

# Best Testosterone Boosters for Men Over 40 2025 –Expert Guide & User Insights

For leaders seeking to maintain [cognitive sharpness](#), [boost resilience](#), and [optimize decision-making](#) in high-pressure environments, taking a testosterone booster may be helpful. We worked with a certified nutrition coach to test and evaluate which testosterone boosters stand up to current scientific research and include ingredients that are worthy of investment. We selected the five best testosterone boosters of 2025 based on research, ingredients, and real tester results to ensure effective support for healthy testosterone levels.

## Why Trust Fortune

Medical Disclaimer: This article is not intended to replace the advice of a healthcare or medical professional. For health concerns or medical guidance, contact your healthcare provider.

## Best Testosterone Booster of 2025

- Best Testosterone Booster Overall: [Testosil](#)
- Best Natural Testosterone Booster: [Transparent Labs Vitality](#)
- Best Over the Counter Testosterone Booster: [Roman Testosterone Booster](#)
- Best Testosterone Booster for Muscle Gain: [Testofuel](#)
- Best Testosterone Booster for Males Over 40: [Testoprime](#)

## Best Testosterone Boosters Comparison Table

| Testosterone booster                      | Key Ingredients                                                                                                        | Serving Size | Third-Party Tested |
|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------|--------------------|
| <a href="#">Testosil</a>                  | KSM-66® Ashwagandha, Fenugreek Extract, D-Aspartic Acid, Tribulus Terrestris, Zinc, Magnesium, AstraGin, and more      | 4 capsules   | Yes                |
| <a href="#">Transparent Labs Vitality</a> | KSM-66® ashwagandha, PrimaVie® shilajit, LJ100® Tongkat Ali (Eurycoma longifolia), L-OptiZinc®, DIM (diindolylmethane) | 2 capsules   | Yes                |
| <a href="#">Roman Testosterone</a>        | Ashwagandha, Maca root, Vitamin D3, Zinc, Magnesium, Copper                                                            | 4 capsules   | Yes                |

| Testosterone<br>booster<br>Booster | Key Ingredients                                                                                | Serving<br>Size | Third-Party<br>Tested |
|------------------------------------|------------------------------------------------------------------------------------------------|-----------------|-----------------------|
| Testofuel                          | D-Aspartic Acid, vitamin D3, oyster extract, zinc, magnesium, vitamin K2, vitamin B6, and more | 4 capsules      | Yes                   |
| Testoprime                         | D-Aspartic Acid, KSM-66 Ashwagandha, Fenugreek, Panax ginseng, green tea extract, and more     | 4 capsules      | Yes                   |

Best Testosterone Booster Overall: Testosil

## Testosil

Includes ashwagandha, which may help raise testosterone levels by lowering cortisol

Fortune score **4/5**



### Key product features

- Our thoughts: This formula includes adaptogens and several other unique key ingredients
- Serving Size: Four capsules

- Key Ingredients: Ashwagandha, Fenugreek Extract, D-Aspartic Acid, Tribulus Terrestris, Zinc, Magnesium, AstraGin
- Who it's for: Men looking to boost their testosterone and lower stress

## Pros and Cons

### Our Thoughts on Testosil

As with protein powders or pre-workouts, we paid close attention while evaluating testosterone boosters. We chose Testosil as our best overall testosterone booster because its formula includes multiple key ingredients that have been studied for their relationship to testosterone.

- [KSM-66 Ashwagandha](#) may [raise testosterone](#) levels by reducing stress and improving hormonal balance.
- [Fenugreek Extract](#) may increase both total and free testosterone in men, while potentially boosting energy, strength, and sexual health.
- [D-Aspartic Acid](#) potentially helps increase the body's own testosterone production, which may be especially useful for those experiencing lower levels.



Pete, our team's certified nutrition coach, tested this testosterone booster. He rated it a 5 out of 5 for first impressions. "The label is matte black and easy to read, and the container opens and closes easily," he said.

Our tester rated the ease of reading and following the instructions as a 3 out of 5. Pete noted that the instructions say, "Take one to two servings daily (four to eight capsules). Do not exceed eight capsules in a 24-hour period. Best taken with meals." However, remembering to take two servings per day isn't exactly ideal, so we had to dock the rating a little bit.



Pete rated the side effects a 5 out of 5, noting that he didn't experience any negative side effects after taking the serving size of four pills. That said, some of the ingredients in this product may cause stomach upset. If you have any pre-existing conditions or are prone to negative reactions with supplements, we recommend consulting a doctor before trying Testosil.

