

MEN'S BOOST CHALLENGE!

10 PROVEN WAYS FOR MEN TO SUPERCHARGE!

MAXIMIZE YOUR PERFORMANCE, TESTOSTERONE, VITALITY, ENERGY & LIFE TO FEEL STRONGER, SHARPER, AND MORE CONFIDENT!



TAKE TESTOSTERONE BOOST - DAILY!



Lifting weights + Testosterone boost supplementation is essential! Correcting mineral deficiencies can significantly improve male hormone boost and performance and **OXFORCE Ultra Testosterone** contains critical minerals of Zinc & Magnesium + 5 critical ingredients with Tribulus Terrestris, Horny Goat Weed, Tongcat Ali, Hawthorn and Saw Palmetto to greatly propel your Testosterone boost!

Subscribe + Save 15%
Code: **MENSDAILY**
PrimeBrands.com



TAKE MEN'S VITAMINS & MINERALS - DAILY!



You need Vitamins and Minerals every single day to fuel your energy, sharpen focus, boost immunity, support strong muscles and overall health! Without them, you can't perform at your peak. That's why **PRIME DAILY - Mens Multi-Vitamins & Minerals + Masculine Boost** with 35 key ingredients focused on Men to enhance your life and perform your best every day!

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LIFT HEAVIER WEIGHTS!

Strength training is very effective at energy, confidence, mood, body layout and natural testosterone boost! Focus on compound lifts: Deadlifts, Squats, Bench Press, Pullups and Arm Curls to schedule training 3 - 4 sessions per week with strong sets of 6-10 reps which range with intensity!



GET OUTDOORS!

The outdoors are important in life! Even for 15–30 minutes of sunlight for natural Vitamin D for improved mood and better testosterone support. Spend this time walking or jogging outside and breathe fresh air! Walking barefoot on the grass or sand can also help you naturally connect with the earth!



RELAX & MEDITATE!

Relaxing is easy! Chronic stress raises cortisol, which reduces sleep quality, focus and testosterone. Start with 10 minute meditation then advance to 15+ minutes. Clear your mind, breathe slow - in through the nose, out through the mouth. Put the phone away and give your mind space to reset!



REDUCE EXCESS BODY FAT!

More body fat = more estrogen = lower testosterone. Losing even 5–10% of body weight, especially around the belly, can significantly improve hormonal testosterone balance, improved mood and confidence! Reducing unwanted fat isn't just a goal—it's your gateway to superior health & performance!



REDUCE ALCOHOL!

Alcohol provides minimal benefit and often leads to low mood and poor next-day performance. Beer contains phytoestrogens that can lower testosterone. (21+) Limit intake to less than 5 drinks per week or reserve it for limited occasions. Alcohol increases weight and reduces sleep and focus!



END SHOWERS WITH COLD EXPOSURE!

Finish your shower with 30–60 seconds of cold water. Studies show that brief cold exposure can naturally boost testosterone by increasing luteinizing hormone (LH), improve circulation, support immunity, fat burning and enhanced alertness and mood. Gradually increase exposure as you adapt.



PRIORITIZE DEEP, CONSISTENT SLEEP!

Sleep is crucial for mood, mental clarity, daily energy, focus and natural boosting Testosterone! Aim for 7-9 hours each night. Just one night of 5 hours can drop T levels by 10–15%. Avoid television & phone screens 1 hour before bed and don't eat 2 hours before sleeping!



JOIN / CREATE MISSIONS & CHALLENGES!

Positivity and movement are essential for growth! Building relations with others who can focus on missions, challenges and goals are key to build strength and purpose in life with friends & family! You can also join THIS CHALLENGE at GreatCauses.com



I ACCEPT THESE CHALLENGES!

Signature

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YOU ARE WHAT YOU CONSUME!

MEN'S DAILY NEEDS WITH BOOSTERS!



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Regular: \$24.99

OXFORCE™

ULTRA TESTOSTERONE

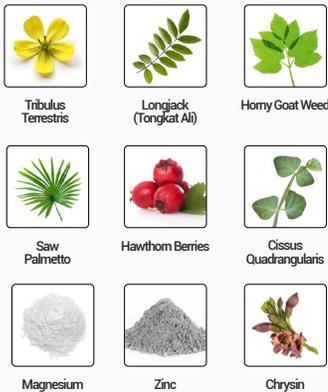
MASCULINE BOOST!



Testosterone Booster Lean Muscle & Strength Energy & Stamina Vitality & Performance

9 ESSENTIAL INGREDIENTS FOR ULTRA MALE POTENTIAL & MASCULINE BOOST!

9 MASCULINE BOOST



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PRIME DAILY

MEN'S MULTI-VITAMINS, MINERALS

+ MASCULINE BOOST!



Masculine Boost Hair, Nails & Skin Energy & Stamina Vitality & Performance

35 ESSENTIAL INGREDIENTS FOR MEN'S DAILY HEALTH & MASCULINE BOOST!

20 ESSENTIAL VITAMINS & MINERALS

Vitamin A	Thiamin	Folate	Calcium	Copper
Vitamin C	Riboflavin	Vitamin B12	Magnesium	Manganese
Vitamin D	Niacin	Biotin	Zinc	Chromium
Vitamin E	Vitamin B6	Pantothenic Acid	Selenium	Molybdenum

4 MASCULINE BOOST



4 IMMUNE SUPPORT



7 ANTIOXIDANT & ENERGY



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GREAT SEA NATURALS

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BRAIN & BODY BOOST!



Brain Health Heart Health Eye Support



Skin Nourish Joint Support Improved Sleep

ESSENTIAL BRAIN & BODY OIL



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SMOOTH LEMON TASTE

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CANCEL ANYTIME BUT WE KNOW YOU'LL NEED THEM!

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