

Scientific References

1) AR Gene

<https://medlineplus.gov/genetics/gene/ar/>

2) Anti-estrogen diet for men: What to eat and avoid

<https://www.medicalnewstoday.com/articles/323224>

3) Risk Factors of Having High or Low Estrogen Levels in Males

<https://www.healthline.com/health/estrogen-in-men>

4) Does Tribulus Terrestris Really Work? An Evidence-Based Look

<https://www.healthline.com/nutrition/tribulus-terrestris>

5) L-arginine

<https://www.mayoclinic.org/drugs-supplements-l-arginine/art-20364681>

6) Horny goat weed (Epimedium)

<https://www.webmd.com/men/horny-goat-weed-epimedium>