Best Natural Testosterone Booster: Transparent Labs Vitality

## Transparent Labs Vitality

Includes adaptogens and herbal extracts for a natural hormone boost

Fortune score **4/5**

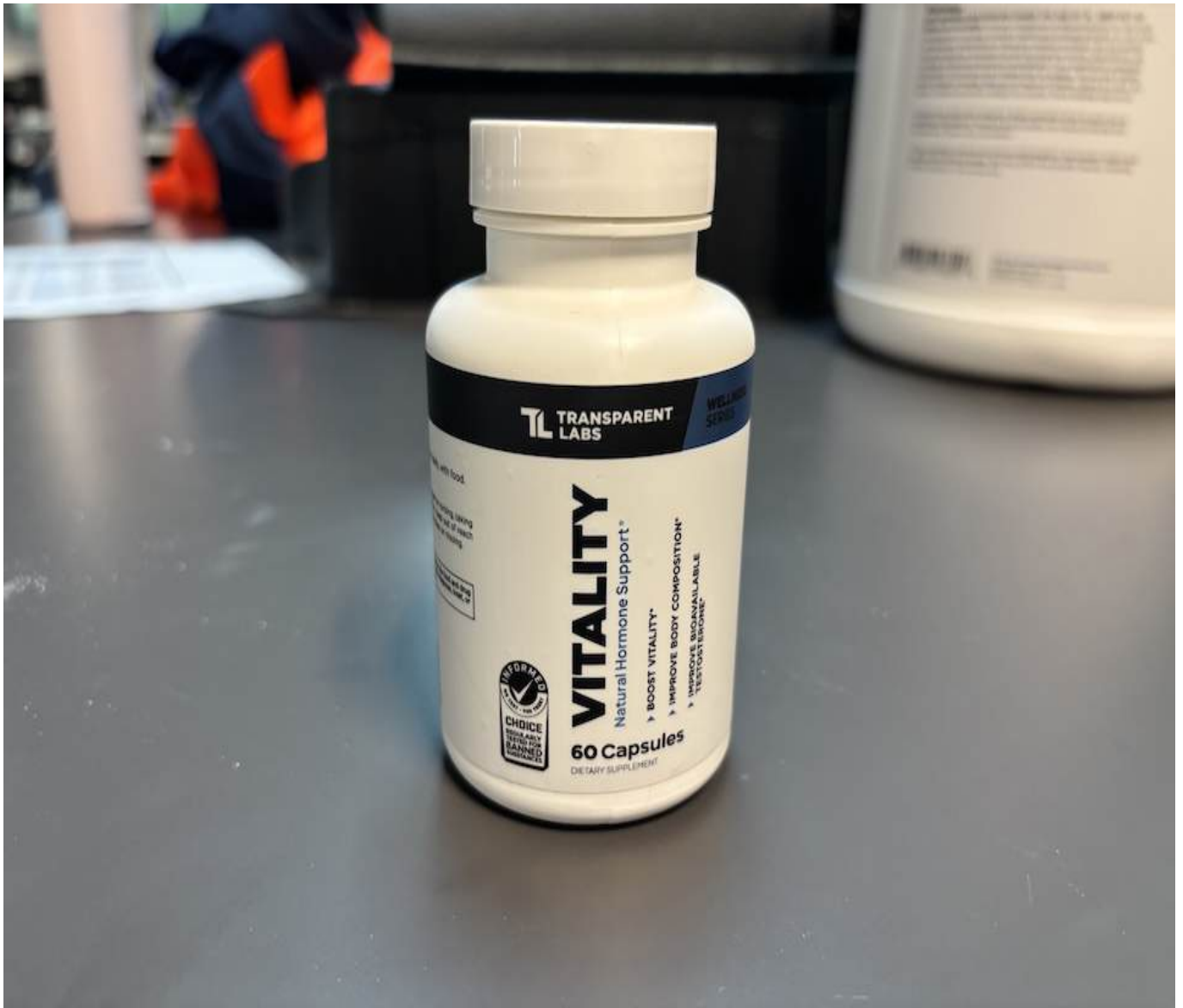
## Key product features

- Our thoughts: We like the two-capsule serving size, making it easy to take
- Serving Size: Two capsules
- Key Ingredients: KSM-66® ashwagandha, PrimaVie® shilajit, LJ100® Tongkat Ali (Eurycoma longifolia), L-OptiZinc®, DIM (diindolylmethane), BioPerine®
- Who it's for: Men looking for cleanly labeled hormone optimization

## Pros and Cons

### Our Thoughts on Transparent Labs Vitality

We selected Transparent Labs Vitality as our pick for the best natural testosterone booster, as it combines ingredients such as [KSM-66® ashwagandha](#), [PrimaVie® shilajit](#), and [Tongkat Ali](#), all of which may help support hormone health. Additionally, we chose this testosterone booster because Transparent Labs stands out for its clear labeling, third-party testing, and transparency, ensuring safety and efficacy of the ingredients. That said, this product isn't ideal for everyone, so always consult a healthcare professional before trying a new supplement.



