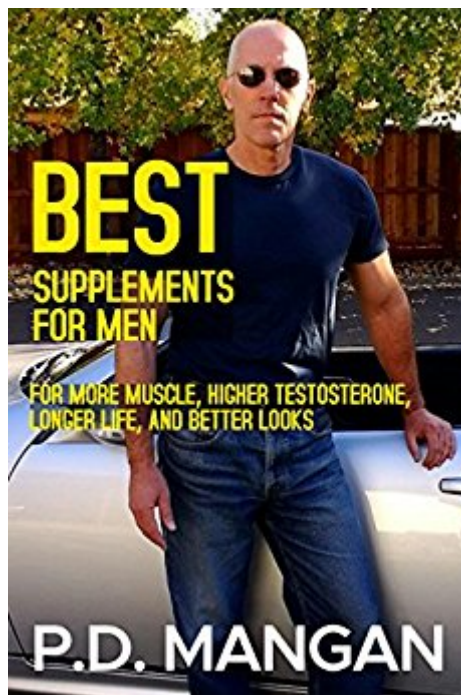




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# Best Supplements For Men: For More Muscle, Higher Testosterone, Longer Life, And Better Looks



## Synopsis

In *Best Supplements for Men*, P. D. Mangan shows how widely available and inexpensive over-the-counter supplements can help grow muscle, boost testosterone, help you live longer, and improve your looks. Written in jargon-free style, the book provides scientific evidence for each supplement's efficacy and safety, their uses, and how they work, and also tells you what supplements don't work. *Best Supplements for Men* will show you- why muscle growth is essential for health- the two most important factors in getting and keeping muscle- why men's testosterone levels are declining, and what to do about it- how scientists have used simple supplements to fight aging and extend lifespan- why spending a lot of money on supplements isn't necessary- why Big Pharma doesn't want you to know about supplements- how to use supplements to improve a sound diet and exercise program. P. D. Mangan is the author of 6 previous books, and writes at his website, *Rogue Health and Fitness*.

## Book Information

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## Customer Reviews

As always, PD does a great job of getting down to facts and presenting the information. Don't expect a novel, there are not wasted words here - which personally I like.

Great rundown of supplements along with some myth-busting, all delivered with a bit of humor. Bought copies for sons and grandson. Please note that a LOT of the contents are applicable to HUMANS and not just males.

Kind of had to forge my way ahead, lots of statistics and scientific studies jargon became confusing after awhile. I had difficulty remembering what supplement did what.

I don't usually buy books like this, but this one was very helpful for me and I am glad that I did.

Very informative. Great source. One person does all the research for me.

P.D. Mangan doesn't mess around with this book. Each chapter is only as long as it needs to be. He wastes no time telling you exactly what supplements you should be taking for performance and longevity. Perhaps more importantly, he also tells you what supplements you **SHOULDN'T** be taking if you want to stick around for a long time. The end of the book contains page after page of studies backing up his claims. I highly recommend this book to anyone who's intimidated by aisles of products claiming this-and-that health benefits. Even if you're knowledgeable about this topic, after reading this book you will learn exactly which supplements will benefit you the most, and how to get them as cheaply as possible, which will definitely add up over time.

This is the second book I've read of Mangan's (Dumping Iron was the first) and I enjoyed it just as much. Mangan has a knack for writing detailed information but in a way where he cuts to the core of what's really important to know; this results in a book that's not only jam packed with info but is also an easy read that you find yourself absorbing at a steady clip. I loved how **Best Supplements For Men** not only details what you **SHOULD** be taking as a guy but also the baloney to avoid and also how Mangan keeps a focus on what the most economical way is to go about taking the various items he recommends. If you want a no-nonsense approach to what exactly are the important supplementation options for anti-aging and optimal wellness, then I can't recommend this book any higher.

This book is a real gem when it comes to improving your quality of life. P.D. Mangan provides clear, practical advice for how, and with what, to supplement based on a person's individual goals and needs. The author bases all recommendations on sound science and has a fantastic way of tying it all together and ending each part of the book with the recommended practical applications. The book has saved me money by helping me to not spend money on unnecessary supplements and has helped me improve my health and performance by recommending supplements that do work.

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