



DECREASED LÍBIDO

A decline in sexual desire in men is directly associated with falling testosterone levels and alterations in the male hormonal axis (DAEM). Testosterone acts on the central nervous system by modulating the neurotransmitters responsible for drive, motivation, and self-confidence. Factors such as chronic stress (elevated cortisol levels), increased visceral fat (conversion of testosterone into estrogen via aromatase), and lifestyle choices reduce the free fraction of this hormone, thereby affecting libido and sexual function.

COMMON SYMPTOMS

- Marked decrease in sexual desire and interest (libido)
- Difficulty achieving an erection or reduced ability to maintain one
- Lack of motivation, low mood, anxiety, and loss of self-confidence
- Constant fatigue, asthenia, and reduced physical strength or muscle mass

**RESTAURAR EL DESEO SEXUAL, LA
MOTIVACIÓN Y LA VITALIDAD
MASCULINA.**