Pete tested Transparent Labs Vitality, rating it a 5 out of 5 for his first impression. The capsules come in a small, white plastic container. “The off-white label has a matte finish that looks great and is easy to read,” Pete said. “The container opens and closes easily.” Transparent Labs is also incredibly clear with their ingredient lists and third-party testing, which our team loves.

He also rated the instructions and ease of reading them as a 5 out of 5 in this category, saying, “It directs you to take two capsules (one serving) one to two times daily, with food.” The directions are straightforward and helpful, and it’s nice that the serving size is two capsules. Other testosterone boosters tend to involve multiple servings, so Transparent Labs definitely wins for convenience here.



Pete found the capsules easy to swallow. “The capsules are clear and contain a yellow powder. They’re the standard size, about one inch and length and one centimeter wide,” he said. There was no taste to the capsules, and Pete didn’t experience any side effects when trying out this testosterone booster.

Best Over the Counter Testosterone Booster: Roman Testosterone Booster

## Roman Testosterone Booster

A doctor-formulated, hormone-free daily supplement

Fortune score **4/5**



## Key product features

- Our thoughts: We love that this brand offers free shipping and discreet packaging
- Serving Size: Four tablets
- Key Ingredients: D-Ashwagandha, Maca root, Vitamin D3, Zinc, Magnesium, Copper
- Who it's for: Men looking for a convenient, hormone-free option

## Pros and Cons

### Our Thoughts on Roman Testosterone Booster

We chose Roman Testosterone Booster as our pick for the best over the counter testosterone booster. While all of the boosters on this list are available without a prescription, this is one of the few on the market that's formulated by doctors but available over the counter. It also offers hormone-free support with a transparent ingredient profile, including [ashwagandha](#), [maca root](#), [vitamin D3](#), [zinc](#), [magnesium](#), and [copper](#)—ingredients that have been studied for their effects on men's health.

We also like the convenience that Roman offers to its users: free shipping, with flexible monthly and quarterly delivery plans to help you to maintain your routine. Roman also provides discreet packaging and online ordering, making the entire process easy and private for men seeking a simple solution for natural testosterone support.



Pete tested Roman's Testosterone Booster, rating it a 5 out of 5 for his first impression. The supplement comes in a medium-sized, white plastic container. The matte finish label is a dark navy blue, and the text is easy to read. "This booster is travel-friendly and easy to open and close," he said.

Our tester found the instructions easy to read and follow, earning Roman a 5 out of 5 in this category. "It says to take four tablets per day with a full meal," Pete says. "For those with a sensitive stomach, you can split the daily dose into two tablets with lunch and two tablets with dinner," the directions say. We like that Roman provides options to either get your dose in one go or accommodate a sensitive stomach with split doses.

Pete noted that they are compressed pills, and the serving size is four pills. He took them all at one time, noting that “The pills are moderately sized, about one inch in length and one centimeter wide.” He rated the swallowability and the taste both as a 3 out of 5, as he found the pills “earthy and bitter in taste.” This may not be ideal for everyone, especially if you’re taking other supplements at the same time. For men looking for a completely unflavored option with no aftertaste, we recommend Testosil.

### **Best Testosterone Booster for Muscle Gain: Testofuel**

## **Testofuel**

A testosterone booster with maca root to potentially boost stamina and workout performance

Fortune score **3.75/5**



### **Key product features**

- Our thoughts: We like the inclusion of oyster extract for added zinc
- Serving Size: Four capsules

- Key Ingredients: D-Aspartic Acid, vitamin D3, oyster extract, zinc, magnesium, vitamin K2, vitamin B6
- Who it's for: Men looking to gain muscle while also increasing testosterone levels naturally

