



THE COMPLETE MEN'S SUPPLEMENT GUIDE

Your Comprehensive Resource for Optimizing Testosterone, Energy, Performance & Vitality

Inside This Guide:

Detailed Product Briefs for Each Supplement

The Science Behind Key Ingredients

Finding the Right Products for Your Goals

Recommended Supplement Stacks

Maximizing Your Results

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A MESSAGE FROM OUR FOUNDER

"I built Live Anabolic for men like my dad."

My name is **Joe LoGalbo**, and I want to share something personal with you.

I watched my father—a man who had always been **strong, capable, and full of life**—slowly lose his edge as the years went by. The energy that used to fuel his days started fading. The strength he'd built over decades began slipping away. And the spark in his eyes? It dimmed. Like so many men, he was told this was just *"part of getting older."* That he should accept it. Slow down. Settle.

And then I lost him. **My father took his own life.**

That moment *shattered* me. But it also lit a fire in me that has never gone out.

I made a promise to myself that I would do everything in my power to help other men **avoid that same fate**. I dove into the research. I studied the science of male hormones, talked to doctors and researchers, and discovered that **the decline men experience isn't inevitable**—it's addressable. With the right support, men don't have to watch themselves fade. They can *fight back*. They can thrive. They can stay strong for the people who need them most.

That's why I created **Live Anabolic**.

WHAT "LIVE ANABOLIC" MEANS

The word "**anabolic**" means *building up*. It's the opposite of breaking down, shrinking back, or wasting away. When you **Live Anabolic**, you commit to a lifestyle of constant growth—physically, mentally, and spiritually. It means **never settling**. Never accepting decline as your destiny. It means waking up every single day with the determination to become a *better man* than you were yesterday—**for yourself, for your family, and for everyone counting on you**.

Every supplement in this guide was formulated with **one mission**: to give men over 40 the tools they need to *reclaim their vitality, rebuild their strength, and reignite their drive*. These aren't generic formulas churned out by some faceless corporation. Every ingredient was chosen because **the science backs it up**—and because I wish I could have given them to my father.

The truth is that the best years of your life **don't have to be behind you**. Age is just a number—and with the right mindset, the right habits, and the right support, you can be stronger in your second half of life. You deserve to wake up with *energy*, to look in the mirror with *pride*, and to show up for your family as the **best version of yourself**.

That's what Live Anabolic is all about. And that's what this guide will help you achieve.

Always growing,

Joe LoGalbo

Founder, Live Anabolic

ANABOLIC RELOAD

Daytime Free Testosterone Optimizer | Best Seller

THE PROBLEM: Low Free Testosterone

Your body makes testosterone, but **most of it gets locked up** by proteins in your blood and can't be used. It's **FREE testosterone**—the unlocked kind—that actually builds muscle, burns fat, gives you energy, and fuels your drive. As men age, free testosterone drops *even faster* than total testosterone.



THE SOLUTION

Anabolic Reload contains **three patented ingredients** designed to support **FREE testosterone**—the kind your body can actually use. Instead of just boosting a number on a lab test, this formula targets the testosterone that **makes you feel like a man**—giving you real results you can feel.

THE SCIENCE

- **Free T matters most:** Research shows *free testosterone predicts how you'll feel* better than total testosterone
- **Fenugreek works:** Multiple studies prove fenugreek extract significantly boosts testosterone in men
- **Keeps more T available:** Fenugreek helps *block the enzymes that break down testosterone*—so you keep more
- **Real results:** In an 8-week study, men taking fenugreek *boosted free T, got stronger, and lost body fat*

KEY BENEFITS

- ✓ Supports **free testosterone**
- ✓ Promotes *lean muscle growth*
- ✓ Enhances energy and stamina
- ✓ Supports healthy **libido**
- ✓ Boosts *strength and power*
- ✓ Improves body composition

BEST FOR: Men wanting to **boost their usable testosterone** for muscle building, energy, and vitality. *The perfect foundation for daytime testosterone support.*

→ Ready to try ANABOLIC RELOAD? [Click here to order now](#)

ANABOLIC RELOAD PM

Overnight Testosterone Booster & Deep Sleep Support

THE PROBLEM: Poor Sleep Sabotaging Your Testosterone

Your body makes **most of its testosterone while you sleep**—especially during deep sleep. Bad sleep directly kills your T-levels, recovery, and muscle-building. Studies show men who sleep less than 5 hours have **way lower testosterone** than those getting 7-8 hours.



