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A low level of testosterone in middle aged or elderly men is not a rarity. One of the main reasons are the changes that come with age. At approximately 35-40 years of age, the creation of testosterone in men starts decreasing at 1-2% a year.

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Low testosterone, or low T, is diagnosed when levels fall below 300 nanograms per deciliter (ng/dL). A normal range is typically 300-1000 ng/dL, according to the U.S. Food and Drug Administration.

Low Testosterone: 9 Signs in Men - Healthline

In most men the testosterone level is normal." If a man's testosterone looks below the normal range, there is a good chance he could end up on hormone supplements often indefinitely. "There is a bit of a testosterone trap," Dr. Pallais says. "Men get started on testosterone replacement and they feel better, but then it's hard to come off of it.

Is testosterone therapy safe? Take a breath before you

Testosterone levels higher than 1000ng/dl or 35nmol/L are generally considered "significantly above normal" for men. Going above that mark means you're somewhere in the top 2.5% of all men. The bottom 2.5% would put you below 250ng/dl or 9nmol/L serum testosterone.

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