## Pros and Cons

### Our Thoughts on Testofuel

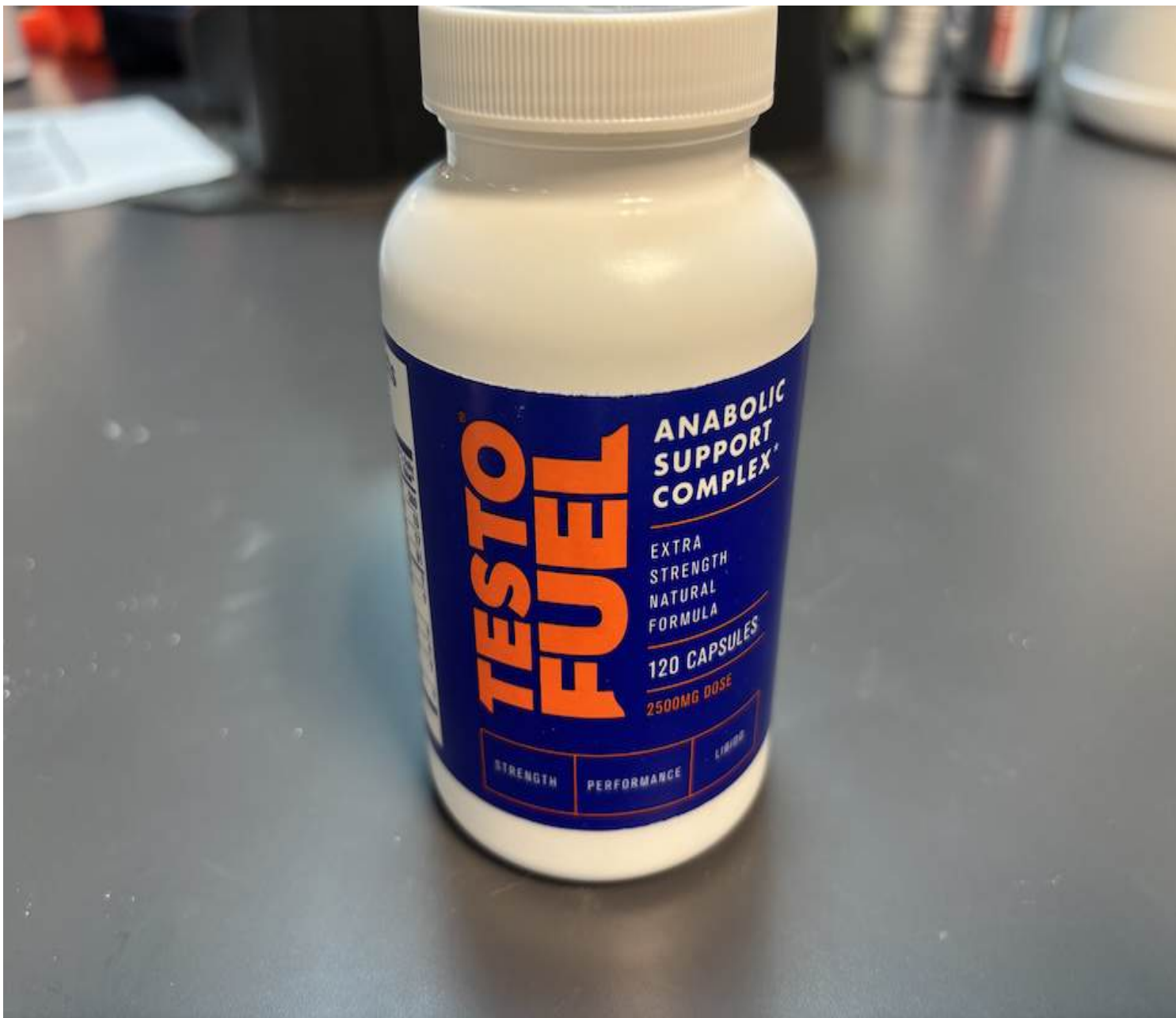
We selected Testofuel as our pick for the best testosterone booster for muscle gain because it combines high doses of D-Aspartic Acid and oyster extract, which may help support both testosterone and muscle growth, especially when combined with resistance training.

[D-Aspartic Acid](#) may help raise testosterone levels and increase muscle mass and strength when taken consistently, over time. However, more clinical trials are needed to create a direct correlation. Similarly, oyster extract provides [zinc](#), which may help support healthy testosterone levels. That said, while this product provides 91% of your daily zinc value, this ingredient alone won't produce muscle gain. It's important to remember that supplementation alone won't build muscle—consistent strength training with progressive overload and a balanced diet are both vital to maximizing your gains.



Pete tested Testofuel, rating it a 5 out of 5 for his first impression. “Testofuel comes in a medium-sized, white plastic container with a blue label. It’s travel-friendly, plus it opens and closes easily,” he said.

He rated the ease of following instructions as a 3 out of 5 as well. “It says to take one capsule four times per day with a meal or snack. For optimum results, it says to take daily and consistently,” Pete says. Unfortunately, taking a pill four separate times throughout the day isn’t exactly convenient for most folks. If you want a single-serving option, we recommend Transparent Labs Vitality.



Pete rated the swallowability of Testofuel as a 3 out of 5. He didn't notice any taste or side effects after taking this supplement. "The recommended serving size is four capsules per day," he said. "And the pills are clear white capsules with an off-white powder inside."

## Wanting to gain muscle?

We recommend browsing the [best creatine supplements](#), as these are among the most-researched products for muscle growth and strength gain.

