

Your milk label checklist

Choose a drink for nutrition, taste and tolerance.

No milk is a treatment for low testosterone.

1. Compare the same serving size on each carton.
2. Record protein per serving and the protein in your whole meal.
3. Compare added sugar; unsweetened products may suit your goal.
4. Check calcium and vitamin D; do not assume all drinks are fortified.
5. Read the allergen statement. Skip almond milk with almond allergy.
6. Check storage instructions and shake if the carton directs you to.
7. Homemade almond milk may lack added calcium and vitamin D.
8. If replacing dairy, consider what the rest of your diet supplies.

Persistent symptoms? Discuss evaluation with a clinician.

Symptoms alone do not diagnose a testosterone deficiency.

Product / serving size / protein / added sugar

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Calcium / vitamin D / allergens / storage

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My meal protein source and next shopping choice

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