

Check the Claim Before You Buy

A testosterone change is not proof of weight loss.

Ask: same product and dose? Similar people? Actual fat loss compared with a control?

Product name / exact advertising claim / serving size

Study URL / formula and dose / participants / duration

What was measured? Was there a relevant comparison group?

Full ingredient list / other supplements / medication questions

What is still unknown? What should I ask my clinician or pharmacist?

This worksheet cannot diagnose low testosterone or establish that a product is safe.

Context: primeformen.com/testosterone-boosters-and-weight-loss/

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A Two-Week Starting Plan

Choose a repeatable habit. Two weeks is a setup period, not a hormone test.

Use only when intentional weight loss is appropriate. Adapt with your care team.

Starting routine / main obstacle / optional consistent measurements

One food change / manageable movement / sleep opportunity

Week 1: what I repeated / barriers / optional weight observations

Week 2: what I repeated / barriers / optional weight observations

Next step: continue, simplify or seek professional support

Persistent symptoms deserve assessment regardless of changes in weight.

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