Best Testosterone Booster for Males Over 40: Testoprime

# Testoprime

A daily testosterone supplement taken at breakfast

Fortune score **4/5**



## Key product features

- Our thoughts: There are multiple discounts available from the brand to make this testosterone booster more affordable
- Serving Size: Four capsules
- Key Ingredients: D-Aspartic Acid, KSM-66 Ashwagandha, Fenugreek, Panax ginseng, green tea extract, and more

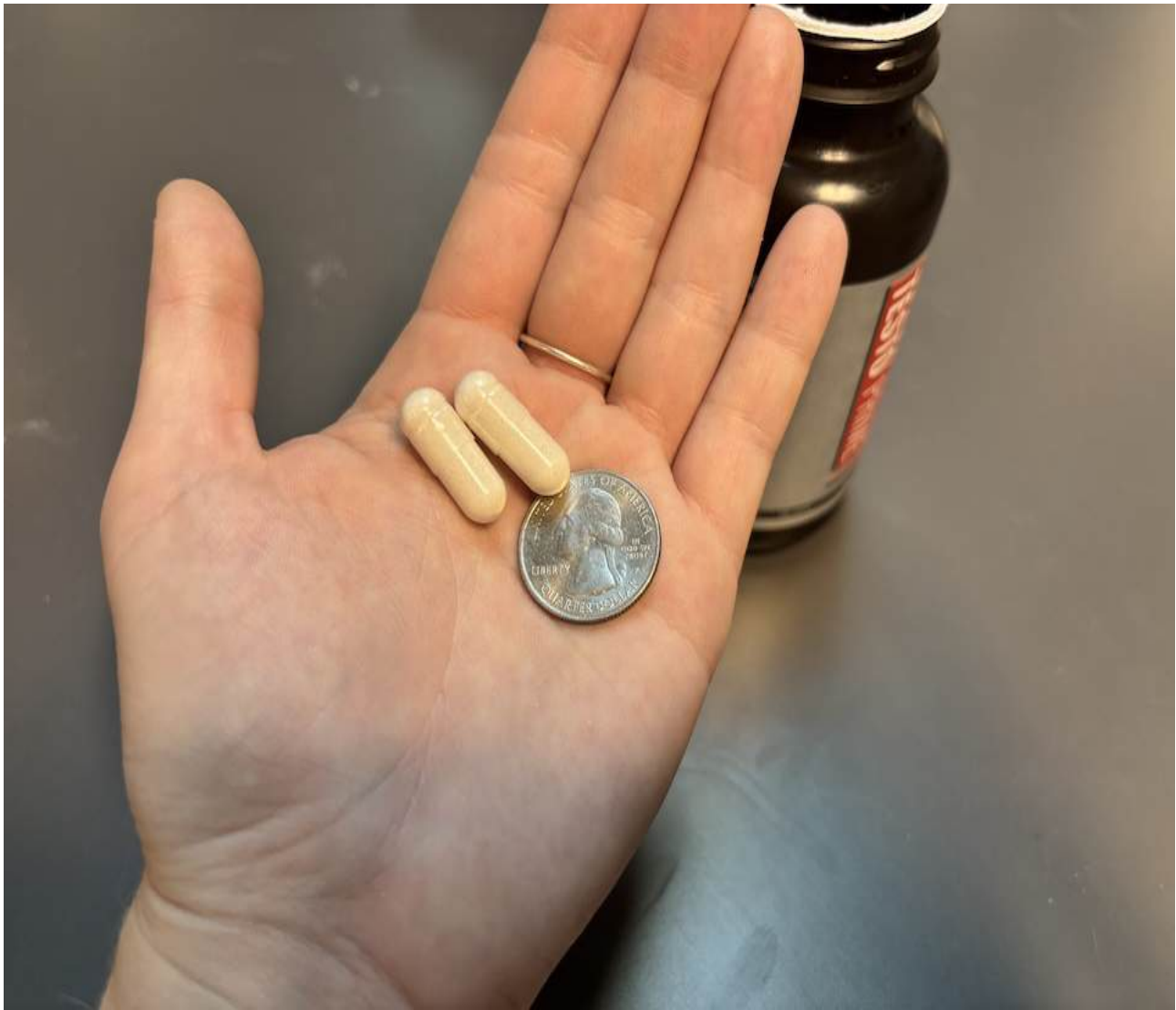
- Who it's for: Men over 40 seeking a natural, non-hormonal supplement

## Pros and Cons

### **Our Thoughts on Testoprime**

We chose TestoPrime as our pick for the best testosterone booster for men over 40 based on its formulation, which includes multiple ingredients which may help support healthy aging. TestoPrime's formulation does include similar ingredients to other boosters on our list, such as D-aspartic acid, ashwagandha, and fenugreek.

Plus, this product also has [green tea extract](#), which has been studied for its anti-inflammatory effects as well as cognitive functionality. Green tea extract is rich in polyphenols, particularly EGCG, which includes plenty of antioxidants. [Studies](#) have also shown that green tea extract may help increase testosterone levels and reduce BMI, which supports men's overall weight management and health. However, at this time, research hasn't shown a direct correlation between green tea extract and these health benefits. Like [fat burner supplements](#), these aren't magic pills but may be a helpful tool on your weight-loss journey.



