

Supplement Dosing Schedule for Maximizing Long-Term Testosterone

Instructions

- Blue Ice Royal Butter Oil/Fermented Cod Liver Oil Blend
 - 2 capsules in the morning
 - 2 before bed
 - *Note: I personally use a standard fish oil supplement.

Instructions (Cont.)

- Vitamin D3
 - 3,000-5,000 IU in the morning
 - 3,000-5,000 IU before bed
 - Repeat this process until your blood levels reach 55ng/ml (*Refer to my lecture on how to simply test your testosterone)

Instructions (Cont.)

- Cold showers, or ice baths if you are really extreme.
 - 10 minutes in the morning and 10 minutes before bed.
- Brazil Nuts
 - 3 in the morning
 - 3 before bed

References and Resources

- Tim Ferriss's *4 Hour Body*
- <http://www.4hourlife.com/2011/03/11/testosterone-four-hour-body-sex-machine-cheat-sheet/>
- <http://www.scribd.com/doc/50509373/Adventures-in-Tripling-Testosterone-Cheat-Sheet>
- [Testosterone Home Test Kit](#)