

## Hormone Imbalance Quiz for Men

- Do you feel a lack of energy or fatigue despite adequate sleep?
- Have you lost your stamina, sexual drive, and performance?
- Have you lost strength, tone, and muscle mass?
- Have you gained weight with increased body fat around your midsection?
- Do you feel old, grumpy, sad, and frustrated?
- Have lost your confidence, assertiveness, and initiative?
- Have you lost your focus, memory, concentration, and mental sharpness?
- Are you experiencing any hair loss?
- Do you have difficulty losing weight and gaining lean muscle mass?
- Do you have muscle aches and joint pain?



If you answer "YES" to any of these questions, then you may have a hormone imbalance and should contact your doctor for a hormone consultation.