearate (Vegetable source)), Grape Seed Extract (*Vitis vinifera*), Citrus Bioflavonoids, Sodium Tetraborate Decahydrate, Silicon Dioxide, Pumpkin Seed Extract (*Cucurbitaceae* seed), Broccoli Plant Extract, Cholecalciferol.

*Zinc contributes to the maintenance of normal testosterone levels in the blood.



Vcaps Suitable for Vegetarians. **Gluten Free.**

Do not exceed recommended daily dosage.
Do not use as a substitute for a varied and balanced diet and a healthy lifestyle.
Store in a cool, dry place. **KEEP OUT OF REACH OF CHILDREN.**

Manufactured in the EU for EFFECTIV NUTRITION

Distributed in the EU by:
EFFECTIV NUTRITION
Unit 4a, Crown Rd, ST1 5NJ
Festival Trade Park, Stoke-on-Trent
+44 (0) 1762 281222

www.EfectivNutrition.com 5 060347 311202

BEST BEFORE DATE & BATCH NUMBER SEE BASE
120 CAPSULES FOOD SUPPLEMENT WITH VITAMINS, MINERALS, AMINOS & HERBS

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SCIENCE BRIEF: TESTOSTERONE AND IT'S ROLE IN THE BODY



WHAT IS TESTOSTERONE?

Testosterone is a well known as the male hormone that is responsible for the development of male sexual characteristics and regulates a number of functions in the body such as sexual development, fat distribution, muscle size and strength.



WHY IS IT IMPORTANT FOR MEN TO MAINTAIN HEALTHY LEVELS?

It is well-established that total testosterone (TT) in men decreases with age and that bioavailable testosterone (bio-T) falls to an even greater extent. Low levels can be attributed to reductions in muscle mass and strength among a decline in other physiological actions.

As part of EFFECTIV's commitment to education we feel it is important for you to understand how your body works
#exerciseyourbrain

