

Zvia Weight Loss & MedSpa

Testosterone: Restoring Male Vitality

Intramuscular Injection Protocol

What You're Experiencing

Energy isn't there. Strength is harder to maintain. Drive has shifted. 40% of men over 45 face declining **testosterone**. This is a treatable hormonal deficit.

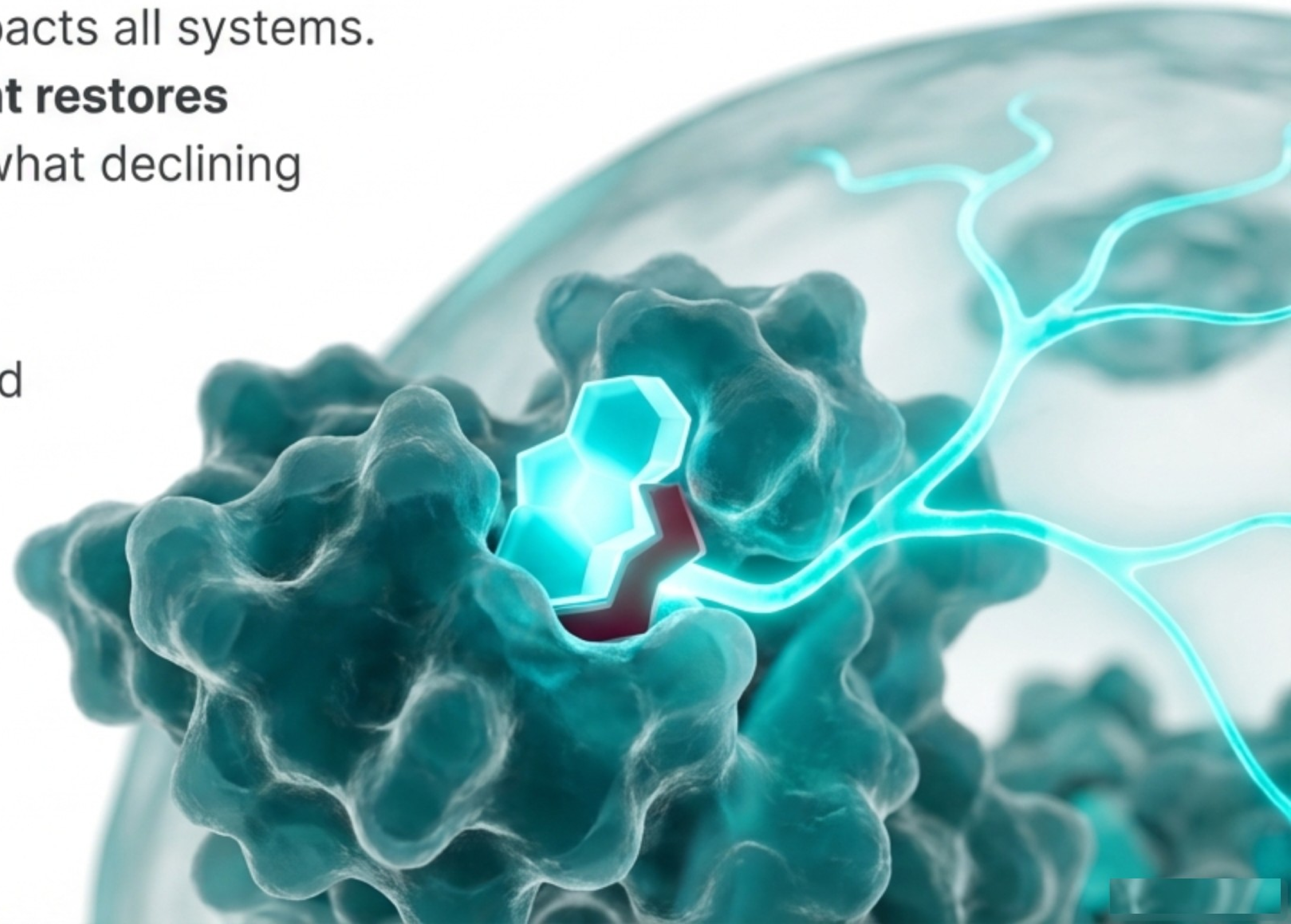
- Energy declines rapidly
- Muscle maintenance harder
- Motivation, libido, clarity shift



How Testosterone Addresses This

Testosterone below 300 ng/dL impacts all systems.
Provider **testosterone replacement restores androgen signaling** — rebuilding what declining levels took.

- **Androgen receptors** reactivated
- Hormonal cascade restored
- Safety verified



