

# Balancing Testosterone Levels: blocking of 5- $\alpha$ reductase



## Foods that block 5- $\alpha$ Reductase Activity

- ◆ Green Tea
- ◆ Flaxseed (Lignans)
- ◆ Soy Isoflavones
- ◆ Fatty Fish (Omega-3 Fats)

## Herbal Remedies that block 5- $\alpha$ Reductase

- ◆ Saw Palmetto (*Serenoa repens*)
- ◆ Stinging Nettle Root (*Urtica dioica*)
- ◆ Chaste Tree Berry (*Vitex agnus-castus*)
- ◆ Black Cohosh (*Actaea racemosa*)
- ◆ Pygeum (*Pygeum africanum*)

## Nutrients/Phytonutrients that block 5- $\alpha$ Reductase

- ◆ Quercetin
- ◆ Omega-3 Fish Oils
- ◆ Krill (Astaxanthin)
- ◆ Beta-Sitosterols
- ◆ L-Lysine
- ◆ Rice Bran

## References:

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