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## Simple Approaches To Increase Your Testosterone Levels

<https://www.diiigo.com/item/note/66jcb/wx2b?k=0e37d361b728a048fdf32d6f6426d09a>

Stay clear of drinking or eating anything saved in containers and also plastic containers made with bisphenol A (BPA). Factor: BPA is a well-known endocrine disruptor, and also because of this may interfere with production of hormones, including testosterone. One clinical study, reported in the journal Professional Endocrinology, discovered that endocrine problems might negatively influence sperm quality.

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Date created: 05 01 2020