

Common symptoms of hormone imbalance for MEN

For men who feel their get up and go, got up and went, or who are struggling to maintain their youthful vigor and appearance, testosterone imbalance may be to blame.

Testosterone imbalance in men may lead to:

- Fatigue, lethargy and lack of motivation.
- Mood swings, anxiety and depression.
- Decline in general well-being, feeling burned out.
- Inability to focus and remember things.
- Insomnia.
- Stubborn weight gain, belly fat and food cravings.
- Frequent illnesses.
- Hair loss.
- Saggy, dry, aging skin.
- Aches, joint pain and longer recovery time from injuries.
- Loss of libido and inability to achieve or maintain an erection.