Pete's experience trying TestoPrime started with packaging and first impressions: "The capsules come in a medium sized, black plastic container with a metallic silver label. The label is easy to read and the container opens and closes easily. This would be travel-friendly," he said, rating TestoPrime a 5 out of 5 for making a positive first impression.

He found the formula simple to use and appreciated its clear dosing instructions, rating them a 5 out of 5 for ease of reading and understanding. "The directions say for adults to take four capsules approximately 20 minutes before your breakfast," Pete wrote. We think taking the entire day's dose at the first meal of the day helps to keep things simple, and that way you can get on with your day, and you will have already taken your TestoPrime.

The capsules themselves stood out for their simplicity and convenience. Of this, Pete said, "They're clear white capsules with white powder inside. The capsule is normal size, about one

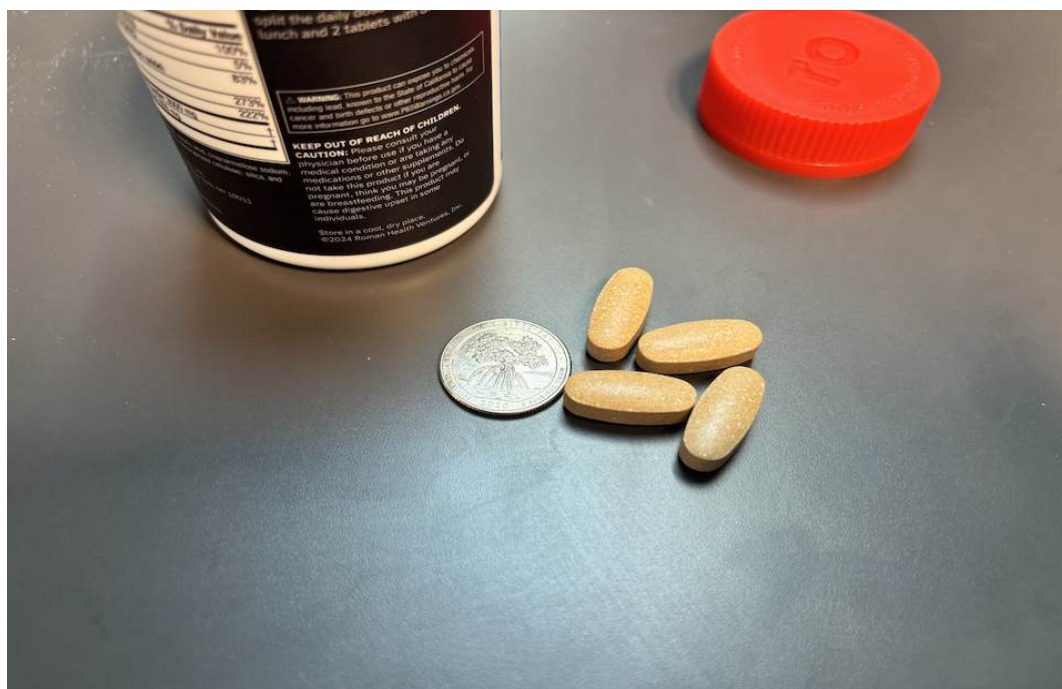
inch in length and one centimeter wide.” He rated the swallowability of the capsules a 3 out of 5.

### Other Testosterone Boosters We Tested

- We also tested [Kaged Test](#), though decided not to include it in our list due to it being very expensive compared to other options on our list.

### What Are Testosterone Boosters?

Testosterone boosters are dietary supplements sold to help raise the body’s natural testosterone levels, often with claims that they support muscle growth, increase libido, boost energy, and improve mood. They usually contain a mix of vitamins and minerals, as well as other compounds like zinc, magnesium, D-aspartic acid, and ashwagandha. These products focus on men who are experiencing symptoms of low testosterone, as natural testosterone levels tend to [decline with age](#).



It’s important to note, however, that testosterone boosters are not essential for anyone’s health and are rarely necessary; there is limited scientific evidence showing that these

supplements reliably work to significantly raise testosterone. Most [reputable sources](#) and experts do not recommend use of these products, especially because OTC testosterone boosters are not regulated for safety or effectiveness by the FDA. For those who still wish to explore these options, it's best to look for products with well-known ingredients and to prioritize safety by talking with your doctor or other healthcare professional before starting any supplement regimen.

### Testosterone Booster Ingredients

| <b>Ingredient</b> | <b>Purpose in a Testosterone Booster</b>          |
|-------------------|---------------------------------------------------|
| Zinc              | May support normal testosterone levels            |
| D-Aspartic acid   | May stimulate hormones that increase testosterone |
| Vitamin D         | May help raise testosterone levels                |
| Fenugreek         | May help raise testosterone levels                |
| Ashwagandha       | May reduce stress                                 |
| Magnesium         | May help raise testosterone levels                |
| Maca root         | May boost energy and libido                       |

### How We Tested and Selected the Best Testosterone Boosters

We tested and evaluated testosterone boosters by scoring them on a scale of 1-5 for factors such as first impressions, swallowability, formula, third-party testing, and price per serving. Our testers evaluate the products based on their own individual experiences and preferences. We then review their testing feedback and data to share our findings and recommendations with you.