THE SOLUTION

Anabolic Reload PM helps you achieve **deep 'anabolic sleep'** while supporting *overnight testosterone production* and muscle recovery. This nighttime formula works while you rest, helping your body do what it needs to do while you're asleep.

THE SCIENCE

- **T peaks during sleep:** Your testosterone is *highest during deep sleep* and early morning
- **Sleep loss kills T:** Getting only 5 hours of sleep drops testosterone by 10-15%
- **Growth hormone too:** Deep sleep is when *growth hormone spikes*, working with testosterone to rebuild muscle
- **Better sleep quality:** Ingredients help you get deeper, more restorative sleep so you wake up recharged

KEY BENEFITS

- ✓ Supports **deep sleep**
- ✓ Enhances *overnight recovery*
- ✓ Supports nighttime T production
- ✓ Promotes healthy **libido**
- ✓ Wake feeling *refreshed*
- ✓ Pairs with daytime Reload

BEST FOR: Men **struggling with sleep** or wanting to *boost overnight testosterone* and recovery. Perfect paired with daytime Anabolic Reload.

→ Ready to try ANABOLIC RELOAD PM? [Click here to order now](#)

TESTOGREENS MAX

Testosterone + Estrogen Metabolism Support | Top Seller

THE PROBLEM: Testosterone-Estrogen Imbalance

As men age, your body starts **turning testosterone into estrogen**—the female hormone. This creates a double problem: your testosterone drops AND *estrogen rises*. Too much estrogen leads to **belly fat**, low energy, mood swings, and can even cause men to develop breast tissue.

THE SOLUTION

TestoGreens MAX features the patented **Tesnor®**—a powerful blend of pomegranate and cocoa extracts—proven to *help your body make more testosterone* while blocking the conversion to estrogen. Combined with **DIM** to help flush out excess estrogen and **Bioperine** for better absorption, this is our most complete testosterone formula. *Megadose for maximum impact.*



THE SCIENCE

- **Tesnor® 56-day study:** Men taking Tesnor showed *significant increases in both free and total testosterone* compared to those taking a placebo
- **Blocks estrogen conversion:** Tesnor stops your body from turning testosterone into estrogen—so you keep more of what you produce
- **DIM** helps your body *flush out excess estrogen* through natural detox pathways
- **Real strength gains:** Men in the Tesnor studies got *measurably stronger grip strength and bigger arms* vs placebo
- **More is better:** Studies showed higher doses delivered even better results for testosterone and strength

KEY BENEFITS

- ✓ Boosts **free and total T**
- ✓ *Blocks estrogen* conversion
- ✓ Helps flush excess estrogen
- ✓ Increases **real strength**
- ✓ Enhanced *absorption*
- ✓ Contains DIM for balance

BEST FOR: Men seeking **complete testosterone support with estrogen control**. *Ideal for those with stubborn belly fat, low energy, or signs of too much estrogen. Consider megadosing for faster results.*

→ Ready to try TESTOGREENS MAX? [Click here to order now](#)

TESTOREDS MAX

Testosterone-Boosting Antioxidant Reds Formula

THE PROBLEM: Cell Damage & Slow Recovery

Hard workouts, daily stress, and aging all create **damage to your cells** that slows down recovery. This damage can also *mess with testosterone production*. Eating fruit gives you antioxidants to fight this, but fruit sugar can spike your blood sugar—**not what you want when trying to stay lean**.



THE SOLUTION

TestoReds MAX delivers **17 fruits, antioxidants, and herbs** including a proven dose of Longjack (Tongkat Ali) combined with grape and tart cherry extracts. You get *powerful recovery benefits without the sugar spike*.

THE SCIENCE

- **Tongkat Ali works:** A review of multiple studies found it *significantly improves testosterone* in men
- **Lowers stress, raises T:** Tongkat Ali studies showed 16% less cortisol (stress hormone) and **37% more testosterone**
- **Stronger in 12 weeks:** Older men taking 200mg Tongkat Ali daily *got measurably stronger*
- **Faster recovery:** Tart cherry has been shown to reduce muscle soreness after tough workouts

KEY BENEFITS

- ✓ Supports **testosterone**
- ✓ Boosts *energy and stamina*
- ✓ Speeds muscle recovery
- ✓ Powerful **antioxidants**
- ✓ *No sugar spikes*
- ✓ Proven Longjack dose

BEST FOR: Men wanting **testosterone support plus faster recovery**. *Great for active guys who train hard and need to bounce back quicker.*

→ Ready to try TESTOREDS MAX? [Click here to order now](#)

TESTOCHEWS

Anabolic Candy for Men | Stress & Cortisol Support

THE PROBLEM: Stress Is Killing Your Testosterone

Here's a simple truth: **when stress goes up, testosterone goes down**. They work like a seesaw. Modern life drowns us in stress: work, money worries, bad sleep. This keeps your stress hormone (cortisol) *stuck on high*, which **directly shuts down testosterone production**.



