# Andropause

The decline of sexual hormone production in men–as well as its effects–spans a period of 15 years or more. The decline of hormones leads to a change in fat metabolism, muscle mass formation, heart and kidney functions as well as inner drive and libido. To maintain the energy balance of the male body, modern medicine resorts to carotenoids, oils, flavonoids, phytosterines and other natural plant constituents. (also read: → [Women's health](http://chronobiology.com/womens-health/)).

Some extracts have a particularly stimulating effect on the pituitary gland and increase the level of bioavailable testosterone in the blood, which is synonymous to male performance. A chronobiological formula provides these supplements just at a time when the organism's circadian clock demands them (example: tribulus terrestris, which is contained in the evening capsule, prepares the ground for the natural testosterone surge in the morning). Saw palmetto, as well as a dozen of other plant constituents (such as pumpkin seed extract and resveratrol) with a strong anti-inflammatory and cell-protective potential, serve to protect the prostate gland and may be used as a supplemental therapy in the treatment of prostate gland enlargement (benign prostatic hypertrophy/BPH). They are best taken separately and at the right time of day, split into a morning and evening capsule.