### Formula

We work with a certified nutrition coach during testing to find the most effective and safely formulated testosterone boosting supplements. We avoid testosterone boosters with fillers, and other synthetics. We also did our best to select testosterone booster supplements that have been third-party tested.

That said, many formulas out there aren't well-researched and may offer some unwanted side effects. We recommend consulting a doctor before you try a testosterone booster.

## Third-Party Testing

Independent lab testing provides objective confirmation of a supplement’s safety, purity, and accurate labeling, helping to lower the chances of hidden contaminants or inaccurate dosages. This process checks for hazards like pesticides and heavy metals, ensuring the product is free of harmful substances.

Because the [FDA](#) does not rigorously regulate supplements before they reach store shelves, third-party tests are essential for verifying the safety, quality, and contents of these products.

## Value

When considering value, we place a premium on brands that source their ingredients in America and have certifications, such as Informed Choice.

| Testosterone booster       | Key ingredients                                                                                                        | Price per serving |
|----------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------|
| Testosil                   | KSM-66® Ashwagandha, Fenugreek Extract, D-Aspartic Acid, Tribulus Terrestris, Zinc, Magnesium, AstraGin, and more      | \$2.30            |
| Transparent Labs Vitality  | KSM-66® ashwagandha, PrimaVie® shilajit, LJ100® Tongkat Ali (Eurycoma longifolia), L-OptiZinc®, DIM (diindolylmethane) | \$1.83            |
| Roman Testosterone Booster | Ashwagandha, Maca root, Vitamin D3, Zinc, Magnesium, Copper                                                            | \$0.83            |
| Testofuel                  | D-Aspartic Acid, vitamin D3, oyster extract, zinc, magnesium, vitamin K2, vitamin B6, and more                         | \$2.00            |
| Testoprime                 | D-Aspartic Acid, KSM-66® Ashwagandha, Fenugreek, Panax ginseng, green tea extract, and more                            | \$2.16            |

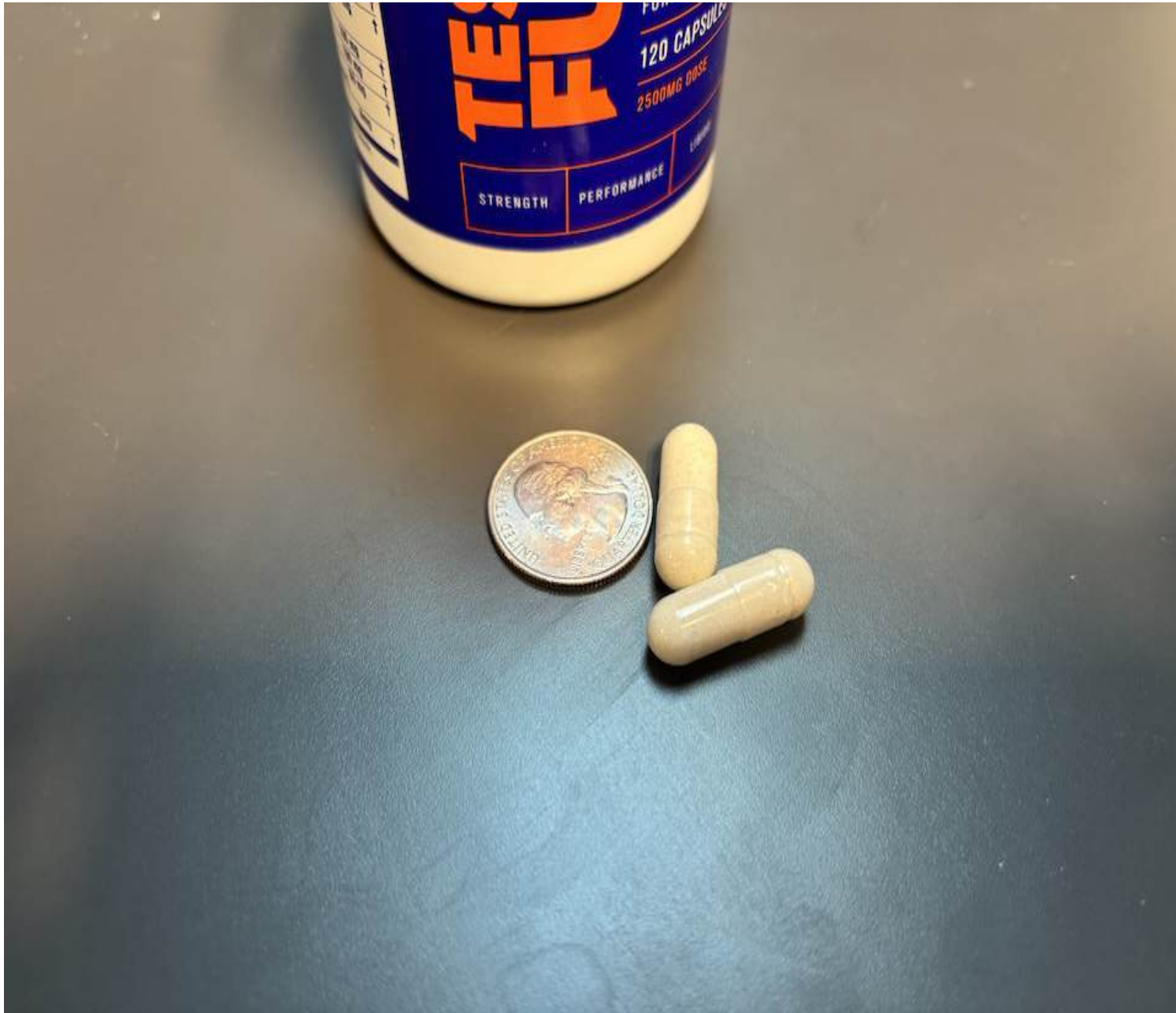
## How to Find the Best Testosterone Booster for You