How It Works

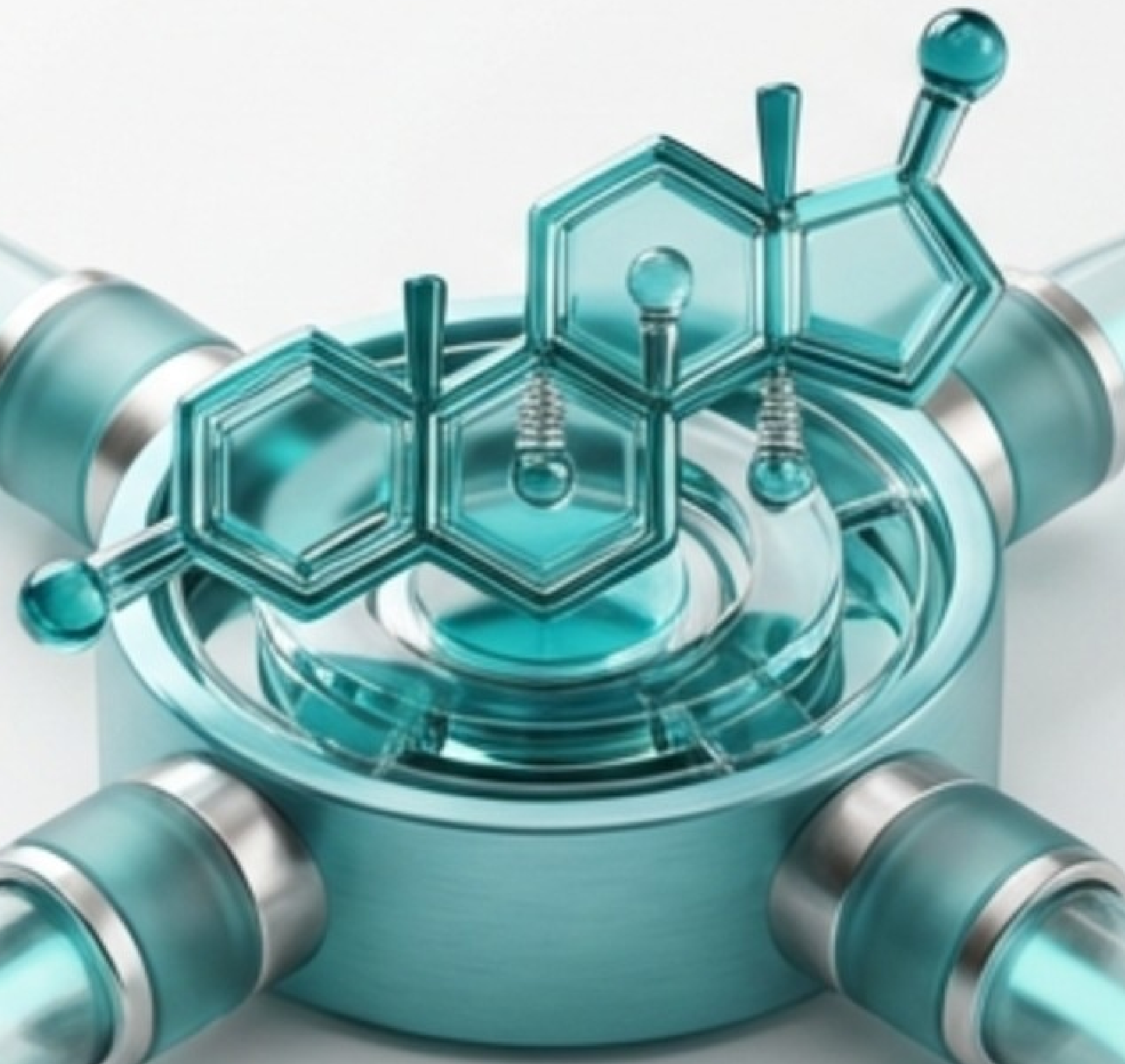
- AR Binding → **muscle protein synthesis**

- **DHT** (5 α -reductase) → **androgenic signaling**

- **Estradiol** (aromatase) → **bone & cardiovascular protection**

- **Estrostenol** (aromatase) → **bone & cardiovascular protection**

- **Erythropoiesis** → healthy RBC production



Your Body Responds

System	Mechanism	Outcome
Musculoskeletal	AR protein synthesis	+11 lbs lean mass
Endocrine	Androgen receptor restoration	Hormonal balance
Neurological	Neurotransmitter modulation	Energy, mood, cognition (wks 2-4)
Hematological	EPO stimulation	Anemia reversal (54% vs 15%)

Intramuscular Injection: Why This Method

Dosing: 100-200mg every 1-2 weeks

- **~95% bioavailability** — highest method
- Peak levels **4-5 days** post-injection
- **8-day half-life** — steady state
- **Provider-administered** or **self-taught**



Expect This Progression



The Opening (Wks 1-6)

- Mood/energy (1-2 wks)
- Sexual interest (wk 3)
- Mental clarity (2-4 wks)

Building Momentum (Wks 6-24)

- Body composition (mo 3-4)
- Stamina/function (6 mo)
- Confidence

The Crescendo (Mo 6-12+)

- Peak composition
- Full optimization
- Bone density

Is This Right for You?

- Persistent fatigue despite rest
- Muscle loss despite training
- Mood changes, brain fog
- Reduced libido/function
- T confirmed **<300 ng/dL**
- Seeking precision optimization



Your Zvia Team

- **70+** marker panels (not just T)
- Protocol around YOUR biology
- Monitoring: **hematocrit, PSA, lipids, estradiol**
- Dosing adjusted (25-38% adjust wks 6-8)

Note: Precision beats volume.



The Zvia Difference

- Provider precision vs telehealth
- Comprehensive monitoring
- Lifestyle integration
- Evidence-based dosing

**Evidence: TRAVERSE
Trial (5,246 men):
No CV risk increase**



Ready for the Next Step?

You've done the research. Let's discuss your path.
Schedule consultation.

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