THE SOLUTION

TestoChews are the **first anabolic 'candy' for men**. Each delicious chew delivers a powerful 750mg dose of Ashwagandha—an ancient herb that's been used for 8,000 years and is now *proven by modern science* to crush cortisol and support healthy testosterone.

THE SCIENCE

- **Boosts T levels:** Men taking ashwagandha had *15% higher testosterone* than those who didn't
- **Crushes cortisol:** Morning stress hormone levels dropped by 66-67% vs only 2% for placebo
- **Calms your stress system:** Ashwagandha helps *turn down your body's stress response* at the source
- **Safe long-term:** A 12-month study showed major cortisol reduction with zero side effects

KEY BENEFITS

- ✓ Supports **stress response**
- ✓ Promotes **strength**
- ✓ Helps *lower cortisol*
- ✓ *Tastes great*
- ✓ Supports testosterone
- ✓ 750mg ashwagandha

BEST FOR: Stressed-out men who want an easy way to manage cortisol and support testosterone. *Perfect for busy guys dealing with daily stress.*

→ Ready to try TESTOCHEWS? [Click here to order now](#)

ANABOLIC B.L.A.K.

Bioactive Libido-Activating Kinetics | Elite Performance

THE PROBLEM: Feeling Like You Are Losing Your Edge

As men hit their 40s, 50s, and beyond, many feel like they're **slowly fading**—energy drops, *sex drive disappears*, workouts get harder, and recovery takes forever. It's not just one thing. It's a combination of hormones, stress, blood flow, and energy all working against you.

THE SOLUTION

Anabolic B.L.A.K. combines **four powerful 'black' ingredients**: Shilajit, Black Maca, Black Ginger, and Black Musali. These have been used for *thousands of years* by men seeking vitality—and now modern science shows **why they work**.



THE SCIENCE

- **Shilajit:** In a 90-day study, men saw *20% higher total testosterone and 19% higher free testosterone*
- **Black Maca:** A 12-week study showed major improvement in sex drive—even without changing hormone levels
- **Cellular energy:** Shilajit contains *40+ minerals that help your cells produce more energy*
- **Black Maca stands out:** The black variety works better than other colors for male performance

KEY BENEFITS

- ✓ Crushes **cortisol**
- ✓ Fires up *libido*
- ✓ Boosts testosterone
- ✓ Improves **blood flow**
- ✓ More *cellular energy*
- ✓ Four black ingredients

BEST FOR: Men who feel like they are **losing their edge**—low energy, weak bedroom performance, or just not feeling like themselves anymore. *A complete formula for total male vitality.*

→ Ready to try ANABOLIC B.L.A.K.? [Click here to order now](#)

ANABOLIC PRIME

Complete Sexual Health & Performance Support | Top Seller

THE PROBLEM: Bedroom Performance Declining

Erection quality, stamina, and sex drive all tend to **drop with age**. The causes are usually fixable: *poor blood flow*, hormone changes, stress, and your body making less nitric oxide (the molecule that makes erections happen). These all combine to hurt your **confidence in the bedroom**.



THE SOLUTION

Anabolic Prime was **built specifically** for men who want to *take back their sexual health* and perform at their best. Every ingredient was chosen based on real research showing it helps with **erection quality, drive, and stamina**—especially for men 40 and up.

THE SCIENCE

- **Nitric oxide = erections:** NO relaxes blood vessels so *more blood can flow where it needs to go*
- **Proven results:** Studies on NO-boosting ingredients showed longer and stronger nighttime erections
- **L-citrulline works:** Research shows it *improves erection hardness* in men with mild issues
- **Two-part approach:** You need both hormone support AND better blood flow for best results

KEY BENEFITS

- ✓ Supports **erection quality**
- ✓ Enhances *stamina*
- ✓ Boosts sex drive
- ✓ Improves **blood flow**
- ✓ Builds *confidence*
- ✓ Made for men 40+

BEST FOR: Men who want to **improve erection quality, stamina, and sex drive**. *Ideal if you've noticed things aren't what they used to be in the bedroom.*

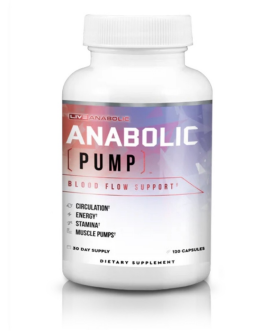
→ Ready to try ANABOLIC PRIME? [Click here to order now](#)

ANABOLIC PUMP

Blood Flow & Circulation Optimizer

THE PROBLEM: Poor Blood Flow Holding You Back

Blood flow is **the foundation of everything**—gym performance, bedroom performance, energy, even how sharp your brain is. As we age, our blood vessels get *stiffer*, we make less nitric oxide, and circulation gets worse. This shows up as weak pumps in the gym, afternoon energy crashes, and **poor performance everywhere**.