Everyone has different reasons for taking a supplement, depending on your goals, dietary needs, allergies, and any health conditions you manage. We recommend talking with your doctor before starting any new supplement regimen to make sure you understand any possible risks and benefits.

Here’s what to consider when selecting the best testosterone booster for you.

## Your Fitness Goals

You may want to consider your age, fitness level, and goals when selecting the best testosterone booster for you. For example, a booster with ingredients to support men over 40 may suit you best if you fall into that age category. If you'd like to boost your testosterone while also gaining muscle, check our list for formulations that may match up with your fitness goals.



We recommend that you manage your expectations as best as possible if you decide to take a testosterone booster. These supplements aren't magic and won't provide the results you may see with physician-recommended treatments, like testosterone replacement therapy.

## **Formula**

We recommend talking with your doctor about the best testosterone booster for you. Since ingredients can vary in these types of supplements, your doctor can help with suggestions on the most optimal product. We recommend that you prioritize a testosterone booster with well-researched ingredients, rather than selecting based on what an influencer may be promoting.

Also, different folks have different hormonal needs. Your doctor may also want to run a hormone panel to see what's most advantageous for your body.

## **Cost**

Supplements can be expensive, so it's important to think about your budget when considering adding a new supplement to your daily routine. Many testosterone boosters require you to take multiple capsules per day, which means you may need to buy them more frequently than once every few months.

## **Third-Party Testing**

Third-party testing provides independent confirmation of the safety, purity, and accuracy of testosterone boosters because supplements are not regulated by the [FDA](#). By doing so, it helps prevent issues like mislabeling, contamination, or the presence of prohibited substances. This verification process builds trust and ensures you can confidently use products that meet quality standards and protect your health.

## **Potential Benefits of Testosterone Boosters**

Testosterone boosters are advertised as helping to enhance muscle mass, increase energy, improve libido, boost athletic performance, and reverse symptoms associated with low testosterone. These claims are largely based on the idea that raising testosterone levels will increase stereotypically masculine traits, improve physical health, and support overall well-being.



Scientific reviews show that the evidence for most testosterone boosters is weak and inconsistent. Clinical trials of common ingredients typically find inconclusive results or only small effects on testosterone in healthy men. A [2019 study](#) found some supplements contained excessive levels of vitamins and minerals, and about 10% included ingredients that could actually lower testosterone.

### **How to Take Testosterone Boosters**

When it comes to taking testosterone boosters, it's essential to read the directions on the label of the product as instructions may vary. The manufacturer's directions will include how many capsules to take per day, if they should be taken along with food, and timing recommendations such as morning or nighttime doses.

Even though testosterone boosters are available over the counter, it's important to talk with your doctor before starting to take a testosterone boosting supplement. This way, you'll be aware of the risks, benefits, and any side effects to look out for.

### **What to Avoid in Testosterone Boosters**

There are several important aspects to keep in mind when considering testosterone boosters

- Avoid products with undisclosed or excessive ingredients: Many supplements include proprietary blends or high doses of vitamins or minerals that could interact with your medications
- Avoid using testosterone boosters with these conditions: If you have a history of prostate conditions, heart disease, or liver problems, as ingredients in testosterone boosters could cause adverse effects
- Avoid testosterone boosters that have not been tested: We recommend only purchasing testosterone boosters that have been third-party tested for safety, purity, and accurate labeling. Lower quality supplements could contain harmful ingredients or even banned substances.