THE SOLUTION

Anabolic Pump helps your blood vessels **relax and open up** by boosting nitric oxide naturally. This means *more oxygen and nutrients* get delivered throughout your body. Better energy, improved stamina, bigger pumps—**benefits for both the gym and the bedroom**.

THE SCIENCE

- **Nitric oxide opens blood vessels:** This lets *more blood flow to your muscles* when you need it
- **L-citrulline converts to NO:** Your body turns citrulline into nitric oxide, which relaxes blood vessels
- **Better performance:** Studies show NO boosters *improve both endurance and power output*
- **Heart health bonus:** Improved circulation also helps maintain healthy blood pressure

KEY BENEFITS

- ✓ Improves **blood flow**
- ✓ Boosts *nitric oxide*
- ✓ Better gym pumps
- ✓ All-day **energy**
- ✓ Healthy *blood pressure*
- ✓ Helps gym AND bedroom

BEST FOR: Active men who want **better pumps, better circulation, and all-day energy**. A *great add-on to any stack*.

→ Ready to try ANABOLIC PUMP? [Click here to order now](#)

ANABOLIC SHRED

Daytime Thermal Fat Burner

THE PROBLEM: Stubborn Fat That Will Not Budge

As you get older, your metabolism **slows down** and your body gets really good at *storing fat*—especially around your belly. Carbs that used to give you energy now seem to go straight to your gut. And as testosterone drops, it gets even harder to keep the muscle that helps you **burn calories**.



THE SOLUTION

Anabolic Shred contains **glucose disposal agents** that help your body *use carbs for energy* instead of storing them as fat. The formula also helps preserve lean muscle while you're burning fat—so you don't lose the muscle that keeps your metabolism running hot.

THE SCIENCE

- **Glucose disposal agents:** Help push carbs *into your muscles for energy* instead of storing as fat
- **Thermogenic effect:** Certain ingredients help speed up your metabolism so you burn more calories
- **Protect your muscle:** Supporting testosterone while dieting helps you *keep the muscle you've built*
- **Metabolism slows with age:** Your body burns 2-8% fewer calories each decade after age 20

KEY BENEFITS

- ✓ Supports **fat burning**
- ✓ Supports **testosterone**
- ✓ Uses *carbs for energy*
- ✓ Boosts *daytime energy*
- ✓ Preserves lean muscle
- ✓ Targets stubborn fat

BEST FOR: Men looking to **burn fat without losing muscle**. *Perfect for guys fighting stubborn belly fat.*

→ Ready to try ANABOLIC SHRED? [Click here to order now](#)

ANABOLIC SHRED PM

Overnight Fat Burner | Stimulant-Free

THE PROBLEM: You Stop Burning Fat When You Sleep

Most guys only focus on burning fat during the day—workouts, eating right, maybe a morning fat burner. But your body **keeps burning calories at night too**. The problem? Regular fat burners have caffeine that would *keep you awake*. And bad sleep kills your testosterone and recovery.



THE SOLUTION

Anabolic Shred PM is a **stimulant-free nighttime formula** that helps your body *burn fat while you sleep*. Now you get 24-hour fat burning without messing up your sleep. Pairs perfectly with daytime Anabolic Shred for **round-the-clock results**.

THE SCIENCE

- **Your resting metabolism matters:** You burn *60-75% of your daily calories just existing*—even while sleeping
- **Bad sleep hurts fat loss:** Not getting enough sleep makes your body burn less fat and lose more muscle
- **No caffeine needed:** Special ingredients can *boost metabolism without keeping you awake*
- **Burn fat overnight:** The right nutrients help your body use more fat for fuel while you rest

KEY BENEFITS

- ✓ Burns fat **while you sleep**
- ✓ *Zero stimulants*
- ✓ Won't mess up sleep
- ✓ 24-hour **fat burning**
- ✓ Pairs with *daytime Shred*
- ✓ Supports metabolism

BEST FOR: Men who want **fat burning that doesn't stop at bedtime**. *The perfect partner to daytime Anabolic Shred.*

→ Ready to try ANABOLIC SHRED PM? [Click here to order now](#)

ANABOLIC BURN

Daily GLP-1 Support & Appetite Control

THE PROBLEM: Cravings Destroying Your Progress

You've probably heard about those new GLP-1 weight loss drugs. They work, but here's the problem: **a lot of the weight you lose is muscle, not just fat**. For men over 40, *losing muscle is terrible*—it slows your metabolism even more and speeds up aging.

THE SOLUTION

Anabolic Burn is a **natural, drug-free formula** that helps your body's own GLP-1 system work better—*controlling appetite and cravings while protecting your muscle*. You get the appetite control benefits **without the muscle-wasting side effects** of the drugs.



THE SCIENCE

- **GLP-1 is natural:** Your body already makes this hormone to *control hunger and blood sugar*
- **The drug problem:** Studies show GLP-1 drugs can cause you to lose 25-40% of your weight as muscle—not fat
- **Natural support:** Certain ingredients can *help your body's GLP-1 work better* without drug side effects
- **Muscle matters:** Keeping your muscle while losing fat is the key to keeping weight off long-term

KEY BENEFITS

- ✓ Supports **natural GLP-1**
- ✓ Controls *cravings*
- ✓ Protects muscle mass
- ✓ Burns **fat**
- ✓ *No drugs*
- ✓ Steady energy

BEST FOR: Men who want **appetite control and fat burning without losing muscle**. *The natural alternative to GLP-1 drugs.*

→ Ready to try ANABOLIC BURN? [Click here to order now](#)

3. RECOMMENDED STACKS

Combining complementary supplements into a **'stack'** creates *synergistic effects* that amplify your results. Here are our recommended 3-product stacks by goal:

THE MUSCLE BUILDER

Best For: Men focused on building lean muscle and strength

PRODUCT	ROLE
Anabolic Reload	Optimizes free testosterone
TestoGreens MAX	Boosts total T + manages estrogen
Anabolic Pump	Blood flow for pumps & recovery

THE FAT SHREDDER

Best For: Men wanting to burn fat while preserving muscle

PRODUCT	ROLE
Anabolic Shred	Daytime fat burning
Anabolic Burn	Appetite control + muscle preservation
Anabolic Shred PM	24-hour metabolism support

THE TESTOSTERONE OPTIMIZER

Best For: Men experiencing low T symptoms

PRODUCT	ROLE
TestoGreens MAX	Total T + estrogen metabolism
Anabolic Reload	Free testosterone optimization
Anabolic B.L.A.K.	Cortisol management + T support

THE PERFORMANCE ELITE

Best For: Men maximizing bedroom performance

PRODUCT	ROLE
Anabolic Prime	Sexual health support
Anabolic B.L.A.K.	Libido + blood flow
TestoGreens MAX	Testosterone for drive & stamina

THE ENERGY MAXIMIZER

Best For: Men battling fatigue and low motivation

PRODUCT	ROLE
Anabolic Pump	All-day energy via circulation
TestoReds MAX	Energy + T support
Anabolic B.L.A.K.	Cortisol control + vitality

THE RECOVERY POWERHOUSE

Best For: Men prioritizing sleep and recovery

PRODUCT	ROLE
Anabolic Reload PM	Deep sleep + overnight recovery
Anabolic Reload	Daytime T optimization
TestoReds MAX	Recovery + antioxidants

4. MAXIMIZING YOUR RESULTS

Consistency Is Everything

Most supplements require **consistent daily use** for optimal results. Clinical studies typically show meaningful results after *4-12 weeks*. Commit to at least 60-90 days before evaluating.

Prioritize Sleep

Sleep is when your body produces **testosterone and growth hormone**. Aim for *7-9 hours of quality sleep*. Consider Anabolic Reload PM if sleep is a challenge.

Manage Stress

Chronic stress elevates cortisol, **suppressing testosterone**. *TestoChews and Anabolic B.L.A.K.* help, but also incorporate stress-management practices.

Stay Active

Resistance training naturally supports testosterone. Even *2-3 workouts per week* amplifies your supplement results significantly.

Optimize Diet

Zinc, magnesium, vitamin D, and healthy fats are **essential for hormone production**. *Minimize processed foods, excess sugar, and alcohol.*

Questions? Our customer service team is here to help you find the *perfect supplements* for your goals!

Email us: support@liveanabolic.com